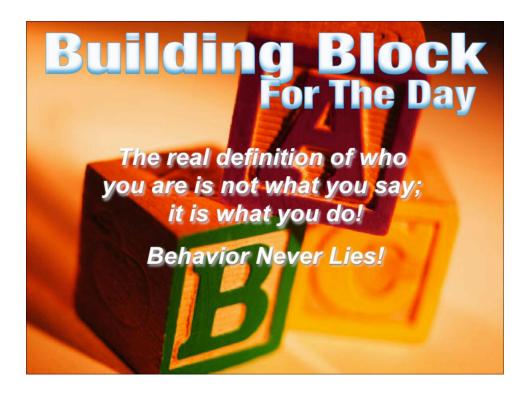
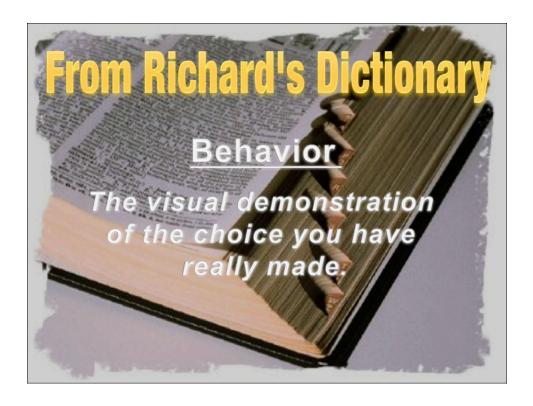


BEHAVIOR NEVER LIES!

Personal Study Guide Written by Richard Flint, CSP



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NOTES

When Behavior Becomes a Lie, It:

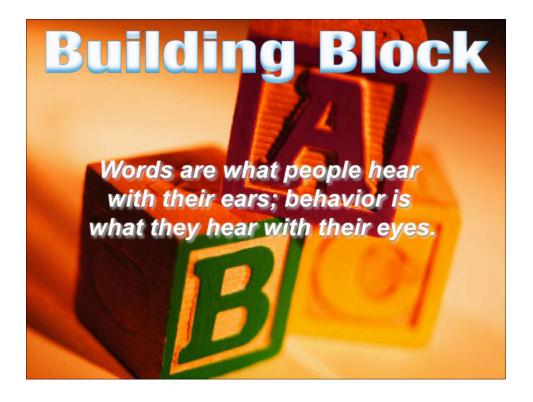


- L lessens the trust people have in you
- I invests in negative emotions
- E eats at your reputation
- S says with actions what your real agenda is all about

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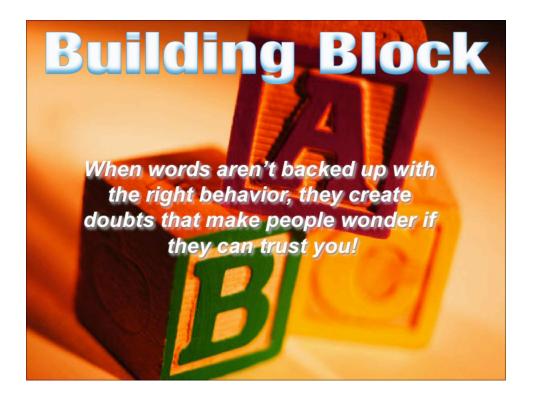


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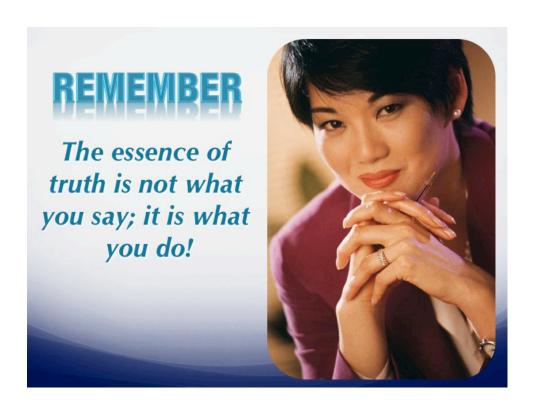
Words: W work to create respect or disrespect O offer fact or fiction R reassure or create doubt D delivers a message

S starts the conversation

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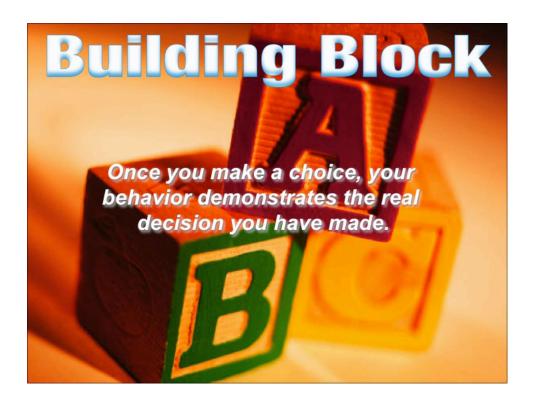


The Statement Behavior Makes:



