

E5 Leader



CHANGE

- Change can be one of the most difficult things to overcome.

It is necessary to get to the next level of success.

- The only one you can change is yourself.

You can never change another human being. Don't even try.

A person convinced against their will is of the same opinion still.

- Change you first.

It's amazing how beautiful people become when YOU go through the process of change.

- Change requires discipline.

Restraint may be required to stay consistent with change because it's easy to fall back into old habits while going through the process.

- Create a 21 day habit.

It will establish a foundation for change.

- Visit it daily.

This change you seek will become second-nature.