ALWAYS DO YOUR BEST!

By Alex Pantarotto
A little about me...
WAYS DO YOUR BEST

GAP

CLOSING THE GAP
IN ALL ASPECTS OF LIFE

Faith

Family & Friends

Health

Career

Community

be the best you can in life
WHAT STOPS YOU FROM DOING YOUR BEST?

- Distractions
- Focusing on wrong things
- Lack of willpower
- Environment
- Too busy...
GETTING OUT OF YOUR COMFORT ZONE

- Take new responsibilities
- Learn a new technology
- Get a new job
THE COMFORT ZONE

YOU
IT IS HARD, IT IS SCARY!
IT IS EVEN HARDER FOR SOME...

- Personality
- Level of responsibilities
- Age
- Upbringing
- Education
CHALLENGES IN A NEW ENVIRONMENT

- Authenticity
- Competence
- Resentment
- Likeability
MOTIVATION TO GET OUT OF COMFORT ZONE

- Fear
- Reward
- Necessity
COMPLACENCY IS THE BIGGEST BARRIER

- Routines
- Work Trap

COMPLACENCY IS YOUR DOWNFALL!
First Thing First!

The key is to move in the right direction
BE HONEST WITH YOURSELF and DO a “HARD ASSESSMENT”

TAKE 100% RESPONSIBILITY
GET A DIFFERENT POINT OF VIEW

LEARN TO LISTEN

SLEEP ON IT

ACT IF NEEDED
CREATE A PLAN USING MULTIPLE STRATEGIES

- Do your own push-ups
- Work backwards from your goal
- Be specific & realistic
- Have measurable timetables
- Break tasks into smaller actions
- Create visuals
- Never miss twice!
START SMALL, BUILD FOR LONG TERM
READY TO MAKE TRADE-OFFS
EXPECT SETBACKS

-E + R = Outcome

See obstacles as a way to get better
CLOSE THE GAP
ARE YOU READY FOR IT?
BELIEVE IN YOURSELF
GET OUT THERE
GET MOTIVATED
GET INSPIRED
BE FEARLESS
ALWAYS DO YOUR BEST!