

# **The following are selected pages taken from “The 3-Week Miracle”**

The 3-Week Miracle is an interactive workbook that teaches the reader the essential principles of success practiced by the greatest and most influential people in the world. It includes daily activities designed to help the reader form these principles into personal habits. Within a few days the reader will feel more focused, confident, and successful. The principles taught in the book can be applied to any problem, challenge or struggle the reader encounters.

The 3-Week Miracle is designed to be read by anybody with a desire to accelerate their results, increase their confidence, and improve their life.

## **About the Author**

Kris Heap is a dentist from Mesa, AZ. His passion is helping people reach their potential and enjoy the benefits of a happy life. His lectures teach participants how to take control of their life and achieve greater results than they ever thought possible. He counsels many individuals and couples looking for more fulfilling lives and stronger relationships. Kris also spends time as a photographer, a bluegrass musician and, most importantly, a husband and father.

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# Preface

Let's start a movement. Not a movement backed by big money or some large special-interest group. Not a movement to gain any kind of rights or freedoms.

Let's start a movement for ourselves. We deserve it, right? We spend a lot of time helping others, working for others and admiring others. What about us?

Let's start a movement full of people who are dedicated to bettering our families, our communities, and our world. Not in the way that most people would think. Our movement is all about us, without being selfish or self-centered.

Our movement is made up of individuals who are reclaiming their hopes and dreams of a better, more fulfilling life. Those dreams that were put aside because of work, or children, or laziness. Those dreams that we are sometimes afraid to dream or to talk about out loud. The dreams we hold deep inside.

Our movement is made up entirely of people who want to be better, do more, and live life more fully. We are the people who know that change requires effort; and we are ready to put forth the effort.

Our movement will teach others that happiness and success can be had by all. It will call to those who are discouraged, depressed, and disillusioned. It will call to the housewife and the business owner. It will call to the student and the teacher. It will call to the poor and the wealthy.

Our movement will improve the world, because it will improve the people in the world. Not through one great, explosive event; but through small and simple successes magnified by the thousands of people joining our ranks.

It is time. Time to do more. Time to be more. Time to show the world that we are not common, we are not average, we are not going to passively become what the world wants us to become. We are meant for more. We are ready to learn and put forth the effort required for success.

It starts with us. It starts today.

This is our movement.

Turn the page and let's get started.

- **Kris Heap**  
[www.3WeekMiracle.com](http://www.3WeekMiracle.com)

**Day 10**

Date: \_\_\_\_\_

## **Eat That Frog**

**“Eat a live frog first thing every morning and nothing worse will happen to you the rest of the day.”**

**- Mark Twain**

Brian Tracy wrote a classic book on time management called *Eat that Frog!* The book was based on the above quote from Mark Twain. The basic idea is this:

On any given day, you have a list of tasks you need to do. They range from important to unimportant, and from big to small. But somewhere on that list there is one task that is important, necessary, and the one you are least looking forward to doing. Most of us put that one off as long as possible because we just dread the thought of having to do it. That one is your “frog.”

When we put off “eating the frog”, it weighs on us all day long. We are less likely to do our other tasks because we waste so much energy worrying about the “frog.” We get overwhelmed with the feeling that we have so much to do. It really wears us out.

But, if we look at our list of tasks, find the “frog” and take care of it first thing in the morning, we have an entirely different experience throughout the day. With that one out of the way, we already feel a sense of accomplishment right from the start. Every other task seems easy because we have gained momentum throughout the day. It is amazing how much less stress you will feel during the day when you start to implement this idea.

There is another benefit to doing your biggest, most important task early in the morning. It is the time of day when you are the most alert and have the most energy. The big task will be easier and you will do it better early in the day. By the time the afternoon rolls around, you are more tired and less focused because of everything else you had to do.

