



CONQUER THE HARD WITH THE SOFT

Our hard problems we face in life are always solved by using our soft skills.

CONSTANTLY PLANNING FOR WHAT IF?

Our planning makes us ready for anything and enables faster decisions.

PREPARATION CREATES CONTROL

When we invest the time to prepare, we then feel more in control of our day.

FEAR OF FAILURE ZAPS OUR ENERGY

Look past the fear to the feeling (AND energy) of having already done it.

WILL IS CHARACTER IN ACTION

Character is the WILL to find a way and proud of your behavior on the journey.

OUR BIGGEST OBSTACLE

Your past can be an obstacle. It's just a learning, and does not define your future.

WHICH THOUGHTS TO BELIEVE

Success and happiness are created by choosing what thoughts to believe.

WHAT ARE YOU TELLING YOURSELF?

Stopped more by what we tell ourselves we can't do vs others telling us we can't.

SEE IT THRU A CALM LENS

Emotional maturity is seeing difficult situations in ways to make them easier.

CONFUSION STOPS ACTION

Focus on keeping the goals clear, as confusion stops action and achievement.

FALSE FEAR

Anxiety is often about a fear of something that isn't likely to happen anyway.

THINK BACK TO A SUCCESSFUL TIME

Think back to a successful time. It brings confidence to what you are doing now.

KEEP A FOCUS ON YOUR POTENTIAL

Your potential is probably the single most powerful motivator you can have.

PERSON YOU WANT TO ATTRACT

Powerful goals attract the people into your life that can help you the most.

WHAT ARE YOU MOST GRATEFUL FOR?

Gratitude is an attitude that can lift us even in one of our darkest days.



OTHERS INVOLVED WITH YOUR DREAM

Those who achieved great success received support and guidance along the way.

PREPARATION REDUCES ANXIETY

People who do their preparation feel less anxious than others who don't.

JUST ELIMINATE THE DISTRACTIONS

You gain a great deal by just eliminating the distractions to enable you to focus.

JUST LEARN TO LIVE WITH IT

Everyone has fears...the successful have found their way to live with it...ACTION.

CHOOSE HOW YOU FEEL

It's our choice on how we feel...and we should never surrender this choice.

WHAT YOU THINK ABOUT YOU ATTRACT

Your thoughts drive your actions and action drives what you attract into your life.

COURAGE SHOWN WITH NEW HABITS

Many don't change as they lack the courage to create the needed new habits.

PULL YOU TOWARDS YOUR DREAMS

Goals are key, as they have a way of pulling you faster towards your dreams.

IN WAYS THAT ARE NOT COMFORTABLE

Growth comes from thinking in ways that is not usually comfortable.

BRINGS OUT THE BEST IN YOU

Surround yourself with the right people and they will bring out the best in you.

SAY NO MORE

If you already know it...then why are you not doing it! Start taking action.

HUMOR CARRIES US THROUGH LIFE

Humor is what brings you back to the right perspective in a challenging day.

CLEAR THE CAN'T FOR THE CAN

Productivity is about focusing on what you can versus what you can't.

WE MAKE IT SO

Whatever we tell ourselves is often a preview of what will happen.

IN CONTROL OF CIRCUMSTANCES

People with strong goals are more in control of circumstances than others.



CREATE CONSCIOUS CONTROL

The more consciously aware you are, the more control you have.

FAITH PULLS YOU FORWARD

Faith has a pulling power in it that can change an unknown into a known.

ENJOY THE JOURNEY

Life is something you need to enjoy along the way...not just at achievement time.

ANXIETY DISRUPTS PERFORMANCE

Whenever you are anxious, you are limiting your performance in the short term.

FIRST WE BELIEVE WE CAN

First, we believe that we can do it before we actually do it. Belief powers action.

FREE OF CONSTANT WORRY

Focus on what you can control - YOU - and be free of constant worry.

IT'S OK TO ASK TO HELP

You can move forward faster when you are not afraid to ask for help from others.

YOUR FOCUS AT A BUFFET

Your inner strength is tested most when you have more options than you need.

REGAIN CONTROL OF YOUR MIND

Everything becomes clearer when you regain control of what you are thinking.

ACCORDING TO THE PLAN

Not everything goes according to the plan, but the plan helps you adapt faster.

POWER OF THE CUMULATIVE SIMPLE

Consistently doing the simple enables more progress than thinking the complex.

EMBRACE THE DIFFICULT IN YOUR PATH

Embrace the difficult in your path first, and the road ahead becomes easier.

JUST LET IT ROLL OFF YOU

Bad things happen, and won't impact your progress if you don't internalize them.

FIND A WAY THROUGH THEM

Obstacles are not stop signs, so just focus on finding a way through them.

GREATEST RISK IS DOING NOTHING

Doing nothing is your greatest risk...so what action are you taking today?



UNDERSTAND HOW TO COPE WITH IT

Pressure is not bad if you have learned how to cope with it well.

SYSTEM THAT WORKS FOR YOU

To be productive, find the system (way of working) that works best for you.

LOOK AT CHANGE AS NORMAL

View change as normal and you will not be as anxious about it.

UNDERSTAND WHAT FEEDS YOUR FEARS

Understand what feeds your fears to stop fear from stopping you.

GET THROUGH THE DIFFICULT PERIOD

Success always forces us to get through difficult periods on the path to achieve it.

BREAK THE MOLD OF WHAT IT WAS

Break the mold of the past and be open to a different way to approach the future.

LOSE AND WIN IN OUR MIND FIRST

We lose and win in our minds first before we do it in our reality.