



USUALLY SLOWS YOU DOWN

What you tolerate in both yourself and others is usually slowing you down.

ENVY ONLY HURTS OURSELVES

Envy puts a focus on others; not on our actions that could create what we want.

48 HOUR TEST

When we get angry, time helps us to see more clearly on how to respond.

USE OF OUR POTENTIAL

Our life choices will determine how much of our potential we use.

CHOICE OF HOW TO BEHAVE

Exercise your personal responsibility of choice, especially on how you behave.

VALUE OF YOUR INTEGRITY

Remind yourself on the value of your integrity and you maintain it better.

CHALLENGE TO BE UNIQUE

In a world where belonging is a strong feeling, the challenge is to stay unique.

YOU CAN'T BE TOTALLY IN CONTROL

If you are chasing your potential, you won't always be totally in control.

CHART YOUR OWN PROGRESS

Define your own performance standards and charts your own progress.

RELEASES YOU, NOT OTHERS

Whenever you forgive others, it doesn't release them, it releases you.

GOALS NARROW YOUR FOCUS

Define your goals so you are narrow your focus on the right things.

ANGER GIVES POWER TO OTHERS

Takes the focus away from us to others, leaves us negative and without creativity.

WIPE THE SLATE CLEAN

Why not throw away your "to achieve list" and see what you add back AND why!

WHAT WE SAY TO OURSELVES

What others say has less impact on our behaviors than what we say to ourselves.

ACTION PRECEDES MOTIVATION

Don't wait to feel motivated to take action. Take action and motivation comes.



TRUE TO YOURSELF

Live with integrity (with consistent values) and you are always true to yourself.

RETURN ON WHAT YOU PLANT

"You only get out - what you put in". You only get a return on what you plant.

TURN OFF YOUR AUTOMATIC PILOT

Changes in our thinking leads to changes in our actions.

IN WHATEVER YOU DO

Bring an excellence mindset to everything you do...even on what you don't like.

THINK CALM DOWN VS SLOW DOWN

Keeping our perspective in today's busy world is a key to getting things done.

TRUST OUR INTUITION

Our sub-conscious gets to a decision (intuition) faster than our conscious.

SOURCES OF ENERGY

When you control your energy, you have better control over your performance.

FIND TIME TO THINK

Achieve more with less effort when you schedule time for quality thinking.

CAN DOES NOT MEAN SHOULD

Success is making good choices. Just because you can doesn't mean you should.

LEARN FROM YOUR EMOTIONS

Focus on learning from your emotions, versus letting them take control over you.

SUCCESS IS IN OUR DAILY HABITS

What drives us forward is our habits, and it is about what we do every day.

STAY TRUE TO WHO YOU ARE

People who become the most frustrated in life have usually lost their values.

GUIDED BY A VISION

Your constant companion in everything you do is your vision.

MAKE IT INTENTIONAL

Unless you set your intentions, you don't have a target for your daily actions.

GAIN MORE ALONE TIME

If you can gain more alone time, invest the time in reflection to improve faster.



WHEN TO OWN IT OR DROP IT

Constantly evaluate if your current actions take you fast enough to your goals.

JUDGING WHETHER IT IS WORTH IT

Judgment, especially on how you use your time, is determining if it's worth it.

NOT YOUR CIRCUMSTANCES

You are not your circumstances, and today's actions can create different ones.

MOVE BACK TO NORMAL FASTER

The adaptable have many ways to get back to normal after a stressful situation.

FORWARD FACING CALM

The successful remain calm and move forward...the unsuccessful stay in neutral.

BEGIN BY CHANGING YOUR MINDSET

Every start makes a bigger impact when you change your mindset first.

LINK TIME WITH YOUR PRIORITIES

Time management is focusing the right time on your most important priorities.

STARTS FROM WHO WE ARE

Your perspective has a foundation in who you are...not just what you do.

OBSESSED IN THE RIGHT WAY

Being obsessed in the right way is being totally committed to your purpose.

COMPARISONS YOU MAKE

The comparisons you make are either inspiring you or demotivating you.

RATIONAL KEEPS EMOTIONAL IN CHECK

Investing in rational thinking can guide your emotions in difficult times.

LIVE TO YOUR IMAGE

You will always live to the level of the image you have of yourself.

SIGN OF POOR TIME MANAGEMENT

Just being busy and not really focused is a sign of poor time management.

SEE IT WITHOUT DISTRACTING YOU

The past can be useful, but only if it doesn't distract you from the future.

HOW YOU START YOUR DAY

How your start our day will always frame you day...either good or bad.



DON'T FEED YOUR EXCUSES

Excuses feed more excuses, as you look for a way to not do what you should.

DEFINE YOUR OWN WORLD

Don't let others take the driver's seat of your life...define your own world.

DETERMINE THE SPACE YOU NEED

To keep you working at your best, determine the space you need to think.

WORTH MY TIME = WORTH MY LIFE

Remember it must be worth your life to be worth your time.

ANCHORING YOUR MOTIVATION

Motivation lasts when it is anchored with a passion and purpose for your life.

REVEALING YOUR FRUSTRATIONS

How you reveal your frustrations says a great deal to others about your character.

FOR ONLY THE TIME THAT'S NEEDED

We only need to be disciplined for the time that's needed to make it a habit.