



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.