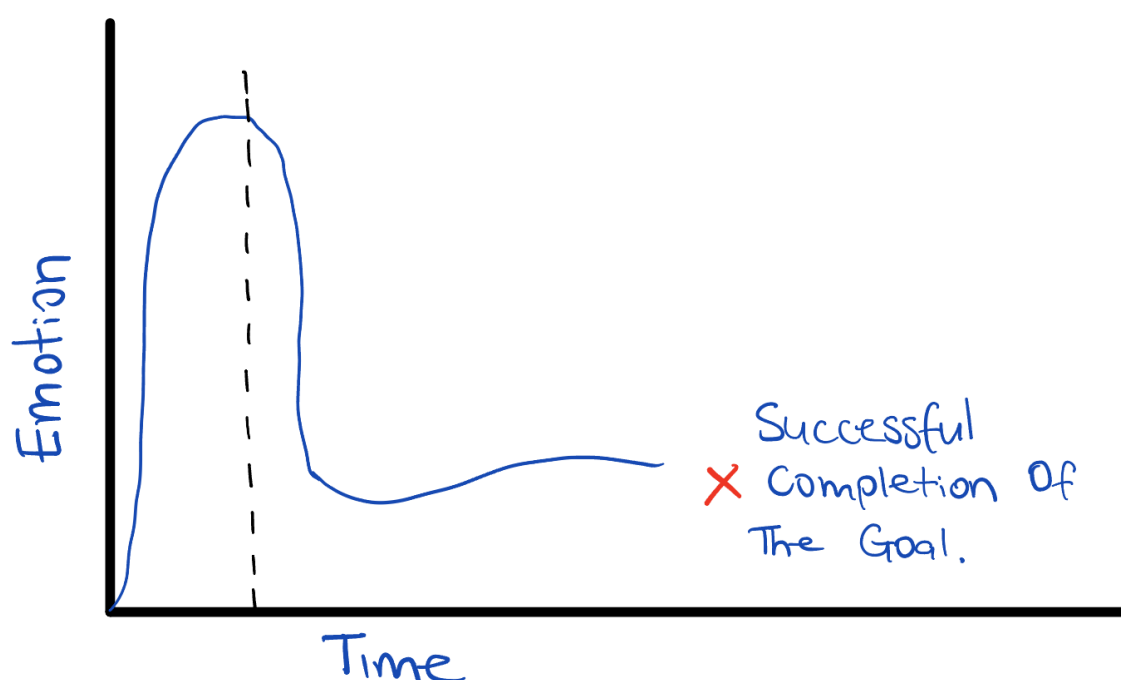




THE ROOT CAUSE OF SHINEY OBJECT SYNDROME

Running on emotion.

The new idea, new project or the distraction is perceived as exciting, feels good or pleasurable in some way. The project that you're meant to finish has lost its initial emotional buzz.



By default, the brain will want to go towards exciting or pleasurable feelings and away from or avoid uncomfortable or painful feelings.

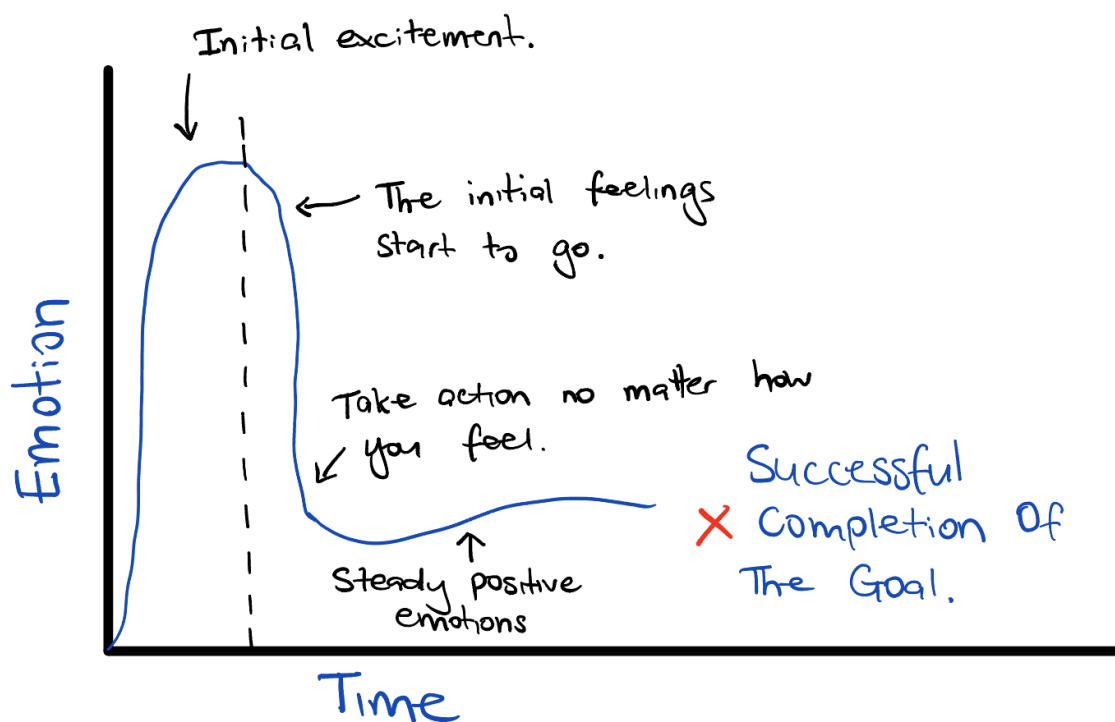
If you're the kind of person who runs on emotions, as soon as things get hard or repetitive your brain will be looking for the next buzz through a new task or project.

SHINY OBJECT SYNDROME WORKSHEET

www.HighPerformanceUnlocked.com

THE SOLUTION

Successful people finish things. Develop the attitude and ability to finish what you start. Train yourself to keep taking action whether you feel like it or not.



Instead of running on emotion, you want to find meaning and positivity in the repetitive consistency that is required to achieve a goal.

SHINY OBJECT SYNDROME WORKSHEET

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**WHAT ARE YOUR SHINY OBJECT SYNDROME
PATTERNS?
WHEN DO YOU FALL INTO THEM?**

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WHAT PROJECTS OR GOALS ARE YOU GOING TO COMMIT TO AND FINISH?

WHAT ARE THE IMPORTANT ACTIONS THAT YOU WILL TAKE WHETHER YOU FEEL LIKE IT OR NOT?

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**WHERE COULD YOU BE IN 5 YEARS TIME IF YOU
OVERCOME SHINEY OBJECT SYNDROME?
WHAT COULD YOU ACHIEVE?**



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