



### **YOU'LL HAVE THOSE DAYS**

The successful have bad days as everyone else, but expect the next to be better.

### **WHY CREATES ENERGY FOR THE HOW**

Create the WHY strong enough, and it creates the energy to take on any HOW.

### **CAN'T WAIT TO GET STARTED**

You are living your passion when you can't wait to get started.

### **WANT OR AVOID**

Stay focused on what you want versus avoiding what you don't want.

### **YOU CAN'T ONLY PLAY OFFENSE**

Surround yourself with positive people...prevents the negative from getting close.

### **WHY AND WHEN BEFORE THE HOW**

Once you know WHAT you want, the WHY and WHEN will help power your HOW.

### **CONTROL DOESN'T RELEASE ENERGY**

Greater control doesn't release more energy, it just controls what's already there.

### **KEEP THE GOAL IN SIGHT**

Keep our top goal visible and it provides focus & motivation to take more action.

### **WHAT YOU FOCUS ON GROWS**

You bring energy to whatever you focus on...be it good or bad.

### **80% - EXCITED ABOUT WHAT YOU DO**

Excited: you are more creative, have more energy don't let problems slow you.

### **GREATER MOTIVATOR THAN FEAR**

Pride is the best motivator...motivate a pride in one's work and the magic happen.

### **SELF-ESTEEM - IT CAN BE MAGICAL**

A high self-esteem powers great achievement...it triggers the magic within you.

### **TRY A LITTLE BRAIN SOAKING**

Fill you mind with the positive and you leave no room for the negative.

### **LET IT GO SO YOU CAN GROW**

Holding on to our past mistakes is just the same as being anchored to the ground.

### **WE MUST HAVE PASSION**

Without passion, we will never have the drive to keep on growing our strengths.



**COURAGE IS WHAT SETS YOU FREE**

People with fear are always putting walls around what they think they can do.

**NEVER SET LIMITS ON YOURSELF**

The most dangerous limits are the ones we put on ourselves and believe them.

**100% IN TO GET 100% OUT**

The old saying goes, the more you put in, the more you get out.

**EITHER ENERGIZE OR DRAIN YOU**

Fill your life with relationships that will provide you more energy versus less.

**YOU EITHER WANT IT OR NOT**

When you don't want it, you will have to generate the energy each day to do it.

**FUN IS A KEY ENABLER FOR SUCCESS**

Fun is what make everything easier and your time feel more productive.

**CHART THE COURSE**

There's power in thinking ahead and being ready for the challenges ahead.

**SOURCE OF YOUR EXCITEMENT**

What is it that really gets you excited?...bring it to whatever you do.

**WHY ARE YOU HOLDING BACK?**

Your biggest barrier is never others...it's you holding yourself back in some way.

**CREATE YOUR OWN HAPPINESS**

When you focus on what makes you happy, everything else in life is a bonus.

**WAY TO LOVE WHAT YOU HATE**

When you turn what you hate into a game, you do it with more motivation.

**LEARN WITH EVERY INTERACTION**

Look for the learning in every interaction and your speed your development.

**TREAT TIME AS AN INVESTMENT**

Time is an investment...so consider the return to what you do with your time.

**PICTURE IN YOUR MIND FIRST**

If you can't picture it, you will never fully use all your energy to make it happen.

**SERVE A HIGHER NEED**

Our life's meaning grows when we serve a need higher than personal interest.



**BOTH RELEASE AND DRAIN ENERGY**

Our response to our emotions is either releasing or draining energy within us.

**DECISIONS WAITING FOR YOU**

The decisions waiting for you are slowing you down until you make them.

**MEANS TO ENDS**

What we do each day is just a means to the results we want to achieve.

**DECIDE WHAT TO MEASURE AND WHY**

What you measure and why will impact your behaviors in very strong ways.

**WITHOUT ACTION, IT'S JUST A WISH**

Many people stop at wish, when action on it creates the momentum to do more.

**FEEL IT TO BELIEVE IT**

A belief is a feeling more than a thought, and feelings last longer than thoughts.

**QUIET NEGATIVE INTERNAL CHATTER**

Your internal chatter is either helping you move forward or slowing you down.

**WANT TO...NEED TO...HAVE TO**

Use all three motivators - want to, need to and have to - to trigger more action.

**STUDENT OF YOURSELF**

You will develop great self-awareness by always being a student of yourself.

**MAKE FIREWOOD OF YOUR PAST**

Use your past to light a fire toward your future versus pull you backward.

**SPEND TIME WITH YOURSELF**

Reflection time is the opportunity to give yourself advice and focus how to use it.

**KILLER OF PROGRESS**

Self-doubt kills more progress than anyone around you could ever could.

**WHO YOU INVEST YOUR TIME WITH**

Who you spend time with is really an investment in your life.

**OPTIMIZING YOUR ENERGY**

You achieve more by focusing your energy on your most important goals.

**MENTORS CAN CHANGE YOUR LIFE**

Mentors can provide an advice that opens the door to the life you really want.



### **WHAT YOU ALLOW INTO YOUR SPIRIT**

Negativity is all around you, but never impacts you if you do not let it in.

### **HOW MUCH YOU LOOK AHEAD**

Keep looking ahead and keep your current actions aligned on your goals.

### **GUIDED BY AN INTERNAL COMPASS**

A strong purpose provides you a guide to bring meaning to each day.

### **SHARE IT TO COMMIT TO IT**

Share with others what you will achieve and make a stronger commitment to it.

### **LOOK AT YOUR PHYSICAL WORLD**

The environment you work in either helps or stops you from being more focused.

### **CELEBRATE THE PROGRESS**

Don't wait until everything is achieved before celebrating. Celebrate progress too.

### **WHEN YOU ARE ALWAYS ON A ROLL**

Everything feels great when you are making progress towards your goals.