- **B** bottom line speaks the truth
- E expresses what you are really seeking to say
- H has accountability built into it
- A always creates a direction
- V validates your real agenda
- I involves both your emotions and your mind
- O opens you to be put under the microscope
- **R** reputation is at stake

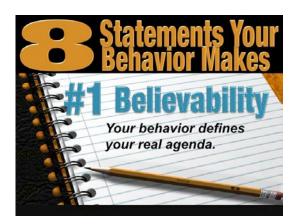
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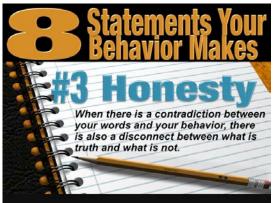


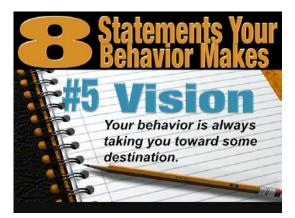
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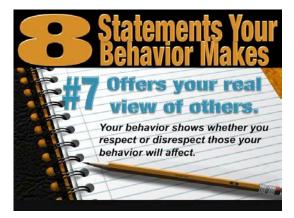


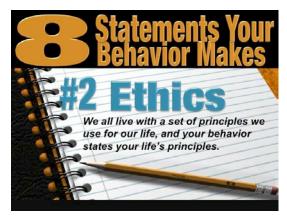
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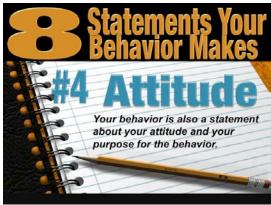


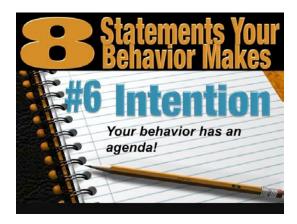


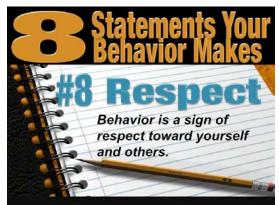






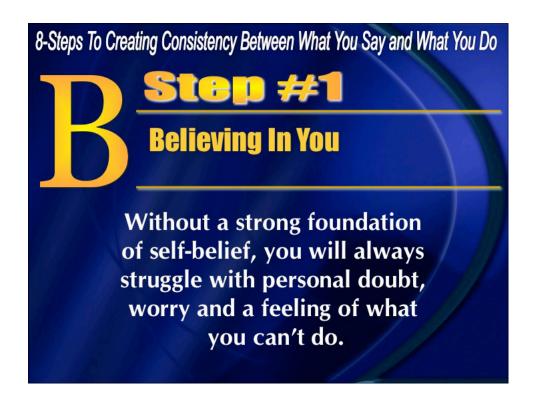








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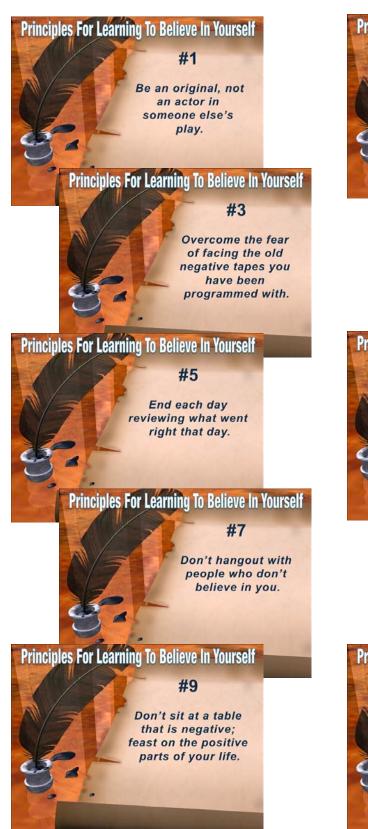
NOTES

What Destroys Most of Your Self-Belief?



- B bad advice you accept as fact
- E expectations that don't happen as you thought
- L layers of negative emotions
- I investing in your Circle of Sameness
- E exiting when things get tough
- F fear that emotionally overwhelms you

