

If you have ever played poker, you understand the emotional roller coaster you ~~go through~~ ~~the experience until~~ you either lose all your chips or win the ~~entire poolpot~~. I am talking about the level of excitement you feel when you are dealt your first two cards, and you are in luck because they happen to be two ~~a~~Aces, but then you end up losing to someone who has three of a kind. ~~Or even worse, The worst-case scenario is~~ if you have a full house and you keep raising the bets ~~within~~ confidence, believing ~~that~~ the hand is totally yours, ~~and~~ then another player ~~decides to crush all your dreams by revealing reveals~~ their four-of-a-kind ~~winning hand, crushing your dreams~~. With no time to ~~processallow~~ the trauma of the loss ~~to process~~, you ~~quicklyswiftly~~ learn that ~~the eventualities of~~ losing hands ~~is are~~ part of the game, ~~but and~~ how ~~take the losses and continue to move forward you~~ ~~deal with them~~ is what matters.

Poker is a great game ~~full-offilled with~~ valuable life lessons. It is ~~because poker is~~ a game of ~~calculationsprobability, computation, and probabilities, calibrations and making~~ assumptions, and ~~often to make critical decisions~~, you will need to rely on ~~your pastprevious~~ experiences ~~to make critical decisions. Over the past few. For~~ years, I have ~~integratedincorporated~~ a poker rule (ALL IN) and an element (~~the p~~Poker ~~c~~Chip) into my life to solidify my commitments, accomplish goals, build good habits, detox from unhealthy habits, and ~~othersother~~ benefits I will discuss in more ~~detailsdetail~~ ~~below~~. Just keep reading, and yes, you have time.

If you ever visit me in my office, you will notice I have three poker chips on my desk. The middle one has my wife's name, the one to the right has my current employer's name, and the third ~~one~~ has "Elora Blog."~~I use a~~A poker chip ~~serves~~ as a constant reminder of ~~what my ALL INs are. A poker chip and~~ is a symbol that is Simple, Visible, and Personal. I will ~~talk aboutdiscuss~~ these three attributes in more details later. I always keep them ~~with me eitherhandy, either~~ in front of me on my desk or in my pocket. The poker chip with my wife's name, ~~is a symbol symbolizes my commitment to constantly remind me she is my ALL INher, that she is~~ my 100 percent, ~~my and~~ top priority, ~~and my ALL IN~~. There are days I want to throw the chip at her because, c'mon, she drives me crazy, but I can never think of handing it over to her and ~~not have it with me anymorelosing my grasp of it~~. The second and third chips indicate my current commitments. ~~TheseThese~~ are my daily reminders of my top priorities. ~~I rememberOn~~ my last day of employment with my ~~previousformer~~ employer, I ~~handed over the gave them the~~ poker chip ~~engraved~~ with their name on it ~~to them~~ as a symbol of my commitment ~~conclusion. ending.~~

I encourage you to look into your life and identify what your priorities are. What are your ALL INs at this point in life? Life is busy, and we are constantly exposed to distractions that derails our focus. ~~Let us sayFor instance,~~ you decide ~~that~~ your ALL IN ~~is to staywill be staying~~ healthy ~~and that include, thereby~~ maximizing your daily decisions ~~capacity to promoteencourage~~ a healthy lifestyle. ~~This could include eating healthy mealsEating healthily,~~ exercising, and adopting healthy behaviors. ~~Sounds very easy and are all practices that support this goal. This seems straightforward, and you will generallynormally~~ you have no ~~issues sticking with the changes andproblem changing your habits and be able to stick to them~~ without any struggles, distractions, or temptations. But for the rest of us, ~~ordinarynormal~~ people, we do struggle. ~~We need theIt is important that we get~~ help, accountability, and ~~we want to see positive~~ progress so we ~~can can keep goingmove forward~~. I know you do not relate because you are perfect and always get good cheers when you stand on the satanic scale at the doctor's office.

With all ~~life~~the punches and ~~personal~~ setbacks ~~in life~~, what if ~~havingyou could find~~ a symbol that ~~can helpwould inspire~~ you ~~to stay~~ committed, ~~and~~ motivated ~~toward your goals, and encouraged towards your goals. For example,? Consider~~ a poker chip that ~~has says~~ "Is it healthy?" on it. You ~~takecarry~~ it

Commented [JA1]: I don't love this sentence. I understand the playfulness but I think it can make the reader feel mocked and not encouraged.

with you everywhere and placekeep it on your desk so you can see that it. It is always in view. The accountability will help hold you accountable stay focused on your goals and gives give you the best chance of goal success. It This will guide you help you to make daily decisions towards your goal, and allows you to act with providing clarity and direction.

