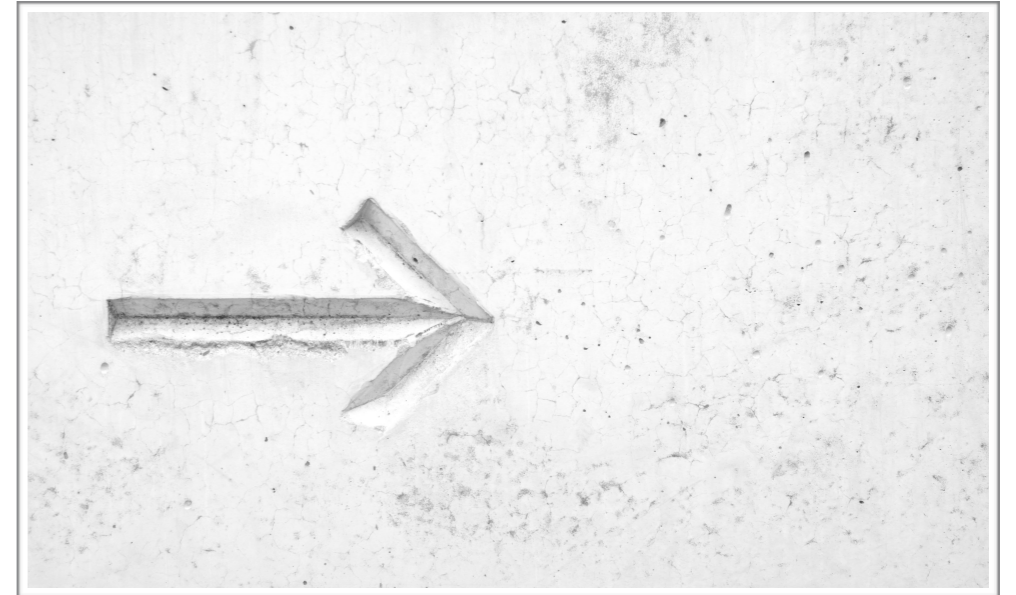modulate

Modulate: PERFORMANCE

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Modulate...

The life you want is just around the corner, and it starts with establishing the right mindset, driven by the right motive, acted upon with the right means.

To Modulate something takes it through a process of change, transformation, and renovation, so that your life can become what you always wanted it to be.

"Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work."

- H.L. Hunt

MODULATE:

- exert a modifying or controlling influence on

- change from one form or condition into another

Modulate: PERFORMANCE
4 Steps

Mission : Method : Movement : Message

To successfully MODULATE your performance, you must define your MISSION, determine your METHOD, do (perform) MOVEMENTS, and direct/redirect yourself with your MESSAGE.

What is your CONCENTRATED MISSION (1 clear task/goal/habit)?

Concentrate : MISSION

To concentrate your MISSION, means to DEFINE it and CLARIFY it. Concentrate means it's focused, and not watered down.

How will your life be different if you accomplish this MISSION?

What would you regret if you didn't accomplish this MISSION?

Generate/Designate : Method

To accomplish your MISSION, you need to generate a METHOD for doing so, or designate a METHOD previously created.

What METHOD will you utilize to accomplish your unique MISSION (think: a particular diet, routine, set of exercises, or program that contains the necessary details to practice.:

Initiate : MOVEMENT

Initiating the MOVEMENT mean to DO IT! It means determining how and when you will be moving forward with the METHOD you determined previously that will accomplish your MISSION.

How will you initiate (schedule, routine, etc) the MOVEMENTS of your METHOD to accomplish your MISSION?

Reiterate : MESSAGE

You'll need to remind yourself why you started this MISSION if you're going to finish strong. You'll need reminder MESSAGES or MANTRAS to direct and redirect yourself on a regular basis.

What MESSAGES or MANTRAS will you use to remind yourself of your MISSION :