



### **BORROW SOMEONE'S BELIEF IN YOU**

Sometimes we need to use other people's belief in us to kick-start our own belief.

### **REFLECT TO PERFECT**

Reflection time helps us to focus on areas that bring the most value to us.

### **MATTER OF TIME**

Once you have the belief in yourself to make it happen...it's just a matter of time.

### **NO MISTAKES = NO IMPROVEMENT**

You can't really drive improvement (to grow) without making any mistakes.

### **HELP OTHERS TAKE THE WHEEL**

When we teach someone else to do something new, we seem to learn more too!

### **BRINGS NEW OR EXPANDED MEANING**

Invest in reflection to take your learning & insights to a whole different level.

### **IT STARTS WITH A CHOICE**

Every step up in life starts with a choice...to focus our time in a different way.

### **LEARN FROM YOUR SUCCESSES**

You learn from your failures...but what you learn from your successes is key too.

### **LISTEN TO LEARN**

We grow faster when we improve our listening skills versus our talking skills.

### **QUIET YOUR MIND TO REFLECT**

Reflection turns a learning into action...so quiet your mind to see it faster.

### **WHAT YOU PRACTICE YOU BECOME**

Thinking improves your focus, but practice makes it a habit; and habits make you.

### **SERIOUSLY, BUT NEVER PERSONALLY**

Use feedback to improve your performance, but never take it personally.

### **WE GROW INTO OUR DREAMS**

Dreams have a way of both focusing and powering our growth.

### **SELF-AWARENESS AND COURAGE**

Understand you, and have the courage to be you; you'll use the potential in you.

### **DEFINE WHO YOU WANT TO BE**

The fastest way to improve starts with a clear picture of who you want to be.



### **YOU DON'T DO WHO YOU AREN'T**

To achieve something different, do something different...means changing YOU.

### **STICK TO YOUR OWN GAME**

You will be more successful by focusing on using your own strengths.

### **RAISE OUR LEVEL OF AWARENESS**

Our ability to adapt is related to how well we know ourselves.

### **GREAT LEADERS ARE GREAT LISTENERS**

It's impossible to become a great leader without the desire AND ability to listen.

### **CHANGE YOUR CHOICES**

Start changing your life by changing how you use your time.

### **LEVEL OF YOUR THOUGHTS**

The level of your achievements is equal to the level of your thoughts.

### **ASK FOR HELP**

People who advance quickly are those who continually learn from others.

### **YOU HAVE TO TAKE RISKS TO GROW**

If you are not growing fast enough, look for and take more risks.

### **PRACTICE BEFORE YOU FORGET**

Strive to put into practice what you learn soon after you first learn it.

### **PERSONAL TRANSFORMATION ATTRACTS**

Think of personal transformation as growth. Grow and you attract more help.

### **COURAGE TO FACE UNCERTAINTY**

Have the courage to try something new, take risks and be a little uncomfortable.

### **GIVE UNCONDITIONALLY**

Give to others without any conditions and the world pays you back in other ways.

### **FOCUS ON THINGS YOU CAN CONTROL**

Focus only on what you can control and your productivity will soar.

### **SEE WITH NEW EYES**

Be more curious and you create a life around seeing with new eyes.

### **BEGINS WITH BEING SELF AWARE**

Improve your people skills with reflection each day to understand yourself better.



### **NOT AFRAID TO FAIL**

If you are not afraid to fail, you will take risks and learn faster along the way too.

### **UNDERSTAND YOUR OPTIONS**

Fully explore the options, and be more confident in ultimate choice you make.

### **NARROW MIND BRINGS POOR VISIBILITY**

Keep your mind open and improve your visibility to new insights and ideas.

### **OFF DETERMINES ON**

Your time off can bring perspective to be more focused with your time on.

### **PRESENT DRIVES THE FUTURE**

It's our actions in the present (today) that drives our future. Start now.

### **BASE INGREDIENT OF SELF-CONFIDENCE**

Self-esteem is really about having the feeling that you can always be your best.

### **WHO DEFINES THE BOUNDARIES?**

Values and mindsets we often learn from others, but in the end; it is our choice.

### **DEVELOP YOU TO DISCOVER YOU**

Invest in your self-development, and you learn about yourself in the process.

### **WHAT HAVE YOU SETTLED FOR?**

Never settle for whatever the world has decided to provide us. Be ambitious.

### **IF YOU KNEW YOU COULD DO IT**

The most important "know" in life is the certainty of a belief.

### **MORE SUBTRACTION THAN ADDITION**

Subtraction is a fast way to addition. What should you drop to be more focused?

### **CHOOSE COMPARISONS CAREFULLY**

Choose comparisons that provide you the motivation to improve yourself.

### **CIRCUMSTANCES YOU WANT**

Focus on creating the circumstances versus dealing with them as they show up.

### **CONFIDENT ABOUT GETTING THERE**

Confidence helps you address the problems that are always on the way there.

### **DANGER OF WHAT WORKED BEFORE**

Doing what worked before is easy, but it doesn't drive you to improve.



### **STRIVE TO REMAIN TEACHABLE**

If you are not able to learn from others, you are reducing your likely success.

### **IMPROVE YOU VERSUS COMPARE YOU**

The successful focus more on improving versus comparing themselves.

### **IMPROVE A LITTLE EACH DAY**

Improve a little each day and you develop new skills much faster than others.

### **GENEROSITY OVERCOMES GREED**

The more generous you are the less greedy you will become.

### **DISSATISFIED IN THE RIGHT WAY**

Being dissatisfied with your performance can drive you to faster improvements.

### **WHAT STAYS WITH YOU**

Keep your successes and learnings alive in you...and leave behind your failures.

### **CHALLENGE TO IMPROVE YOUR GAME**

Challenge yourself to improve your game before others demand it.