



REMINDE YOURSELF IN DIFFERENT WAYS

We achieve more when we remind ourselves of the important in different ways.

KEEP YOUR POWER OF CHOICE

The people who feel there is no way forward have given up their power of choice.

WE ARE AFRAID OF THE ANSWER

The question you avoid has an answer with the power to change your life.

VALUE COMES FROM SERVING OTHERS

People have their focus on getting, but the path to wealth (value) is in GIVING.

LINK YOUR EGO TO YOUR PURPOSE

Focus on making a difference to others and you balance your ego with humility.

COME TO WORK WITH YOU

Feelings from home come to work with you. Let only the positive impact you.

MOMENT THAT INSPIRED YOU

The "moment" that inspired your life's direction...replay it often for extra power.

GROWN COMFORTABLE WITH

What you have grown comfortable with might be holding you back.

STRESS CANNOT BE AN EXCUSE

Understand you to know when to include stress-relieving activities in your week.

RELATIONSHIPS DRIVE HAPPINESS

The happiest people seek out and develop very healthy and happy relationships.

LOOK INTO YOUR HEART

To make a difference, it is more about looking into your heart versus your head.

MAGNIFY YOUR BLESSINGS

Magnify your blessings and you gain a balanced and positive image of your life.

YOUR OWN CHOOSING

People are unhappy when they feel they have no choice. How we feel is a choice.

STOP REPLAYING YOUR GARBAGE

At home, we take out the garbage. In our minds, we tend to replay it.

WHEN TO CARE AND WHEN NOT TO

A very successful and happy life is about learning when to care, and when not to.



PICK THE PRODUCTIVE ESCAPES

Don't numb your stress, but choose new experiences to generate more energy.

PLAN YOUR RECOVERY TIME

To manage your stress, schedule your recovery time (exercise, etc).

IT IS EASIER TO KEEP THAN REGAIN

Just a few good habits can help us keep our health and not need to ever regain it.

WEALTH IS BETWEEN YOUR EARS

To increase your wealth, look at developing yourself (between the ears) first.

HAPPENED TO YOU VS WHO YOU ARE

What happens to you is not who you are. Stay true to you no matter what.

MAKES YOU COMFORTABLE, NOT HAPPY

Money cannot make you happy, only more comfortable. Happiness is a decision.

TAKE SOME TIME OUT FOR YOU

Everyone needs to re-charge the batteries and reflect on their priorities.

HAPPINESS IS FREE FROM WANT

Happiness is simply a decision, our decision...and doesn't come from the outside.

KEEP THE TRIVIAL TRIVIAL

The happiest people are good at keeping the trivial trivial.

YOUR MIND IS YOUR RICHEST RESOURCE

The ideas we think of and the choices we make then result in the life we live.

FROM FREEDOM AND COURAGE

Your courage and choices create the freedom you enjoy now...or will enjoy.

CONSISTENT WITH YOUR VALUES

The unhappiest people are often living their life on the edge of their values.

COMPLETE THE THOUGHT

Talking it through forces us to complete our thoughts, combining the parts.

SMALL THINGS CAN MAKE A BIG IMPACT

Small acts of kindness make a big difference to your relationships with others.

CHOOSE NOT TO THINK ABOUT IT

What can hurt you the most are the things you are choosing not to think about.



INVENT YOUR OWN FUTURE

Don't wait for others, invent your own future and stay in the driver's seat.

CREATE ROOM FOR THOUGHT

Unless you find time to relax, you will not create enough room for new thoughts.

SELF WORTH IS NOT A NUMBER

Self-worth is not a number (money), but the feeling of fully living your passion.

KEEP FEAR IN PERSPECTIVE

Fear is always there, so keep it in perspective by feeling it and channeling it.

CAN BE A SIGN OF CONFIDENCE

Kindness can be a sign of confidence...look to develop others vs protect yourself.

WHAT YOU DON'T GET BACK

You can never recover time, so invest your time wisely every day.

DIFFERENCE THAT I CAN MAKE

Focus on the difference you can make, and you bring meaning to your life.

MAKE A GENUINE CONNECTION

When you make a strong connection, you can have deeper conversations.

TAKE CARE OF YOUR LEARNING PROCESS

Your key process is your learning process...as it drives your growth and success.

KNOWLEDGE PLUS ENERGY PLUS FOCUS

With the right knowledge, energy and focus...you can accomplish anything.

WHEN EVERYTHING FALLS INTO PLACE

When you get the support you need, you begin to feel that anything is possible.

TEMPERING YOUR STEEL

Volunteering for new challenges is making you stronger for future opportunities.

WOULDN'T TRADE IT FOR ANYTHING

When you do what you love, you wouldn't trade that work for anything.

COMMIT TO A CAUSE YOU BELIEVE IN

Commit to a cause larger than yourself and your life has more meaning.

CREATE EMOTIONAL ENERGY

Link WHY to the WHAT, and create more emotional energy to make it happen.



STRONG ENOUGH TO SAY I'M SORRY

Saying sorry is not a weakness, but a strength. Be strong to admit mistakes.

SETTING THE STAGE

You need to set the stage for the right conversations to achieve what you want.

KEEP YOUR WILLPOWER STRONG

Your willpower needs to be strong for the times when you will need it the most.

KNOW WHO TO TALK TO

If you know who to talk to, no problem you face is too large for you to handle.

BRIGHTEN UP SOMEONE'S DAY

Make a everyone's day better and you make a positive impact wherever you go.

MASTER ATTENTION AND TIME

What you give you most attention to will always consume your time (your life).

LINE BETWEEN WORK AND HOME

A great life often has a blurred line between work life and home life.