



INSIDE REDUCES OUTSIDE PRESSURE

Life is far easier when we discipline ourselves to act before others have to.

OUR STRUGGLES GIVE US STRENGTH

We are always a stronger person on the other side of the struggles we face.

FILL YOUR SHOES

A great goal is living the type of life that inspires others to fill your shoes.

WHY TO BE DIFFERENT

Your WHY makes you different. Live your WHY to make a big difference to others.

FEEL GOOD OR DO GOOD

Motivational books make us feel good, but the goal is to DO good.

ACTION CREATES THE BEST FEELING

Isn't it true that the happiest people are always taking action (and live a full life).

SERIOUS AND FUN

You should be serious in choosing your passion, but have fun in living it.

DEFINED BY WHO YOU ARE

Happy people define themselves by who they are versus a status achieved.

DECISIONS ALIGNED WITH OUR VALUES

People living with high stress often make decisions inconsistent with their values.

LEAVE BEFORE YOU GO

Many people try to focus on the future without letting go of the past.

TIME OR ATTENTION

In building relationships, it's not really the % of time, but the % of attention.

THANK YOU POWER

People take so much for granted...differentiate yourself by saying THANK YOU.

TAKE YOURSELF BEYOND YOUR PAST

You prevent yourself from living in the past by focusing on the future you want.

FURTHER THAN YESTERDAY

Life is a journey, with success going to a new place (learning) every day.

CLARITY OF PURPOSE

Our clarity of purpose drives our life's direction and whether we enjoy the trip.



STAY IN THE MOMENT

People who get things done are able to give a 100% focus to what they do.

LIVE YOUR BELIEFS

The happiest people are those who live their beliefs. Being "true to you" is key.

THINK & FEEL YOU ARE

Who you think and feel you are is the driver of who you will become.

PEOPLE WHO GIVE YOU ENERGY

Life is much easier when you surround yourself with people who give you energy.

GOODBYE IS ALSO A HELLO

As the saying goes, when one door closes...another one opens.

CAN'T GIVE WHAT YOU DON'T HAVE

Just make the decision to be happy. You can't give what you don't have yourself.

IMAGINE YOURSELF LIVING IT

Build your "why" by imaging the life you want and the passion will build to get it.

LOSE IT TO GAIN IT

Decide to give up (lose) in order to make time available for what we want to gain.

GAP TO WHAT?

Know your WHAT (potential) and always have a more fulfilling life closing the gap.

SEE YOURSELF MAKING A DIFFERENCE

Invest time to define your difference and life becomes much more meaningful.

CHANGE WHAT HAPPENS IN ME

Happiness is not driven by what change happens in others, but the change in us.

LET GO OF MISTAKES QUICKLY

Learn from your mistakes and consider them problems only if they get repeated.

ASK FOR HELP IS A SIGN OF STRENGTH

Not asking for help is a weakness. You limit the pace of your own development.

BALANCE HAS A TIMEFRAME

Balance is achieved more of over a month...than it is over a week.

START FROM WHERE YOU WANT TO BE

Where you want to be will create the emotional power in you to drive you there.



BE PRESENT IN THE MOMENT

Stay present and give 100% to the current moment (full attention to it).

HOLD OR SHARE POWER

You will never be able to take a relaxing holiday if you are not able to share power.

LIVE WITHIN YOUR SWEET SPOT

People are the happiest living at the intersection of their strengths and passion.

SEE EVERYONE AS IMPORTANT

When you see everyone as important, you see the best in everyone too.

GIVES MEANING IN LIFE

Passion is necessary in order to bring some meaning to what you do every day.

IN MOMENTS OF OPPORTUNITY

The best moments in life are when opportunities come your way.

APPOINTMENT WITH YOUR FAMILY

Schedule appointments with your family as you do within your job.

BEING MORE POWERFUL THAN HAVING

Who you are is more fulfilling than what you have. Being trumps having.

BALANCE COMPETING PRIORITIES

There are always different priorities to balance. Don't waste time choosing yours.

FREEDOM IS NEVER FREE

Freedom is never free...earned by taking personal responsibility for everything.

BALANCE OF IN AND OUT

Life is about balancing what is both inside and outside your comfort zone.

GET HELP PAST THE ADVERSITY

Our friends are the people who help us get past the adversity we encounter.

GRATITUDE GENERATES GENEROSITY

The more gratitude you feel, the more generous you give your time to others.

IS IT SUSTAINABLE?

If your pace is not sustainable, you need to improve the way you are working.

WHEN YOU HAVE HELP

When you can surround yourself with great people, no problem is too big.



PREPARED TO BE RELAXED

Do your preparation and you will be more relaxed within the moment.

RELAXATION IS TRAINABLE

Everyone can relax more, but as with anything, it is about creating a habit.

INVEST IN MORE PERSONAL LIFE

You remember events in your personal life far more than events in your work life.

BELIEFS DETERMINE YOUR HAPPINESS

Beliefs, not experiences are what determines your happiness every day.

YOU NEVER RETIRE FROM LIFE

You never retire from life...only change your focus to the opportunities available.

IT WASN'T WORTH IT

When you work instead of attending a family event, it wasn't really worth it.

SELF-FULFILLING PROPHECY

If you expect the worst to happen, you often find what to make it happen too.