Where are my numbers people? You will love the next The following paragraph. It is filled with will satisfy your dirty lustful desire of numbers and lust for percentages. I am about to show you some and numbers. The following figures with the hope it adds value to are meant to illustrate the importance of writing down your goals and be being able to see them every day daily. Did you know:

- The percentage of people that give up on their New Year's resolution after 6 days is 25 percent 25 percent of people give up on their New Year's resolution after 6 days
- The percentage of people that give up on their New Year's resolution right at six months is 60 percent 60 percent of people give up on their New Year's resolution at six months
- The percentage of people who lost weight on a diet and kept it off. Five percent only! Only 5 percent of people lost weight on a diet and kept it off
- The percentage of patients who previously had a heart attack and made changes around their exercise or eating. Fourteen percent only! Only 14 percent of patients who previously had a heart attack made changes around their exercise or eating habits
- A study by the Dominican University of California showed you are 42 percent more likely to achieve your goals if you write them down
- A study by Harvard Business School found the percentage of MBA graduates who wrote down their goals was 3 percent, and they ended up making ten times more salary than the 97 percent who did not write down their goals within 10 years

So yeah, write down your goals yo...because the science says so!

Now, where are my psychology folks? You know, those people that need who use big words and very are curious how the brain works and think believe they are more intelligent smarter than everyone else. Yeah, y You. Here are I'd like to share some information and concepts to illustrate the value of writing down your goals and commitments, and have keeping them visible in front of you at all the time. times.

- **Brain-to-Hand Connection** – Did you know there is a powerful brain-to-hand connection that comes into effect once you write down your goals and commitments? When you write them down and have them visible to you, they are planted in your brain, and they stick.
- **Clarity and Focus** – You will be able to filter through activities, things, and people with a clear and narrow focus on your goals.
- **No Wriggling or Fudging** – A written goal or commitment leaves a little to no room to wriggle your way out of it.
- **The Conscious Flagging the Subconscious** – A daily reminder from your conscious self to your subconscious about the importance of your goals and commitments
- **Encoding to the Hippocampus** – When your brain sees something, this information is transmitted to a part in the brain that decides what is important to keep in the long-term memory and what to delete. It is This part of the brain is called the h Hippocampus.
- **Generation Effect** – A fancy name that basically means if you generate something, you will more than are more likely to recall it than trying to remember an interest. Neuropsychologists have found that people have a better recall for information they made themselves, aka writing goals and commitments down, than for information they read. As a part of the decision-making process, your brain will assign more importance to the content you generate.

Commented [JA2]: I like these flipped around to make a stronger impact – not to make the reader search for the answer. Like this one.

Commented [JA3]: This one doesn't seem complete like the others

Commented [JA4]: I think this needs to be better explained. I am a bit confused.

- **Internal Drill Sergeant** – When you have your commitments and goals written down, they will serve as a driving force that pushes, pesters, and nudges you to stay on course until they are done.

How are we doing? Still engaged? Do you see a hope for you? If yes, why not share the post with someone that needs it! ~~I encourage you to do~~ Do that ~~real~~ quickly and let ~~us~~ keep going. We are at the final stretch!

Do you remember the three attributes ~~I previously of connected to~~ why I chose a ~~p~~Poker ~~c~~Chip? ~~I mentioned earlier?~~ Simple, Visible, and Personal. ~~Now allow me to explain~~ Here's why a poker chip represents a ~~symbol that is~~ simple, visible, and personal ~~symbol~~ to me, and hopefully, ~~it this~~ will ~~guide inspire~~ you to choose your ~~symbol own~~ or ~~use feel free to use~~ mine.

Simple – A poker chip is round, ~~which and that~~ means infinity and no expiration, and that is how long I want my marriage to last. Poker chips have different colors that ~~carry carries~~ different values, ~~allowing and that allows~~ me to rank my commitments where my wife is the highest value of all.

Visible – I am sure you ~~have~~ heard the saying “out of sight, out of mind.” ~~which and that~~ simply explains this attribute. If you cannot see it every day, then you ~~have~~ have a souvenir and not a symbol.

