



You Can If You Will: How to Succeed Through Commitment & Accountability

Kip Kint

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The value of this particular book is not in the introduction of some crazy, new, hot-off-the-press psychological research. We don't need to deal with fringe science to find success. Instead, I will be drawing on decades of tried, proven research and principles that will change your life, if you let them. The true value of this book is in the application of these concepts—in how, together, we can change your life, not just your mind. Because of my background in coaching, I can't just share valuable insights and then walk away. I live and breathe accountability, and this book is designed with that in mind. When your mother used to ask you to clean your room, did you do it? Sure. What if she asked you on her way out the door to go out of town for a week? Would that change your response? The fact of the matter is, we can't create value for you unless we stimulate action, and the best way to drive action and change is through accountability. With that in mind, I have created a series of Coaching Assignments related to the principles of the book. At the conclusion of each chapter, I will share a number of 'homework' assignments with you; I will also list 'bonus' assignments and additional, external reading opportunities from other experts. The idea behind these assignments and readings is to help you activate yourself. Together, we want to push you to finally do those things that you've always known you could. If I could jump out of the book and into your living room to help you stay on target, I would. These Coaching Assignments will help you commit to an action which will either help you be more effective, help you progress toward a goal, or give you some other valuable benefit for the time you invest.

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