

STRAIGHT-LINE REMINDERS

(2015)

Is it a dream or a priority? Dreams usually don't work. Priorities do work.

Most information you encounter won't be valuable to you. But, to "know your own listening" is true wisdom.

The more you collapse time on your projects – the more power you will have.

A weak inner stance will tolerate just about anything.

Awareness doesn't solve problems. Choice does.

Life's not about being happy. It's about not holding back.

What do you need to stop doing – to start getting what you want?

Don't justify failure. Get to its source. Lying about it just makes things worse.

Most people have given up and won't admit to it.

It often doesn't take more information. It takes a sincere commitment to "rise up."

You deal with desperation by consciously creating urgency.

The successful person gave up what the unsuccessful person wouldn't. End of story.

The unwillingness to make powerful choices leads to inertia, drama and confusion.

Dabbling can temporarily distract you, but it will never give you a life that matters.

Many people die of weakness and shame. It doesn't have to be that way.

Results are not produced from what you understand. It's what you do that matters.

"Real thinking" and "having thoughts" are not the same.

Powerful results come from implementing core actions. Period.

At the end of your life, you will either be a product of your strong choices or your weak choices. There are consequences.

There is no such thing as sincerity without results.

Those who thrive create necessary required actions. The others create excuses.

What works:

- 1) Be gracious.
- 2) Have a low tolerance for nonsense.

A lot of great information, without a strong inner stance to come from, is worthless.

The reptile brain cares about only one thing: An extension of the past.

Some people like to work with airy, fairy stuff so that they don't have to take responsibility for their own life.

Children get involved. Adults create sincere commitments and follow-through.

Backing-off costs you your integrity.

You can wait for something to end, or you can "do what's required now."

Own, that not living from your bigness, is insane.

Your future is not going to happen later. It's happening right now.

What are you tolerating that's keeping you stuck?

Laziness is not the problem. Fear is.

Obsessing about yourself is what stops you.

The only one who can make you do anything is you.

Is what you speak worthy of life?

Logic, reasonableness, and contentment are many times a disguise for fear.

You are either willing to kick butt, or you have issues.

When you choose the behavior, you choose the consequences.

What most people know, and what they live, don't match.

A powerful inner stance is not something you're born with. It's something you choose.

Tolerating weak behaviors, leads to more weakness. You are what you tolerate.

Every time you honor your word, your excuses die. When you don't honor your word, you die.

A motivated person is no match when up against a driven person. Drive eats motivation.

Sometimes you have to do violence to your complacency and weak behaviors.

2 types of relationships: Those based on loyalty. Those based on fear.

It's easy to fake sincerity, but you can't fake competent action.

Fear doesn't stop you from doing anything. It's your weak response to fear that stops you.

Don't under-act based on weak, fearful thoughts. It will keep you stuck.

Stop trying to change people. Be someone who people want to be around.

Having a dream isn't good enough. Your inner stance and competencies must match it.

You train a lizard brain much like you train a dog – by implementing integrity to your life.

What or who do you really have to give up, to get what you want?

I'm very proud of myself for playing small and holding back in life, said no one ever.

When a person actively and persistently demonstrates to you who they are, believe them.

You might hate the results you are getting in life; but, are you willing to change?

People who struggle “get fixed.” People who thrive “reinvent themselves.”

The unwillingness to deal with fear is the chief cause of a stressful, impoverished life.

Those who thrive, live in an intentional world. Those who flounder, live in an attentional world.

In life, you will either define yourself, or you will allow others to do it for you.

It’s not about what you want. It’s: “Are you willing to do ‘what’s required’ to get it?”

Few professionals dare speak of praxis. The highly committed live for it.

Unless a sincere commitment is made, you end up with hopes, wants, and a lot of useless trying.

The highly committed walk a fairly straight line. “Low commitment” has to be herded.

Having a dream isn’t good enough. Your inner stance and competencies must match it.

You always have a choice about who you are going to be in the face of any challenge.

Epic fail = living in your head your whole life.

You can’t think yourself into a powerful inner stance. It has to be created.

“Low commitment” seeks motivation. The “highly committed” create their own drive.

Optimism without commitment and competency is worthless.

Who cares if it's comfortable? Who cares if it's fun? Will it make a difference?

Never send a sheep to kill a wolf.

It's not how hard you fight for what you want. It's if you do "what's required" to get it.

Your commitment alone determines what you say, how you act, and what you eat.

Bringing nothing to relationships = no relationships.

It's pure madness to pursue a goal for which you are not willing to pay the required price to get.

"Will power" is a get to. "Being driven" is a come from. Big difference.

"Don't be a defeatist, dear. It's very middle class." – Dame Maggie Smith

You can't blow out a picture of a candle. You can't solve a problem that doesn't exist.

Trying to win approval does not generate respect.

Just because you can tolerate someone doesn't mean you have to.

- 1) What result do you want?
- 2) What sincere commitment would produce it?

One hour of committed action is worth months of going-through-the-motions.

People respect committed action in the present. – Not what you say you will do someday.

The way to stay present is to question your thoughts.

Making excuses, rationalizing, and explaining are usually methods of justifying "holding back."

There's only one way to live; and that's to not hold back.

Whatever you choose, make it a priority. But, never take it seriously.

Integrity is at the heart of getting things done.

2 types of people: those who deal with fear and those who allow fear to deal with them.

You can't judge what's in a person's heart, but you can definitely judge their actions and non-actions.

"I thought I was committed, but I guess I wasn't," is code for: "I lied. I never was sincere."

Confusing making noise & busy activities with "highly committed actions" will leave you in a life of pretense and low results.

To imitate: weakens. To replicate: strengthens. The difference is vast.

Don't just exist. Create what you want to live for.

There is a fine line between actually helping someone and emotional manipulation.

