

# THE 10-10-10-METHOD

RECESSIONRESPONSE.COM

CONSIDERATION	10 MINUTES	10 MONTHS	10 YEARS
If I proceed with...			
If I don't proceed with...			

1. Write in the consideration column the thought you are facing.
2. In the 10 minutes, 10 months, 10 years columns, put a smiley, neutral, or frowny face representing how you expect to feel at those times reflecting back on your decision.
3. Do this for both the "If I proceed with..." and "If I don't proceed with...".

*This is derived from 10-10-10: A Life-Transforming Idea by Suzi Welch*

## ADDITIONAL RESOURCES



**Fix This Next**  
[fixthisnext.com](http://fixthisnext.com)



**Profit First**  
[profitfirstbook.com](http://profitfirstbook.com)



**Clockwork**  
[clockwork.life](http://clockwork.life)



**The Pumpkin Plan**  
[pumpkinplan.com](http://pumpkinplan.com)

Get Professional Support:  
[fixthisnext.com](http://fixthisnext.com)  
[profitfirstprofessionals.com](http://profitfirstprofessionals.com)  
[runlikeclockwork.com](http://runlikeclockwork.com)  
[pumpkinplanyourbiz.com](http://pumpkinplanyourbiz.com)

**mikemichalowicz.com**

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