

Penny Perspective #1: Creating YOUR Recipe for Success

Good news. There is a flavor of success out there just for YOU. An amazing, one-of-a-kind dish FULL of all the things you love & not an ounce of the stuff you hate. More good news...YOU get to CREATE it!!!

Start crafting your ultimate success recipe with today's video + action & mindset exploratory prompts. May you discover tasty insights you never before considered!

Actions (The DO-ing): Take Stock Of Your Pantry--Make A List, Check It Twice

- There are attitudes, attributes, & other essentials that made you the success you are today. It's true! You've got a little bit of secret sauce that makes you stand out! It's time to zone in on exactly what that secret sauce is!! What do you think, say, do, or believe that you KNOW helps you succeed?
- Think about the things OTHERS do that have you salivating & saying, "Man...I've gotta figure out how he/she does that!" Think about the behaviors, approaches, & mindsets your mentors + idols demonstrate that you'd like to borrow a cup of for your recipe. What are those success attributes you want to add to your menu?

Mindset (The BE-ing): GET OUT OF CONTROL!

Everyone wants it but no one actually has it (except for maybe [Janet Jackson](#)).

What IS it?! CONTROL!! That's right. It's an illusion. It's doesn't exist. There's not much in life you can actually control (most of life is part of the "farmer's market"). Well...there are a FEW things (pantry items) you have full control of every single moment, regardless of what's going on around you.

Your **ATTITUDE** & Your **REACTIONS**

While it may not **feel** that way, it's totally true & worth trying on for size. Imagine actually feeling good even if everything around you is falling apart. Crazy, right?!

Today when you feel yourself wishing people would do something different (i.e. you want **control** of their actions), let them do what they are doing & instead take control of YOU...**your** REACTIONS & ATTITUDES!!

Do the opposite of what you normally would (smile instead of frown—support instead of criticize—agree instead of disagree) just to prove to yourself it is indeed a choice. It's kind of like eating broccoli instead of ice cream (not a choice most of us want to make...but it IS possible).

- What if you only had to worry about controlling two things...your attitude & your reactions?
- What would be possible with all the time & energy you'd free up?