

Turbo Leadership Systems

The **TURBO** **Charger**

Phone: 503.329.4519 · Email: turbo@turbols.com

To our clients and friends

Issue 747

Tobacco 5X Free

June 18, 2019



Larry W. Dennis
President
Turbo Leadership Systems

Engaging leaders
apply 5X more
enthusiasm.

What do you want to change? Spit it out!

Donald, a full-service mechanical and plumbing contractor in Wilsonville, OR, told Session 7 of Turbo Leadership Systems' Leadership Development Lab (LDL):

"I had been struggling for years; tried about everything to quit tobacco. My tobacco habit has always affected my attitude. It has been a horrible cycle. It seems like even on tobacco, when I had a dip in, I was a little on edge. When I was out Copenhagen . . . watch out!



"This lifestyle wasn't a good fit for a happy family life, not the best for my career and my overall well-being. I had quit hundreds of times. Most of those times turned out to be anywhere from 15 minutes to an hour long. When my brain seemed like it was starting to shut down, I told myself I can't handle this urge and stress - then I and took out another chew. That's when Turbo's 5X Challenge came along and I said to myself, 'It's time.'

"I knew I had to put 5X more enthusiasm - 'commitment in action' - into the effort. With my red dot as a reminder and the encouragement of my support person, I am excited to report that I'm 6 weeks tobacco free!

"The lesson I learned from this experience is not to hold back. If I really put my mind to something and give it that extra bit; 5X's more effort I really can do anything.

"The action I call you to take if you have something you have been meaning to do, don't wait, put out the effort, 5X more enthusiasm - 5X more commitment in action, and you will do it.

"The benefit you will gain is finally beating that thing that's been holding you back."

I wish you could have been there to hear Don's story. Words on paper can't capture the sense of victory, joy and conviction I heard in Donald's voice and saw on his face.

I dare say we all have one or two habits that we aren't proud of; these hypnotic rhythms could be holding you back. Sometimes, they are as simple as a scoop of ice cream at bedtime, sleeping in too late. The first step is to get brutally honest with yourself - stop the justification, stop the excuses. Decide what you want to be free of - what you want to change, write it down, tell a friend you can count on for support and encouragement. Be sure they won't enable you by adding to your excuses, then and apply 5X's more enthusiasm. You will be amazed at what you can do.



TURBO
LEADERSHIP SYSTEMS

Please forward this to friends, co-workers, customers or relatives who you feel might enjoy it.

To unsubscribe, please e-mail us at admin@turbols.com

Connect with us!