NOTES







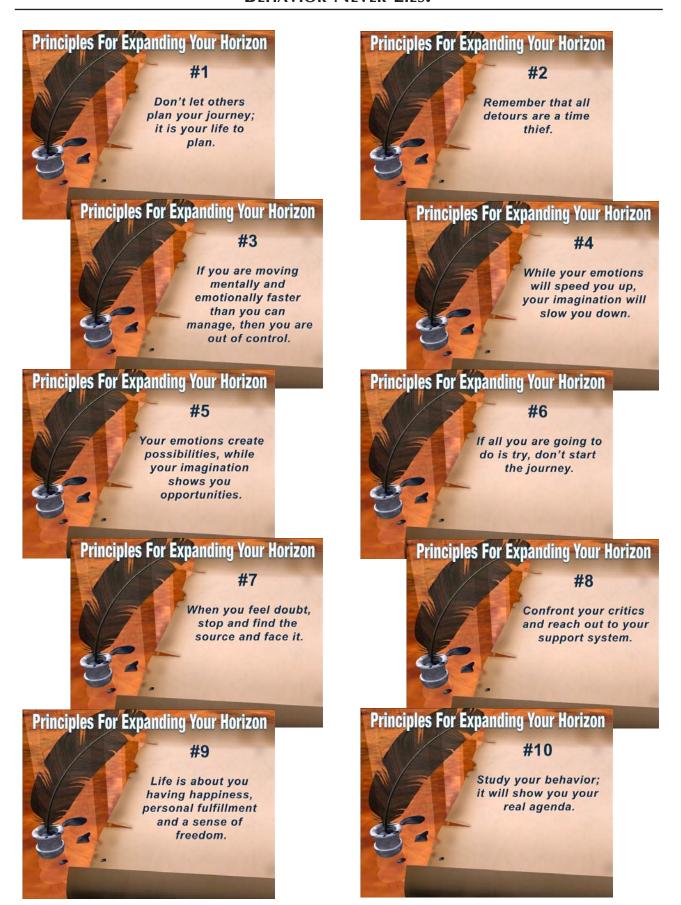
NOTES

Why Do You Choose To Repeat The Wrong?



- R resistance to the change you know you need to implement
- E examination of your behavior is too revealing
- **P** procrastination
- E escape route
- A a lack of a strong support group
- T there is a huge fear about the unknown

NOTES	





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Why Do You Resist Accountability?



- R reasons sound ok and aren't challenged
- E excuses have become lies turned to truth
- S sameness is your choice of action
- I involves getting honest about your behavior
- S sense of right and wrong is out of whack
- T the fear of consequences

NOTES	







NOTE	S

Why Do You Avoid Facing Your Inconsistencies?



- A addressing means getting honest
- V vague about what you want for your future
- O others give you permission to continue
- I inwardly you aren't sure you can do anything about them
- D don't see anything really terrible about them

NOTES





8-Steps To Creating Consistency Between What You Say and What You Do

Stepp ##5

Very Carefully Align Yourself
With The Right People

The wrong people offer you a wrong decision; the right people take you in the right direction.

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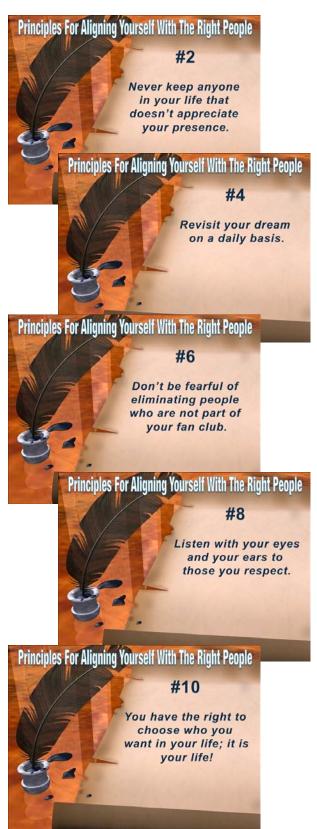
Why Do You Hang Onto The Wrong People?



- **H** have the huge fear of confrontation
- A an escape route from accountability
- N no one to replace them with can't be alone
- **G** gives you permission to resist improvement

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What Blinds You? B belief this is all there is L listening to negative people I inwardly, you don't trust you N no clear direction for your life D doubts that cover the positives

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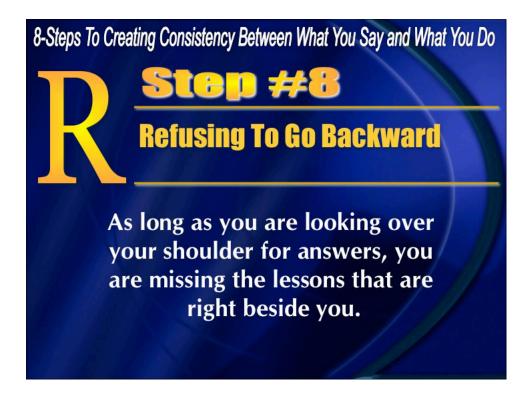
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Why Is Pace Such a Challenge? P past has never been completed A anxious about tomorrow C control given to others E expectations are clearly unrealistic

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NOTE	S

Why Do We Continue To Look Backward?

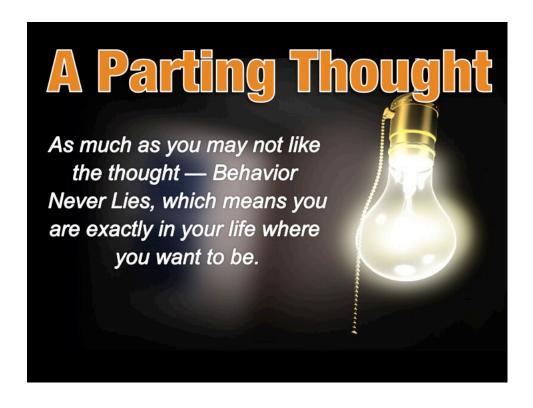


- **B** battle between the Old and New You
- A adapting seems too difficult
- C confused about what you should do
- K keep repeating, which denies growth

NOTES







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