• Many people love the idea of becoming great, not many fall in love with the process.
• Many people love the idea of the process, not many do the work.
• Chop Wood Carry Water is not a magic potion that you can read once by yourself or with your team and expect transformation overnight.
• You must do the work.
• Greatness takes what it takes.
• Everyone wants to be great until they see what greatness requires.
• There are no shortcuts.
• There is no such thing as microwaveable greatness.

So here is the guide to walk you through the first 90 days of doing the work:

STEP 1
Make a list of all the process-oriented things you could commit to in order to grow in your craft and towards your greatest potential.

STEP 2
Let’s narrow the list down to two things. Notice that John did only two things: chop wood and carry water. Though there were other tasks required of him, those were the two most consistent ones. The danger is that most people will take on too many process-oriented commitments, and then run themselves into the ground. Once you have your two, list out when you will do them, what resources you need, and anything else that needs to be set up in order for you to accomplish those tasks.

STEP 3
Start for ten days. Post your progress using #chopwood10
Send Joshua an update video or message about your journey on twitter or Instagram.

STEP 4
Assess progress and obstacles. Notice what types of obstacles you face when trying to execute on your process. They could be emotional, physical, lack of resources, timing, or anything else. Devise your plan on how to shift so that you can execute better.

STEP 5
Work for the next 20 days. Post your progress using #chopwood30
Send Joshua an update video or message about your journey on twitter or on Instagram.

STEP 6
Assess progress and challenges. Make any slight adjustments as needed.

STEP 7
Work for the next 30 days. Post your progress using #chopwood60
Send Joshua an update video or message about your journey on twitter or on Instagram.
Aim past the target: the 90 day commitment to the process of doing the work is less about what you accomplish and more about who you become. By choosing to commit to the gritty and unsexy path of small daily decisions, your character will deepen and lead to a strengthening of your impact on others.

Remember, it is all the small, seemingly insignificant choices, added up and compounded over time that make the difference over a long period of time. You may not see immediate growth over night, but if you will fall in love with the process of becoming great, you will eventually love what the process produces.

**NEXT STEPS**

If you are looking for a “how to” for behavioral change, the 5 second rule from Mel Robbins’ book by the same name is highly recommended. I personally think a 3 second rule is more helpful.

If you are ready to take it to the next level and think that working with someone from the t2bc team would be helpful, take a look into our mentorship program and see if it could be a great fit for you. It is a serious commitment of time and resources, but we have seen really cool things happen when people are willing to do the work.

I wrote Pound The Stone to be read after Chop Wood Carry Water as a deeper dive into developing grit on the path to mastery, and I wrote it in fable form as well. It is great next step read for you and your teams.