



REMINDE YOURSELF IN DIFFERENT WAYS

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

IT'S ABOUT ARRANGING THE PARTS

It's about arranging the parts of our lives to fit our passion, strengths AND goals.

THERE NEVER IS MORE TIME

There is no "I'll have more time later". Focus on using today versus tomorrow.

FOUNDATION FOR OUR WHY

A successful life (achieving our why) is built on a strong foundation (our values).

EMBRACE AND AVOID

What we embrace and what we avoid impacts what we achieve in our life.

ABILITY + DESIRE = OPPORTUNITY

Those with both ability and desire embrace all of life's opportunities.

CHOOSE WHAT IT MEANS

Life is the meaning we place on it. Choose YOUR meaning and CONTROL your life.

NEW VIEW ON CHANGE

If change = growth and no change = no growth, then constant change is required.

MEASURE THE IMPORTANT

It's not how much we measure, but WHAT we measure that makes the difference.

YOU CAN HAVE WHAT YOU WANT

You can't have it all, but you can have what you want if you focus and take action.

OR IS AN EASIER DECISION

The most difficult decisions are AND's: and a key one is work AND family.

SEE IT DIFFERENT FIRST

Unless you look at your situation differently, you'll never see a new way forward.

PUT ALL YOUR ENERGY INTO TODAY

Put all your energy into today, and your tomorrows will change for the better.

BALANCE IS A QUALITY THING

Work-life balance is all about the quality of time...not the quantity.

ACT ON WANTS AND DESIRES

Dreams become reality with action. Act on your wants and desires today.



MAKES YOU CLARIFY YOUR THINKING

Planning ahead enables to you take a proactive versus a reactive approach to life

ALWAYS UNDER OUR CONTROL

We don't create all circumstances, but define what we make of circumstances.

DECIDE TO RELEASE ENERGY

In our personal and professional lives, decisions release energy for more action.

COMMITMENT OF TIME REVEALS YOU

What we commit our time to is very revealing to others. It shows our priorities.

ATTITUDE CREATES THE ATMOSPHERE

The atmosphere around you is created by your attitude, and you control it.

WHAT DOES BALANCE MEAN FOR YOU?

We achieve more with less effort when we find what balance means to us.

HOW MUCH DO YOU WANT IT?

How much do you want it? Everything needs to start with a commitment.

REALITY IS THE DOOR TO CHANGE

Understand today's reality, in order to learn to embrace the future.

YOU LIVE WITH YOUR CHOICES

Our choices define our life, and a better life always comes from better choices.

GREAT HABITS=LESS EFFORT

Get more effective by creating a few great habits that impact everything else.

DEFINED BY WHAT WE DO

Our priorities are defined by what we do versus what we say (or what we think).

ALLOW LIFE TO SURPRISE US

Success and happiness are focusing on the important, and flexible on the rest.

POINTS TO A BAD HABIT

A repeated mistake or failure points to a bad habit that prevents more success.

FROM CHALLENGES TO OPPORTUNITIES

Take more action by changing your thinking from challenges to opportunities.

AVOID EXTENDING YOUR DAY

Throw more brains at it (WORK SMARTER), than more time (and work harder).



DRIVEN BY A NEW WAY OF THINKING

Every step forward was driven by a new way of thinking...drives different action.

INTEGRATED PERSPECTIVE

A full life is an integrated life (work, family, play). Keeps a great perspective.

REASONS WE GIVE OTHERS

Our reasons as to why we haven't done it are usually just finely worded excuses.

IT'S NOT REALLY A GOOD EXCUSE

Lack of time is not an excuse, as everyone gets the same amount. It's our FOCUS.

BASED ON THE VALUE YOU BRING

Our focus shouldn't be on doing more, but bringing more value to what we do.

LEARN FROM IT, THEN LET IT GO

The happiest people learn from their past, let it go, and then LIVE the present.

BUYING TIME CAN GET EXPENSIVE

Most things in life costs you more when you delay taking action.

JUST WON'T ACCEPT IT ANYMORE

Our life changes dramatically when we decide to not accept the present anymore.

DON'T ADAPT TO YOUR LIMITATIONS

We only have limitations that we create for ourselves, and we can change that.

STARTS WITH A CONVERSATION

With most things in life (at work/home), it takes a conversation to make progress.

PRIORITIZATION AND BALANCE

There is always too much to do and everything in life has to have balance.

LIFE WORKS WHEN YOU WORK ON YOU

You are a reflection of your behaviors. New thoughts drive new behaviors.

IS YOUR PACE SUSTAINABLE?

Find that right balance and you will not only achieve success, but enjoy the trip.

LINE BETWEEN WORK AND PLAY

The people who enjoy life understand their passion...when work is also play.

WORK TO BECOME, NOT TO ACQUIRE

A life is rich, not by the things you acquire, but by people who surround you.



LEAVE YOUR PROBLEMS BEHIND

Don't bring your home problems to work, and your work problems to home.

DEFINE BALANCE FOR YOU

The happiest people define balance in terms of quality versus quantity.

BALANCED LIFE BRINGS YOU WISDOM

A balanced life brings us more wisdom to build strong relationships in our life.

ACKNOWLEDGE WHAT IS NOT WORKING

People who quickly acknowledge what is not working, begin fixing it faster.

WORKING FOR OR AGAINST YOU

The first step in everything is to align your thoughts to what you want to achieve.

LEAVE IT AT HOME OR AT WORK

It is about what we leave behind that allows us to focus in the moment.

RETHINK TO STOP THINKING AGAIN

Rethink your approach to stop the broken record of repeating what doesn't work.