

"The long-term key to success is EXECUTION. Each day. Every day."

Richard M Kovacevich

THE 4 ELEMENTS OF EXECUTION:

#1: Shrinking the Commitment

#2: Create Habit Triggers

#3: Keep a Compelling Scorecard

#4: Create a Cadence of Accountability

THE FOUR ELEMENTS OF EXECUTION

You have learned the importance of habits. They create our identity. They mold us into the person we are and the person we will become. You have discovered the psychology of habits, willpower, and motivation - the physical and mental benefits of exercise and rest. Controlling your energy intake is the primary driver of weight loss. However, exercise's numerous benefits should not be ignored. Now we are going to put it all together into a four-part execution framework.

Everything you have learned is going to prove invaluable, but this chapter is crucial to your success. No one ever got fit by reading a book. Execution is the key. It translates concepts into action. As you implement this simple four-part execution plan, you may need to review some of the material again. Hopefully, you took notes or highlighted the most useful strategies. Any one of them could be the key to your success. Remember, just because you read it once does not mean you absorbed it all.

Execution is what separates successful people from everyone else — knowing and doing are oceans apart. Ideation without action is worthless. We are what we do, not what we know. I have provided you with a ton of strategies. Any of them could change your life, but only if you do them every day. Some strategies, like shaping your environment, only require a one-time commitment; most will not. You do not have to be perfect, but you do have to be consistent. You have to get-up every time you fall and push-on. Perseverance is a great substitute for talent. "Success seems to be connected with action. Successful people keep moving. They make mistakes, but don't quit." Conrad Hilton

Punch-the-clock workouts and meal plans build great bodies, not intricate workouts or overly restrictive diets. Eat fewer calories than you expend, and you will lose weight. Execution doesn't like complexity. Simplicity and transparency are execution's best friends. Our goal is to make our plan simple and doable. While planning missions in the military, two things were drilled into us. The first was to keep our plans simple. We were taught to avoid unnecessary complexity. The second was to rehearse, rehearse, and rehearse. A simple well-rehearsed plan has the best odds of success. The best units have the simplest standard operating procedures (SOPs). When the plan could not be simplified, we used checklists.

Often the cause of inconsistency isn't apparent. What looks like laziness is often exhaustion. Ambition causes us to be unfocused. New Year's Resolutions are a perfect example. People make a list of things they are going to do, lose weight, drink less, exercise more, reduce their credit card debt, and stop smoking. When they fail to achieve any of their goals, they look at their list and blame their lack of willpower, when they should be blaming their list and their lack of focus. Sometimes a single willpower challenge will feel like one demand too many.

We are going to focus on developing these three keystone habits through meticulous tracking:

- Daily exercise
- Logging our food
- Getting adequate sleep

We are going to achieve a leaner stronger body by incorporating these 4 ELEMENTS OF EXECUTIONⁱ:

- 1) Shrinking the Commitment
- 2) Creating Habit Triggers
- 3) Keeping a Compelling Scorecard
- 4) Creating a Cadence of Accountability

ⁱ Chris McChesney, Sean Covey, Jim Huling, *The 4 Disciplines of Execution: Achieving Your Wildly Important Goals*, Free Press; Reprint edition (April 12, 2016) Keeping a Compelling Scorecard & Creating a Cadence of Accountability was adopted from this wonderfully simple book that can help any organization achieve amazing execution.