



### **WANT AND NEED**

Change happens when what we want is more powerful than what we need.

### **FROM THIS DAY FORWARD**

The past is gone, so commit yourself to do it differently from today forward.

### **OPPORTUNITY COMES**

We don't get what we wish for...we get it if we take action when it comes.

### **CREATE WHAT YOU COMPLAIN ABOUT**

You create in your life what you focus on...both good and bad.

### **NEW BELIEFS DRIVE NEW ACTIONS**

The actions that make a difference are triggered by a new and different belief.

### **KNOW WHERE YOU WANT TO BE**

People lose time (actually lose life) when not clear on where they are going.

### **HOW CAN I APPLY IT?**

Always take what you learn and think about how you could apply it to your life.

### **FOCUS YOUR TIME**

You can't find time, nor make time...you can only FOCUS your time (your life).

### **MORE HAS CONSEQUENCES**

What you give more to means less to the rest. Link MORE to the IMPORTANT.

### **LIFE LIVED WELL IS A BALANCING ACT**

Truly successful people understand a life lived well is a continued balancing act.

### **DOOR TO A BETTER YES**

There are times when a difficult NO will open the door to a life-changing YES.

### **100% RESPONSIBLE FOR OUR LIFE**

100% is a big difference from 99% responsible. The additional 1% is magical.

### **SCHEDULE TIME OFF**

Driven people need to schedule time off to recharge their thinking.

### **THERE'S ALWAYS MORE CHOICES**

You expand the possibilities when you open your eyes to more choices.

### **OUR LIFE'S WORKING ASSUMPTIONS**

Our beliefs are assumptions of what's possible or not...and they can be changed.



### **NOT ESCAPING FROM**

Rather than looking to a holiday, create a life you don't have to escape from.

### **WHAT YOU LET DEFINE YOU**

Stay in the driver's seat of life by making choices in what you let define you.

### **BEING YOURSELF**

Focus your life on your passion, and you will be able to be yourself more often.

### **CONNECTED WITH YOUR INTENTIONS**

Everyone has intentions, but only the successful connect daily habits to them.

### **CHANGE YOUR THOUGHT PATTERNS**

To make significant changes in your life, you have to also change how you think.

### **LIVE IT TO LIVE IT**

Imagine yourself enjoying the dream life (living it) to power your actions to get it.

### **ONLY IF YOU LOOK FOR IT**

Many people don't find their ideal life because they aren't looking for it.

### **I CAN'T IS AN OFF SWITCH**

People who are always using I can't are living a life with their engine turned off.

### **KEEP THE IMPORTANT IMPORTANT**

The way to keep in the driver's seat of life is to keep the important IMPORTANT.

### **HEART AND HEAD ALIGNED**

Successful people with a great life have found a way to align both heart and head.

### **CONTEXT FOR YOUR LIFE**

Everything is understood better with a context...our purpose (a WHY).

### **WE GET WHAT WE FEEL**

In every area of our lives, we get more of what we feel than of what we think.

### **LIFE IS REALLY A NOW EXPERIENCE**

"I will be happy when...." is not a life. Your life is really a NOW Experience.

### **BRING YOUR WHY TO LIFE**

Happy AND successful people have found a way to bring their WHY to life.

### **TRADE YOUR LIFE FOR IT**

Choose the interruptions you accept wisely, as you are trading your life for them!



### **RACE AGAINST YOURSELF**

Our important race in life is against our own potential (achieving to our abilities).

### **FULFILLMENT AND RESPONSIBILITY**

You never get a true feeling of fulfillment without taking responsibility first.

### **CHOOSE FOR YOURSELF**

It's your life, so take input and advice from others, but define your direction.

### **IT'S OUR CHOICES**

To have a different life, we have to make different choices.

### **TIME = LIFE**

The foundation of a successful life is keeping this equal in thoughts and actions.

### **JOURNEY AS WELL AS THE DESTINATION**

Live your life in a way to enjoy the journey as well as the achievement.

### **STARTS WITH HOW WE THINK**

Everything we become, do and accomplish in life begins with our thinking.

### **CREATE YOUR OWN FINISH LINE**

You never achieve balance in life without deciding up front when to end the day.

### **EXPRESSES YOUR VALUES**

The right dream for your life is always consistent with your core values.

### **GOALS IN ALL PARTS OF YOUR LIFE**

To drive a balanced life, we need goals in all aspects of our life, not just business.

### **RESPONSIBILITY FOR YOUR ATTITUDE**

"I will be happy when...." ...is not really taking responsibility for your attitude.

### **DISCIPLINE OPENS UP YOUR POTENTIAL**

More discipline into your life and behind your dreams opens up your potential.

### **IT IS UP TO YOU**

Never surrender leadership of your life (your career) to others. It's up to you.

### **TAKE ACTION AND MAKE CHOICES**

Life is not something to observe, but to live. Make choices and act on them.

### **KNOW YOUR LIFE'S PURPOSE**

Have you invested the time to think about it and define your life's purpose?



### **BALANCE THE IMPORTANT / URGENT**

Find the best way for you to keep the important in the front of you each day.

### **WHAT IS REALLY IMPORTANT TO YOU?**

It really makes us think hard, but rewards us with a more fulfilling life.

### **WHEN THE WORLD IS WINNING**

When you take 100% responsibility you win and get to create the life you want.

### **PATIENCE / IMPATIENCE BALANCE**

Get the balance right, and you get more help in getting what you want.

### **REAL QUALITY OF LIFE**

Quality of life is really not about what we do, but who we do it with.

### **HOW YOU HANDLE PROBLEMS**

Look beyond the negative and see success in life comes from solving problems.

### **YOUR NON-NEGOTIABLE VALUES**

A rewarding life is driven by strong values that guide life's important choices.