The 24-Hour Turn-Around
Jim Hartness and Neil Eskelin

The Big Idea

Want to change anything about yourself? The greatest hurdle to change is the first step - the actual decision to do it. The decision takes only a moment, but its impact may last a lifetime.

After that, if you’re committed to your constant and continuous self-improvement, anything is possible. The sky’s literally the limit!

With their time-tested advice and easy-to-follow, holistic and step-by-step program of self-improvement, Jim Hartness and Neil Eskelin challenge you to turn your life around.

Why You Need This Book

This book will show you how to use 24 one-hour time periods to set achievable goals, improve your self-esteem, increase your motivation, strive for excellence and integrity, develop humor and enthusiasm, break bad habits, control anxiety and fear, use time and money wisely, take time for daily renewal, and more!

Hour 1: Your Greatest Decision

As you begin, there are four vital things to know when making a commitment to change:

One. A decision, even if it is wrong, is a positive beginning and a sign of progress.

Two. Wrong decisions can be corrected, but a “zero” decision can’t.

Three. Guidance comes only to things that are in motion.

Four. No one moves without a decision to move.

You won’t have to be told when that moment of decision happens. You’ll know it! You won’t even need to speak the words, “I will.” You’ll feel them resonate from deep within. They will awaken your mind, your heart, and every fiber, from top to toe.

Are you ready for that kind of change? The decision is yours.

Hour 2: Revalue Your Self-Worth

Here are some specific steps you can take that will lead to a profound difference in the way you perceive yourself.

Step One. Get acquainted with the real you. Happiness, a manifestation of self-esteem, has often been described as “being at peace with oneself.”
Step Two. Laugh at your handicaps. There are flaws in everyone - including you. What is important is that you don't allow handicaps to become permanent barriers.

Step Three. Put your failures in perspective. Your failures are not worthy of undue concern and worry since they are as natural as life itself. If you haven't failed, you haven't started.

Step Four. Develop a healthy love - of yourself! Self-love is not an exercise in ego-building. It is the realization that you are of great value and that you need care and nurture. People are capable of loving others in direct proportion to their ability to love themselves.

Step Five. Find someone who needs your help. The satisfaction that results will be an important building block to a transformed self-esteem.

Step Six. Deliberately change your behavior. A great leap forward in self-perception can result from a planned action.

Step Seven. Choose a creative challenge. Building self-confidence has a direct effect on your self-esteem. You can do this by taking on a creative challenge.

Step Eight. Get comfortable with compliments. Many people seem incapable of saying “Thank you” when they are praised for a job well done.

Step Nine. Revalue your worth. Avoid saying or even thinking “I’m not worthy.” You probably have much more to celebrate than to condemn.

Step Ten. See a brand new picture. See yourself the way you want to be, not the way you don’t want to be.

Hour 3: A Transformed Thought-Life

Your body gives you expression in the physical world, but is influenced by the content of your mind. That being the case, in order to live in good heath, you must think good thoughts.

The “strongholds” that work against us do not come in the form of a job, the economy, or a critic. No! They are in the mind, thoughts, and imagination.

It’s time to consider treating your mind as the treasure it really is. Your thoughts contain life’s most valued possessions - health, abundance, compassion, and love.

Hour 4: A New Look At Your Goals

In this hour, you are being asked to focus on your ambitions and aspirations. Here are seven specific targets:

Target One: My Goal is Specific. You don't need to begin with 127 targets - just a few clear objectives will do. What is important is that the targets at which you are aiming are specific.

Target Two: My Goal is Measurable. As you begin to formulate your objectives, ask yourself, “Is this goal measurable?”

Target Three: My Goal is Challenging Yet Achievable. Be sure that your goal is not to repeat something you have already achieved, but to reach for a new challenge.
Target Four: It Is My Goal, Not Someone Else’s. It’s your advancement that is the gauge of your success.

Target Five: All Of My Goals Reinforce Each Other. If you want to assure ongoing and rapid progress toward any single objective, make certain that all of your stated goals are headed in the same direction.

Target Six: My Goal Includes a Plan to Achieve It. Make sure your strategy includes a timetable for action. Without it, you'll never begin.

Target Seven: I Will Write Down My Goal. The quickest way to see your dreams and desires become tangible is to find pen and paper and begin to write. The moment you see what you are seeking - even on that small piece of paper - it takes on a physical appearance.

Hour 5: Great Expectations

Dominantly negative expectations can sabotage your health, wealth and happiness. Once you see that your perceptions determine your behavior, you can begin immediately to shift your focus from your actions to your attitudes. When you change in your mind's eye, you see things differently with your physical eye. Soon the view from inside becomes manifest in the way you walk, the words you speak, and the manner in which people respond to you.

If your outlook can be transformed in just one aspect of life, the potential exists for change in all areas of life. Why leave your future in the hands of fate? Expectation can make it great!

Hour 6: A Major Attitude Adjustment

Whether it is in the area of being thankful, optimistic, enthusiastic, or outgoing, the key to change is to realize that an existing attitude is not something you are “stuck” with. Millions of negative people have reversed their “polarity”. They have substituted yes for no and hope for hope!

You may ask, “Where am I to begin?” Start today by complimenting those around you. Go ahead and say something encouraging to the server at a restaurant, to the postal clerk, to one of your fellow employees.

Hour 7: Choose Your New Team

Something extraordinary happens when you join forces with other people. What seems impossible for you to do alone is suddenly simple when tackled by a group pulling in the same direction.

The power of encouragement is amazing. It works at all levels of life - in reaching goals, in building a business, in making friends, and in creating harmony out of chaos.

