



### **HEALTHY OBSESSION**

When you are doing what you love, you end up thinking about it all the time.

### **DISCIPLINE ENABLES OUR PLAY TIME**

The successful know the more disciplined they are, the more fun they can have.

### **SELF-DISCIPLINE OR REGRET**

Embrace pain of self-discipline (action) vs pain of regret (I could have, but ...).

### **ENJOY THE CHALLENGE**

The difference between success and failure is based on enjoying the challenge.

### **BRING HEART TO WHAT YOU DO**

We never achieve great things until we bring our heart into what we do.

### **PRESSURE WITH LESS STRESS**

Pressure is always there. When people know WHY; they have less stress.

### **DON'T NEED A REASON TO FEEL GOOD**

The happiest start off happy; don't need a reason to feel that way...they ARE.

### **LOOK AT LIFE BEYOND THE CHALLENGE**

Focus on how the result will look like AND you move through the challenge faster.

### **MAKE EVERY MOMENT COUNT**

You never hear the successful say: That's a great way to kill time. (Time is life)

### **PRUNE TO STAY STRONG**

Drop the good in order to be able to focus more time and energy on the best.

### **DELAYED IS USUALLY LARGER**

Delaying instant enjoyment often enables an even larger enjoyment later on.

### **PREPARED TO ENJOY THE MOMENT**

Do your preparation and you get to enjoy the moment vs worrying through it.

### **ACT AS IF YOU HAVE NO LIMITS**

In reality, there are no limits, but only the ones you create for yourself.

### **GRATITUDE DRIVES OUR HAPPINESS**

You are never truly happy unless you step back and be grateful for what you have.

### **TIME TO BUILD GREAT RELATIONSHIPS**

The greatest enjoyment in our lives come from the relationships we have built.



### **INSPIRE OTHERS BY HOW YOU LIVE**

Live your life (your focus and behaviors) in a way that inspires others.

### **PURSUE YOUR POTENTIAL**

To live your life to the fullest, you need to use your potential to the fullest as well.

### **THINK IN TERMS OF PROGRESS**

Focus on always making progress on what you want to accomplish every day.

### **MAKE YOUR DIFFERENCE**

Determine the difference to give to the world and the world rewards you back.

### **GIVE UP ONE THING FOR ANOTHER**

Life is all about choices, and it is sometimes a choice between good and good.

### **EVALUATE ACHIEVEMENT, NOT HOURS**

It's not how many hours, but what people achieve with the hours they work.

### **KNOW WHAT MAKES YOU HAPPY**

When you know what makes you happy, you create a target to bring it about.

### **FREE AND PRICELESS AT THE SAME TIME**

Time is free, costs you nothing...however if you waste it, you can never regain it.

### **GIVING IS A WAY TO HELP YOURSELF**

By making a difference to others, you are constantly refueling your self-worth.

### **WHAT AM I THANKFUL FOR?**

Focus on what you are thankful for, and you can't help but be more positive.

### **EVERYTHING HAS A BALANCE**

There is a balance in everything that helps you to be your consistent best.

### **FRAMED WITH GRATITUDE**

Everything in life looks better when we frame the experience with gratitude.

### **DIRECTION OF YOUR ENERGY**

Where you apply energy is the way your life is going. Give energy to the positive.

### **STRESS IS WHAT, NOT HOW MUCH**

Stress is not about have too much to do, but what it is that you must do.

### **DO WHAT WE SHOULD**

Life would really get easier if we did what we should right away versus delay it.



### **DISCOVERING WHAT'S ALIVE IN YOU**

When you discover what's alive in you...you start to discover your passion.

### **BUSYNESS IS NOT PRODUCTIVITY**

Being busy and productive are different things. Busy is a consumption of time.

### **HOW CAN WE MAKE THIS MORE FUN?**

A great brainstorm is asking: How can we make this more fun? Fun = Energy.

### **DO WHAT GIVES YOU MEANING**

The best investment of your time is in something that gives you meaning.

### **HOLD TIGHT TO YOUR PURPOSE**

Keep hold of your purpose and you make better choices on how to use your time.

### **SACRIFICING SOMETHING FOR YOURSELF**

Every goal is a sacrifice...sacrificing short term enjoyment for a life's enjoyment.

### **DREAM LARGER THAN YOUR FEAR**

Everyone has fears...just make sure your dreams are larger than your fears.

### **FOCUS ON QUALITY VERSUS QUANTITY**

Quality time with others is often more valuable than the quantity of the time.

### **ACHIEVEMENTS AND EXPERIENCES**

Life is both achievements and experiences...remember to enjoy the journey too.

### **CREATES A STRONG FOUNDATION**

Having a balanced perspective keeps you centered in a complex world.

### **KNOW SOMETHING IS NOT RIGHT**

The biggest problem you make is continually doing what you know is not right.

### **AVOID THE NEED FOR MOTIVATION**

Live in your passion, and your passion fuels your motivation, not you or others.

### **BRING MEANING TO WHAT YOU DO**

Align what you do to your purpose and you bring meaning to what you do.

### **GIVE MORE THAN YOU TAKE AWAY**

Give more than you take, and you receive more later when you least expect it.

### **WHAT NO LONGER SATISFIES YOU**

Define new challenges or you will no longer be satisfied with what you do.



### **PHYSICAL WORK CAN RELAX YOU**

We often relax by doing some physical work...as it often frees your mind.

### **LOSING YOURSELF IN THE MOMENT**

When you do what you love doing, you end up losing track of the time.

### **FORGIVENESS WITHIN YOURSELF**

We all make mistakes, and we can't hold on to them in ways that slow us down.

### **SHIFT THE WAY YOU THINK**

A shift in the way you think will often drive a change in your behaviors too.

### **BLOCK YOUR TIME OFF**

Block off time to relax, and it will drive you to be more focused when you are on.

### **WHEN YOU GIVE BACK**

You can just as much enjoyment giving back after achieving your success.

### **PEOPLE DESERVING YOUR ATTENTION**

The people in your life deserving your attention the most are your family.