The unwillingness to deal with fear can make intelligent people say and do irrational things.

Success = 1) Stop lying to yourself. 2) Stay out of your head. 3) Work your ass off.

A sincere commitment isn't a concept or theory. It's a verb.

Life gets hard and confusing when you think you are doing things that you are really not doing.

It's not what you know. It's what you live.

At the end of the day, it's a game of commitment, integrity, and dealing with fear.

Calling a hobby, a business, doesn't make it a business.

People frequently try to substitute "weak skill sets" with a nice personality. It never works.

No one is a waste of time, and some people will definitely waste your time.

Passion around a pragmatic idea works. Passion around a crazy idea leads to disaster.

Compliments are cheap. If you're great they will buy from you.

Stop making excuses for people who chronically get low results. It's disrespectful to them.

You don't need motivation when you're willing to back up your speaking with integrity.

Children get excited. Adults make commitments and follow-through.

Hiding behind your best thinking is unworkable. After all, it's what got you to where you are today.

People who try to suck you into their drama aren't committed to real help.

What decisions have you made that no longer serve you? That still run your life?

"This ends now" is what will make a difference.

Use regret to rise up – and not to justify staying stuck.

Where in your life, are you getting weak results, that you are committed to doing something about?

It's amazing how deeply and convincingly we can lie to ourselves.

"I'm content" is the problem. "I'm entitled" is the problem.

You can't strap a jet engine on a buggy. Some people will never rise up.

Integrity = that which distinguishes a real commitment from just mouthing words.

Low commitment is not a disability. It is an intentional act.

Scary thoughts have never had the power to stop you.

Sincerity = generating adequate commitment to get the job done.

Commitment means “skin in the game,” specifically, “your skin” in the game.

If you won't call it what it is, you will never get to the source of it.

It's always now. Which inner stance will you choose to create and act out of?

An insincere commitment is not a commitment. It's a lie.

Before you can let go of anything, you have to first admit to having it.

Waiting to see how it's all going to turn out isn't healthy.

Dabbling will never give you happiness. Compulsive thinking will never grant you success.

“Being true to yourself” is the direct opposite of holding back and selfishness.

#1 business mistake: failure to create an effective inner stance to do what's required.

Don't waste time with people who can't say yes and won't say no. Show respect for life.

The most effective way to create change is to totally own unworkable patterns.

It's okay to be afraid. Just don't let it stop you.

Thinking about creating a powerful life, is not creating a powerful life.

You always have a choice about “how you show up.” You always have a choice about “who you are.”

Those who will not recreate themselves are condemned to live in cages.

When people have less time to accomplish a result they become more effective.

A delusional life = creating a goal without putting an adequate inner stance on the playing field to achieve it.

A deep inner peace is created, not found.

Context is unreasonable and fierce. Positive thinking is desperate, manipulative, and needy.

Low commitment = pretense, confusion, distraction seeking, upsets, and blaming.

Work on nothing less than epic scale. – Francis Ford Coppola

Trying to substitute competency with being nice is both manipulative and criminal.

Be someone who makes you happy. Stop trying to get others to do it for you.

Holding back, cuts the legs out of everything. It kills life.

A powerful life is built out of powerful distinctions that are acted upon.

Most people seek comfort, security, and peace. The highly committed live for days of fire.

A coach is not a friend. A coach is a catalyst. A client is not a friend. A client is a change agent.

It's not comfort choices and complaining. It's commitment and competency.

What ultimately defines us is our language and behavior.

Just because you're not in control of everything is no reason to live your life as a victim.

Just because something feels true doesn't make it real.

Professional dabblers won't deal with fear. They will spend a lot of time and money to stay distracted.

Pretending that a comfort choice is really a growth choice doesn't make it a growth choice.

“The way you are” is not “who you are.”

The real moment of truth comes from realizing that no one can force you to live small but you.

Weak lives are the result of weak choices.

A players hire A players. B players hire C players. C players usually don't hire anyone.

A pile of money without peace of mind is still failure.

In or out always works. Half-ass never works.

Delusion = talking about things you are never going to do.

Stop seeking secrets to success. Start creating a life that matters.

Commitment is not figured out. It is created and lived.

#1 source of mediocrity = obeying weak thoughts.

Getting to the source of something is not positive thinking. It's getting to the source of something.

Why try to sell? Be someone who makes people stand in line to buy from you.

Chatting about great ideas is fun and exciting. And it's usually not effective.

A person will usually obey the loudest voice in their head, regardless of what it's saying.

Confidence is overrated. Act with or without confidence. Just get competent and act.

Dealing with the inner dialogue that's using you is the beginning of power.

Happiness is best achieved by dropping the obsession to achieve happiness.

Your wants won't give you what you want. Your behaviors will.

The highly committed aren't busy seeking their purpose. They "created" their purpose long ago.

Your childhood can only drive your behavior if you let it.

“You did not empower yourself” is the problem.

People tend to do their chronic patterns of behaviors until they don't.

Results come from behavior. If behavior doesn't change – nothing changes.

People act or behave according to how “they occur to themselves” or how “situations occur” to them.

What impacts “occurrence” is language. (Who you say you are.)

It boils down to: Honoring Your Word vs. What You Don't Want to Give Up.

Chief cause of failure = holding back.

A pinball machine mentality will always be a problem.

Your legacy will be generated from what you do – not what you know.

There is only “What Happened” and “What's Next?”

“Now I'm Having the Thought that _____.”

You need the goods:

- 1) Necessary Required Information.
- 2) Necessary Required Skill-Sets.
- 3) Powerful Inner Stance.

What's a sincere commitment that you need to create and live that would give you an ideal life?

It's always an action that someone is not willing to take that stops them. But only every time.

What do you need to “own,” rather than just know about?

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