Hour 8: Bend without Breaking

Make an honest appraisal of your ability to adapt quickly to new situations. Brittle steel will shatter. When it has been tempered, however, it has been known to withstand a mighty earthquake.

Make a personal pact with yourself: “In every situation, I resolve to seek agreement rather than discord, to be responsive rather than use resistance, and to compromise rather than seek conflict.” By putting those goals into practice, you can know what it means to “bend without breaking” and “to love without losing.”
The power of positive thinking is great. But the strength of flexibility thinking can pay even greater dividends.

**Hour 9: Say Farewell to Unhealthy Fear**

Saying farewell to unhealthy fears is not a slow, painful process that takes a generation. It can happen today if you decide to control the events and thoughts that are pointing you in the wrong direction. Get a new perspective, take a risk, and begin to act with faith.

You'll be able to say hello to healthy fears and kiss your unhealthy ones good-bye.

**Hour 10: Winning by Quitting**

Your decision should not be to see how many destructive patterns you can break, but rather how many positive habits you can establish. Dr. William Lee Wilbanks, a lecturer on willpower and a professor of criminal justice at Florida International University says, “We are not simply animals ruled by instincts and impulses. We can control our own behavior if we believe we can.”

What habit will you break today? What habit will you make?

**Hour 11: Take Charge of Your Emotions**

Don't delay in making an inventory of the emotions that continue to negatively affect you. Choose the one that is causing the most harm and make the decision for permanent change.

**Hour 12: Revolutionize Your Data Bank**

Never, never stop growing. Plateaus should only be found in geography books, not in personal experience. The key to a revolution in your mental data bank is to take in far more than you give out.

Read widely, listen carefully, and put self-help principles into action every day.

**Hour 13: How to Reorder Your Day**

Your moments are valuable too. By taking a new look at the ticks of the clock, you can allow time to work for you instead of against you. Here are ten specific things you can do:

1. Live in the present.
2. Place a value on your activity.
3. Create a written daily schedule.
4. Prioritize your tasks.
5. Make effective use of short periods of time.
6. Don't allow others to determine your schedule.
7. Work smart.
8. Recognize time-wasters.
9. Focus on personal productivity.
10. Do it now.
11. Know the value of one minute.

**Hour 14: Making the Most of Your Money**

Many people spend a lifetime earning income, yet fail to follow a plan to insure financial security for the coming years. Retirement is something they wish would happen soon, but they are not prepared for it.
This is the time to make a personal declaration that you will never allow a week to pass without making a financial investment in your future.

Hour 15: Your Newborn Body

Remember, making exercise an obsession is not your goal. What is vital is that starting today, daily physical activity becomes a permanent part of your life. It's the secret to increased energy, a lowered risk of disease, and an overall newborn you.

Hour 16: The Look of a Winner

Make it a daily habit to give yourself a once-over to determine if what you see in the mirror is the best you can be. Do at least one specific thing each week to improve your image.

When you become both your toughest and best critic, you won't need to worry about what others say. This will build confidence in who you are and what you reflect. Not only will you think and feel like a winner, but you will have the look of a winner, too.

Hour 17: The Discovery of Excellence

How can the door to personal excellence be opened? Here are ten important keys:

1. Don't settle for average.
2. Pay attention to detail.
3. Develop a deep commitment.
4. Be known for ethics and integrity.
5. Show genuine respect for others.
7. Be consistent.
9. Make excellence a lifestyle.
10. Always give 110 percent.

Hour 18: A Brand New Start

We all have the ability to make a fresh new start, over and over again. When we have failed, we can ask for forgiveness. And, like children learning to walk, we can rise to our feet and try once more.

A sign painted on a service station in Seattle read, “A clean engine always delivers power.” That's how you will be able to describe your new heart.

Hour 19: From Master to Servant

People need to realize that ultimate achievement is not found in being called “master.” The highest goals in life, health, and personal success are reached by those who choose to serve.

Hour 20: A Lifestyle of Laughter

Make it your priority to develop your gift of laughter. You can start by trying to bring a smile to someone's face. Once that has been accomplished, take it one step further. Share a comment that will make someone laugh out loud.
When you stop taking life so seriously, both you and those you meet will make the world a more pleasant place.

Hour 21: Up with Enthusiasm!

There are, however, times when you need to recharge your batteries. How do you do this? Nothing is automatic. To keep the fire burning, you need to feed it with new activities, new dreams, and new goals.

When you prove that you can get stirred up about one topic, you can become enthused about something else. Your goal should be to make enthusiasm a total and permanent part of everything you do.

Hour 22: Your Key to Daily Renewal

The key to daily renewal is the same for an individual as for a large organization. Both must ask and answer this question: What is my mission statement?

When you have a clear idea of where you are headed, you worry less and less about daily distractions. You can even begin to repeat the words of Napoleon Bonaparte, “Circumstances! What are circumstances? I make circumstances!”

Hour 23: The Power of Persistence

Instead of looking around to see what the competition is doing, focus on your own progress. Never worry about those who are racing to reach great heights by any means possible. When they reach the top of the ladder, they may learn that it’s resting on the wrong building.

Be sure your climb is steady and deliberate, and make certain your foot touches every rung of the ladder. To help you reach your goal, ask one question on a daily basis: “What have I done to bring me closer to my objective?” Persistence pays.

Hour 24: Celebrate a Grand New You!

During these twenty-four hours you have been challenged to make substantial changes in many areas of your life. The last chapters of your life have yet to be written. If you have made a resolution to change in only two or three areas, the growth process has begun.

Each of these factors may play a part, but there’s only one key - You! That’s what makes the difference.