Personal – A poker chip has a personal attribute to me because of the life lessons I learned from watching the WSOP competition for years while I worked as a security guard overnight at a hotel in Malibu Beach. Here are the lessons I have learned:

- **Discipline** – If you play poker, you know you cannot win every hand, ~~and s~~ Sometimes it ~~might may~~ seem you are ahead and close to ~~the win winning~~, but then the river card hits the table and changes everything. A disciplined poker player knows when to fold and resist any temptation. In life, we often feel we have everything under control and on track to hit all our goals and plans to the point of taking things for granted. Then life ~~hits throws~~ us with a ~~r~~River card that changes everything. Do we have the discipline in life to know when to hang in there, let go, or try harder?
- **Patience** – Of course, I would not mind showing up to poker night, splash~~ing~~ bids, bluff~~ing~~ some, ~~and win~~ win~~ings~~ some chips, and quickly cash~~ing~~ out. Usually, those are small wins, and you miss much bigger wins. A good poker player aims to increase their bankroll and play the game with a long-term strategy with the whole pot in mind. It will take a lot of patience blended with good decision~~ing~~ making to end up winning the ~~entire whole~~ pot ~~in at~~ the end. ~~In life There are times in life, we face situations where we could can make certain decisions with that produce~~ short-term wins ~~to only to have it them~~ taken away from us or ~~to~~ regret them later. Being patient, strategic, and making long-term decisions can create long~~ing~~ lasting wins.
- **Who are you when the Chips are Down?** – When we are winning, and life is good, it is easy to be the best version of ourselves. You know that version where we are positive, encouraging, supportive, and inclusive human beings. It gets interesting when we face adversity. Masks are off, and you face your true self. In poker, you can have a 96 percent ~~change chance~~ of winning that turns into 0 percent with the turn of a single card. Who are you when that happens? It is a good question to reflect on introspectively and spend the time to know the real you, so you know how to improve yourself.
- **Are you Responding or Reacting?** – Similar to life, a poker player faces ~~a lot of many~~ setbacks and failures that ~~could lead to might leave~~ the ~~fear player fearful~~ of trying again. However, a good poker player knows ~~it is that setbacks are not the end of the game but rather~~

a part of ~~the game~~ it and learns how to ~~get move~~ past them by responding to ~~setbacks and not react~~ ~~them instead of reacting~~ to them. Failure is ~~f~~Feedback!

- A good poker player knows ~~that~~ reacting to everything that comes along limits their chances ~~to of~~ succeed ~~ing~~. They learn how to respond to problems instead ~~of to~~ reacting to them. Reacting is negative ~~while, whereas~~ responding is positive. When you take medicine, you can react to it by having the side effects ~~that are and that is~~ negative, or you can respond to it by recovering ~~form from~~ sickness, and that is positive. The question is ~~dewhether~~ you react to your problems or respond to them.
- **Builds Emotional Maturity (Emotional Control)** – Poker is a capricious game, unforgiving not just to one's bankroll but to one's soul. ~~It The game~~ is a roller coaster of emotions – stress, excitement, and anxiety are some of the many emotions that you ~~will may~~ experience. ~~Poker it~~ is also about the degree of hiding emotions when required. The other players should not be able to read your face or mind, and as a result, they will not know the cards that you may have. After all, it is vital to keep a “poker face” on the table! This is a game that will assess your emotional control and help you acquire the skills to manage these emotions.
- **Selective Aggressiveness** – For some reason, it just feels natural to seek action while playing poker and, therefore, play as many hands as possible. This might not be the best decision both in poker and life. ~~We need to if we want to succeed, we must~~ learn ~~which battles~~ to pick ~~battles carefully~~ and ~~aim to avoid spreading our resources ourselves too thin if we want to have a chance to succeed. We should learn.~~ Having the ability to say “no”, ~~so will make~~ it is not as difficult to say because it implies that we are aware of ~~easier for us to identify~~ what is truly important ~~for really matters to~~ us.

~~Now that you know~~ Having gathered all this information, I ~~expect invite~~ you to ~~decide on choose~~ three symbols and assign three commitments to each ~~symbol one~~. If you need help deciding on a symbol, send me a message, and we will work this out.

I have enjoyed walking through this journey with you, and I hope you have found this beneficial to you or someone you love. Before we go separate ways back to reality, make sure to share this post and subscribe so I can connect with you and notify you of future content. Bye for now!

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