



Getting Back To Business

Learning the 8 Laws to Stepping Forward
With Greater Strength, Greater Passion and a
Renewed Spirit That Says, "I Will!"



Personal Study Guide

Written by Richard Flint, CSP



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One minute a day to get you focused and then, off
you go towards success and happiness!*

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Getting Back:

This new abnormal we have gone through has upset many people's apple cart. They were sailing along just fine, and then, this virus hit, and their world got turned upside down.

The Result of This Upside Down:

- R reacting to this unknown
- E emotions have been all over the place
- S stress increased
- U uptight and out of focus
- L loss of income
- T the business world put on the brakes



Getting Back:

One of the great challenges in the midst of uncertainty is being able to continue to stay motivated, focused, and knowing how to continue to do business. You are out of sync!



Being Out of Sync Creates:

- S stress tied to fear
- Y yesterday comparisons
- N negative reactions
- C confusion

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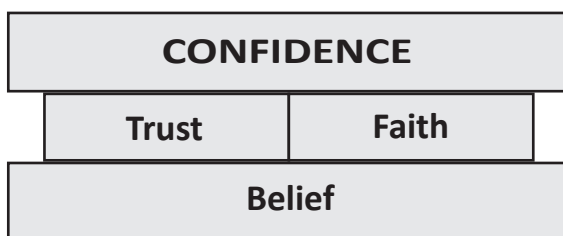


Getting Back:

Getting yourself back in sync and recapturing your positive spirit is not always easy. Getting back means making sure your foundation of behavior is geared to getting you back to being the productive you.

Learning the Two Foundations of Life

Foundation #1



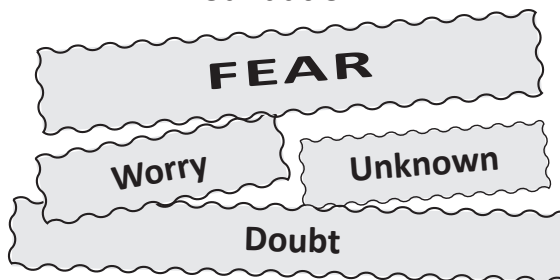
The Support Beams:

Belief gives you calmness.

Trust gives you clarity.

Faith gives you positive action.

Foundation #2



The Weakening of the Beams:

Doubt gives you skepticism.

Worry gives you anxiety.

Unknown gives you procrastination.



Getting Back:

Every decision you make is tied to one of these two foundations. If you want to know which one you are using, look at your behavior.

8 Laws To Getting Back To Business



Back to basics.

Anytime you find yourself out of sync, the first step is to get back to basics. When you are out of sync, you quickly forget what you were doing that was causing you to succeed. The need is to slow down, catch your breath, and design your activity plan.

This Requires:

- B behaviors that get you back to positive actions
- A an attitude that says, "I can, and I will"
- C create an action plan designed around what you must do
- K keep your sight on your behavior; it never lies!

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8 Laws To Getting Back To Business



Understand and face the emotions you find yourself wrestling with.

When you are out of sync, it opens your emotional vault and allows a flood of self-damaging emotions to come out. You must not avoid these. You will either control them or they will control you. When you gain control, your mind will show you the pathway forward to getting your behaviors aligned with the right things to do.

This Requires:

- B beware of when you are being negative
- A address anyone who wants to be negative around you
- C commit to finding one positive in every day
- K keep your sight on your behaviors; it never lies!

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8 Laws To Getting Back To Business



Stop procrastinating.

It is a natural thing to procrastinate when you are out of sync. Why? You have lost your motivation, focus is many times replaced with feeling scattered, and your energy rises and falls with what you project is happening or going to happen. Strengthen your belief, trust, and faith in yourself and implement those behaviors that move you forward.

This Requires:

- B be sure you are committed to what you are doing
- A always complete what you start in a timely fashion
- C clutter is not acceptable
- K keep your sight on your behaviors; it never lies!

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8 Laws To Getting Back To Business



Invest in strengthening your mind.

You either live from your emotions up or your mind down. The direction you choose creates the plan you design. When you have been out of sync, you tend to replace your belief, trust, and faith in yourself with you doubting, worrying, and feeling uncertain. Slow down, put your student hat on, and rebuild your mental strength.

This Requires:

- B back to feeding your mind on a regular basis
- A always look for the lesson life is showing you
- C confidence through mental strength
- K keep your sight on your behaviors; it never lies!

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8 Laws To Getting Back To Business



Never allow doubt to take control of your path.

Doubt is a fierce enemy. It knows your weak spots; it knows how to overwhelm you with “what ifs.” Don’t let doubt take you out. Stop, reach back into your file cabinet of success, and invest in the behaviors that were making you successful.

This Requires:

- B believe in yourself and demonstrate it
- A always start your day with a positive mindset
- C concerns are addressed immediately
- K keep your sight on your behaviors; it never lies!

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8 Laws To Getting Back To Business



Entertain and implement the behaviors the new business world is asking of you.

It is so easy to get stuck in “what was.” The new truth is the business world will never be what it was! There is a new path that has been created, and you must be strong in your personal belief, trust, and faith in yourself to adapt and adjust to the new frontier that is happening.

This Requires:

- B believe there are new opportunities
- A adjusting your thinking
- C calm your fears
- K keep your sight on your behaviors; it never lies!

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8 Laws To Getting Back To Business



*Stay strong in your personal belief,
trust, and faith in yourself.*

You are and will always be the person you see yourself as. That picture you believe about you is always defined by your behavior. When you go through a time of being out of sync, things can look fuzzy. Pause, reflect, get back to believing in you, trusting in your value, and having the faith to challenge the new frontier with confidence.

This Requires:

- B building a positive personal presence is your motto
- A always standing in “now” looking forward
- C calmness, clarity, and confidence in you
- K keep your sight on your behaviors; it never lies!

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8 Laws To Getting Back To Business



Surround yourself with those who are committed to getting back in sync and marching forward with a purpose to succeed, an agenda that keeps them focused with positive energy, and a commitment filled with behaviors that make them stronger every day!

The future is what you are facing! It is different from the yesterday you had, but that doesn't mean it is not filled with opportunities to be stronger and more successful. Surround yourself with those who are walking forward, and together form a bond of strength that says, "We Will!"

This Requires:

- B beware of the false prophets
- A always look for the guides you can walk with
- C commitment, through support, to be better every day
- K keep your sight on your behaviors; it never lies!

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Getting Back To Success



Now it is time for you to awaken to this new frontier that is in front of you. You will either step into it with a belief that says “I can, and I will,” a trust that knows you are capable of making the adjustments and a faith that turns the unknown into adventure OR you will step into this new frontier allowing doubt, worry and uncertain to hold you a hostage to the fear that always travels with the unknown. Your life! Your choice!

Your future is what is at stake.

What are you going to do?

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