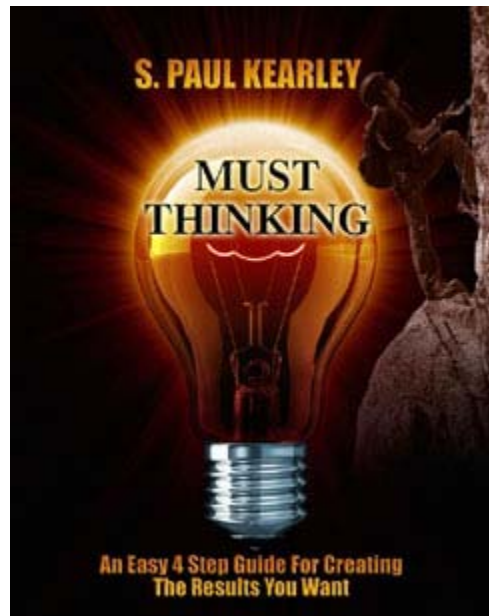


Must Thinking

The Power To Predict

By: S. Paul Kearley



You CAN do it. It's not really that hard. You can achieve anything you want to, you simply need a better process to follow.

Many people do it as easy as breathing. When you can clearly see what it is that you want to do, when you do it for the right reasons, when you have a clear detailed strategy and when you have a certain level of determination and drive to follow through, you can achieve most things that you set out to do.

To create an attitude of "MUST" for changing our patterns and achieving our goals, I discovered a simple 4 step process called MUST Thinking. This process has come out of many of the challenges that I have faced, and it can help you overcome yours too!

Very briefly, here they are:

✔ **M-otive** - Why do you need to make the change? It is one thing to say "I hope to achieve this or that", but if there is no clear picture in the mind of the goal creator, what is hoped for will not happen: It cannot. For to create something, you must first see it clearly in your minds eye with such clarity that you can almost reach out and touch whatever it is that you are imagining. Picture what it will look like, picture what it will feel

like and picture what will be different in your life when the attainment of the goal has been achieved.

✔ **U-Itimatum** – Understand your reasons. What will happen if you continue on like you are? What will happen when you achieve your goal?

✔ **S-trategy** – What do you want to create or eliminate? Create a plan that requires you to make a change by looking at what you want to create and where you are in relation to where you want to be.

✔ **T-ake Action** – Create momentum by putting your plan into action with daily performance goals. This process is not a problem solving process, although sometimes, based on the situation, one may be needed. It is rather a redesigning or a creating process that helps you to decide what it is that you must do, make a plan for moving forward, and then get busy and stay busy. You will find that when you follow this process, you will have moved forward faster than over 80% of the population who just sit back and say, "Someone should do something."

You will succeed because you **MUST**.

www.mustthinking.com