



### **LACK OF CLARITY STOPS ACTION**

When we are not clear on something, we take less action on it than we should.

### **UNDERSTAND THE PROBLEM FIRST**

Our solutions are more successful by investing in understanding the problem first.

### **ONE CHANGE LEADS TO OTHERS**

Make a successful change, and it gives us the confidence to do another.

### **CHANGE OUR PERSPECTIVE**

A change in our perspective can help us see a way forward that was always there.

### **INCREASE YOUR EXPECTATIONS**

We tend to get what we expect, so set your expectations to your abilities.

### **FOCUS OUR STRENGTHS**

Life takes on a new meaning when our strengths on a worthwhile challenge.

### **LOVE THE GETTING THERE**

The successful often love their life in getting there more than the achievement.

### **CHANGE YOUR PERSPECTIVE**

Happy and successful people have the ability let go of a negative perspective.

### **WITHIN YOUR SWEET SPOT**

Life at the intersection of passion and strengths makes the impossible possible.

### **WAKE UP YOUR POTENTIAL**

Bring a focus to your passion and you will wake up the potential that is inside you.

### **CHANGE YOUR MIND**

Only people who don't grow never change their mind. Learning impacts thinking.

### **WHY DO I BELIEVE THIS?**

Understand the WHY behind what you believe to get more out of life than others.

### **DIFFERENT TO MAKE A DIFFERENCE**

It's the willingness to be different that's necessary to make the biggest difference.

### **QUIETER VOICE**

The loudest voice is telling us what we can't do it, the quiet voice says we can.

### **CONDITION YOURSELF FOR CHANGE**

Create an inner strength to feel comfortable being a little uncomfortable.



### **PROTECT YOUR THINKING TIME**

The successful set aside time to really THINK, while others never have the time.

### **LIVE IT LIKE YOU BELIEVE IT**

People will never think you believe it until they see you living it.

### **RELEASE TO RELEASE**

Learn to release the past so you can release all your energy on the future.

### **RECOGNIZE YOU HAVE A CHOICE**

No matter the circumstances, we have the choice of how we think, feel AND act.

### **RETHINK YOUR THINKING**

Every step up in life was preceded with a change in our thinking.

### **BRING YOUR "WHY" TO LIFE**

Many people keep their passion in inside...never take action and bring it to life.

### **NO PROGRESS WITHOUT CHANGE**

To create real progress in your life, decide and act on changes you need to make.

### **COMMANDS TO YOUR MIND**

Successful people have more control over their thoughts than others.

### **MISTAKES SHOULD NOT MAKE YOU**

Mistakes only make you when you don't take the learning and move forward.

### **STARTING NOW "I WILL"**

Change your "Should" to a "WILL" and you get the feeling of commitment.

### **YOU WILL BE WHOM YOU SEE**

To change your behaviors, first decide to change the way you see yourself.

### **COURAGE TO CHANGE YOUR MIND**

If we never change our mind, it shows we are not really growing.

### **FREE TO SET ANY GOAL**

We are free to set any goal. Why not set a goal to use your potential.

### **IT COMES FROM WITHIN**

When our life's work is in sync with this inner drive, it feels more effortless.

### **WHAT ADVICE WOULD YOU GIVE YOU?**

Life is lived at a fast pace. We forget to stop and think what could I do differently?



**REFUSE TO BECOME AN OBSERVER**

Life is a participation sport, and that means we need to refuse to be an observer.

**THINK AT THE RIGHT LEVEL**

To create goals, we need to raise our thinking beyond the immediately possible.

**FOCUS THE NEED FOR CHANGE**

When the need for change is clear, you take action in the face of any fear.

**STOP OTHERS HIJACKING YOUR MIND**

Don't let the opinions of others take your mind away from what you want.

**WE ATTRACT WHAT WE FOCUS ON**

Whatever your focus, it is a preview to what you will attract into your life.

**CHANGE REQUIRES THOUGHT**

Change doesn't have an autopilot...it requires thought to make it happen.

**THINK BEYOND CURRENT BOUNDARIES**

Boundaries are everywhere, so stop limiting your thinking to them.

**UNDERSTAND YOUR UNIQUENESS**

When you understand and use your uniqueness every day...life becomes great.

**LIVE INSIDE TO LIVE OUTSIDE**

The more you can lead your thinking, the more you can lead a fuller life.

**RETHINK YOUR JUDGMENTS**

As you grow, you need to rethink things as beliefs change the more you know.

**CHOOSE TO PUT YOUR MIND TO IT**

What you feed your thoughts will move forward faster in your life.

**OPEN TO OTHER WAYS TO DO IT**

Your way is not always the best...be open to other ways to move forward faster.

**FIND AN ACCOUNTABILITY PARTNER**

Find someone to hold yourself accountability and your improvement will soar.

**UNDERSTAND YOUR TRUE AMBITION**

Understand your true ambition and you can then align everything you do to it.

**VALUE THE CHALLENGES**

Value the challenges that come your way as they help you grow faster.



**DISCIPLINED TO TAKE TIME OUT**

You need to block off the time to think creatively or you never make it happen.

**TURN ON/OFF PARTS OF YOUR BRAIN**

You have to quiet the internal chatter to listen more closely to your intuition.

**FUEL FOR YOUR IMAGINATION**

Imagination is the start of change...what fuels your imagination and do more of it.

**CHECK YOUR PASSION FIRST**

Before investing more time, check if this is something you are passionate about.

**IN YOUR HEAD FIRST**

Everything you achieve starts within your head first and powered by your heart.

**FOCUS ON WHAT YOU REALLY WANT**

Focus on what you really want and provide your sub-conscious the right target.

**CHOICE BETWEEN RIGHT AND RIGHT**

The choice between right and right is the most difficult one to master.