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Decide Commit Become

LIFT or DROP

Do you have an acronym that cues your emotions (*mindset*) and actions (*habits*) towards your most desired outcomes (*resultset*) for professional or personal growth? Here are the two acronyms that cue the direction of emotions and actions in their purest sense...**LIFT** and its antithesis **DROP**.

LIFT

Life Is For Transformation

- L Life** The most powerful four letter word.
- I Is** The strong sense of NOW - If not NOW when?
- F For** Direct action towards someone or something.
- T Transformation** Development leading to change.

DROP

Default Reaction Over Progress

- D Default** Revert to what is already in place.
- R Reaction** A reflex built by the past.
- O Over** Instead of the potentially better option.
- P Progress** Advancing from a starting point.

On the surface, which one appeals to you the most? Research shows us that **LIFT** embraces and powers up the *deliberate* side of the human brain, which produces actions for change, thus growth. On the other hand **DROP** reinforces the *default* side of our brain or the preset "comfort zone," which denies new actions for real growth, thus no transformation. If you are reading this you are at least teasing your *deliberate* side of your brain...Nice!

Without question, today's novel atmosphere has padded the "comfort zone" of many with various "obstacle illusions" to avoid positive transformation, thus growth. Do you recall a recent desired goal you had for personal or professional growth that is still on the back burner or was completely passed on because it challenged your "comfort zone" or the *default* side of the brain?

What is Your Achievement Ratio (AR)?

Think about this for a few, and write down the past 5 goals (*not tasks nor to-do's*) you set for yourself. If you achieved 2 in the predetermined timeframe you set, that would be a 40% AR. Completing 4 out of 5 would be an 80% AR. Clearly the higher ratio, the better for your ultimate growth and transformation.

Trigger your Deliberate Brain with "LIFT"

A trigger word is any word that compels a person to act. When used effectively, trigger words can push you to the forefront of many new opportunities. Keep in mind if everyone is using **LIFT**, everyone would not be afraid of transforming and creating new habits for desired achievements.

Achievement Ratio is Highest when you adopt **LIFT** into your daily self-talk 3x -5x. You will comfortably partner with your *deliberate* brain which enforces new habits for change and growth.

Recognize your Default Brain with "DROP"

When you recognize the tendency to **DROP**, be aware you may be entering your *default* brain which is the cushy "comfort zone" that will hold you back from setting a new strategy for new habits and new results.

Achievement Ratio is Lowest when you embrace **DROP** into your daily opportunities. This initial reversion to reacting does not allow your pro-active strategy to take on new necessary actions / habits.

Decide On Your Bold Goal - Adopt LIFT - Embrace Your Achievement