12 Get Shit Done

- **STEP 1. Don't talk shit.** Shit-talkers are notorious under do-ers, under-achievers and under-performers. They're also pains in the arse.
- **STEP 2. Don't wait for shit to 'work out'.** Idiots wait for things to work out. Rather than hoping things will happen, make them happen.
- **STEP 3.** Lose the *shit* attitude. Attitude is a choice. Better attitude equals better decisions, behaviours and outcomes.
- **STEP 4. Don't eat** *shit.* Being unhealthy on a physical level means you won't function optimally on any level: mentally, emotionally, professionally or socially. Eat shit and you'll look, feel and function like shit.
- **STEP 5. Give a** *shit* **about others.** Being a self-centred dick ain't a recipe for success.
- **STEP 6. Don't make** *shit* **harder than it needs to be.** Life's challenging enough without you complicating the simple. Suck it up Princess.
- **STEP 7. Do shit early in the day.** Being productive early puts you in a better place (mentally, emotionally and creatively) for the rest of the day.
- **STEP 8.** Let go of your *shit* beliefs. It's time to lose those self-limiting, disempowering beliefs. They've run your life for long enough. You're good enough, talented enough and, yes, you deserve happiness.
- **STEP 9.** *Shit* happens and life's not fair deal with it. More often than not success or failure will be determined by the way you react to the situations, circumstances and events (good and bad, foreseen or not) of your world. Better reactions equal better results.
- **STEP 10. Don't focus on (or obsess about)** *shit* **you can't change.** Wasting your time, talent and emotional energy on things that are beyond your control is a recipe for frustration, misery and stagnation. Invest your energy in the things you can control.

STEP 11. Don't avoid shit. Putting your head in the sand just shows the world your arse. And none of us want that. Lasting change begins with awareness and acknowledgement. Step up and do what's necessary.

STEP 12. Don't over-think shit. Analysis paralysis is a painful, pointless and unnecessary condition. To think is good. To obsess is bad. Stop obsessing.