

How to eat an elephant...

- ⇒ Determine exactly what it is you want to achieve (eat the elephant)
 - ⇒ Break it down into steps (bite size morsels)
 - ⇒ Don't let anything stand in your way (move out of the shadow)
 - ⇒ What are the benefits (besides a good meal)
1. Instead of looking at the entirety of the task and feeling discouraged by the sheer size of it, it helps to break it down into steps (bite size morsels) and then the tasks don't seem so daunting.
 2. Understand what your elephant looks like. Keep in mind that this elephant has to be something you really want to achieve. An elephant is a big beast and requires a big appetite, there's no point going after something when you don't really have the appetite for it. You have to really want it.
 3. Write down all the steps that you have to take to eat the elephant (what do you have to do to achieve the goal).
 4. There will be times throughout the meal when the sheer size of the elephant will scare you no matter what bite size morsels you have broken it down into. Step away from the elephant; don't let the shadow scare you. (ask for help)
 5. There's always got to be a benefit as a result of the elephant you're consuming.

