



### **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.