Here’s a helpful method for identifying your “frog” that comes from Tsh Oxenreider, author of the Simple Mom Blog:

**1. First, create something that outlines your tasks for the day.** You can use a journal, a piece of scratch paper, a receipt, anything. Whatever works for you, just do *something*. Fill out a detailed to-do list for your day.

**2. Narrow down your list to ten items or less.** You shouldn't reasonably expect to do more – though if you find yourself having done ten things, you can simply add more items. By starting with a ten-item checklist, you're not as daunted, and you feel more accomplished to get seven whole things crossed off in one day. Seven out of ten is more impressive than seven out of 34.

**3. Out of those ten things, pick your three most important tasks (MIT's)**– the things you *really* need to do today; those tasks that if all you accomplished today were those three, you would consider it a successful day. Write those separately up top.

**4. Out of those three things, pick the worst one.** That's your frog. Do that task first before any others.

**5. Out of your list of ten, pick your favorite or easiest item.** For me, it's usually checking my email. Whatever you do, make sure you *don't* do that task first. In fact, if you're daring, don't do that task *until* you get all three MIT's done. **Make doing that task your reward.** These tasks are those that you enjoy but are neither important nor urgent. Most of them aren't really tasks (ie. Facebook, E-Mail, Video Games, etc.)

Eating the Frog is one of those principles that will have an immediate effect on your life. You will notice its impact the first day you do it. Your day will just feel like it was easier and more successful. It doesn't require any more work or effort. In fact, you will feel like it took less energy.

So go ahead and find your frog every morning and eat that sucker right away. After all, if you had to eat a live frog every morning, you wouldn't want to have to look at it any longer than necessary. Just pinch your nose, close your eyes and get it done.

Day 19

Date: \_\_\_\_\_

## Your Four-Minute Mile

The story of Roger Bannister is an inspirational one. For many years it was widely believed to be impossible for a human to run a mile (1609 meters) in under four minutes. In fact, for many years, it was believed that the four-minute mile was a *physical barrier* that no man could break without causing significant damage to the runner's health, including having his heart burst from over-exertion. The achievement of a four-minute mile seemed beyond human possibility, like climbing Mount Everest or walking on the moon.

It was a windy spring day, on the 6<sup>th</sup> of May 1954. Bannister had doubts about running the race with the wind blowing and almost decided to save his energy for another day. But just minutes before the scheduled time of the race, the wind died down and Roger Bannister made the attempt. He crossed the finish line with a time of 3 minutes, 59.4 seconds, and broke through the "four minute mile" **psychological** barrier.

The breaking of the four minute mile was so significant, that it was named by Forbes as one of the greatest athletic achievements of all time. Roger Bannister was on the cover of the first edition of Sports Illustrated. But what made this event even more significant was that after the four-minute barrier was broken by Bannister, **within three years, 16 other runners also cracked the four-minute mile!** Nobody had done it in thousands of years of history and all of a sudden within one year, 17 people did it.

So what happened to the *physical* barrier that prevented humans from running the four-minute mile? Was there a sudden leap in human evolution? No. It was the *change in thinking* that made the difference. Bannister had shown that breaking the four-minute mile was possible. Once other runners saw that it was possible, they began to believe in their own ability to do it. Often the barriers we perceive are only barriers in our own minds.

Our beliefs and mindsets limit or expand our world. We place our own limits by what we choose to believe. These beliefs influence what you attempt or choose not to attempt in life. They determine what you pay attention to, how you react to difficult situations and ultimately your attitude. Success and failure begin and end in what the mind believes is possible. Napoleon Hill said, "If your mind can conceive it and believe it, you can achieve it."

So what are your "four-minute miles"? What are the limitations you have placed on yourself? Think of those times you say, "I wish I could do \_\_\_\_\_ but I'm not \_\_\_\_\_ enough." If you can dream it, it is possible. People do amazing

things every day that they never thought possible. If they can do it, so can you. Don't limit yourself. Set your goals high and go break your "four-minute mile."

**"Whether you think you can or think you can't, you're right."**