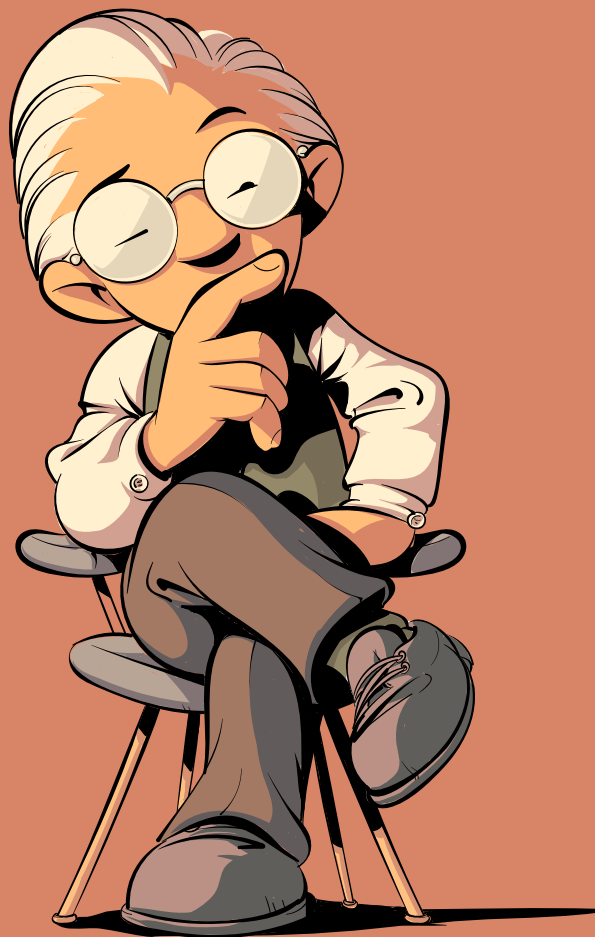


INSPIRES YOU TO ACTION
DRIVES YOU FORWARD

TEXT BY **MARK FRITZ** · ILLUSTRATIONS BY **CARLOS GÓMEZ-MIRA**



DAILY THOUGHTS

TEXT BY **MARK FRITZ** · ILLUSTRATIONS BY **CARLOS GÓMEZ-MIRA**



Daily thoughts

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To Atsuko, my wife. You are my daily thought.

LOSERS SAY
"I WISH..."



WINNERS SAY
"I WILL!"



DEVELOP A "WILL" ATTITUDE, AND MAGICAL THINGS HAPPEN TO
PEOPLE WITH THIS ATTITUDE.

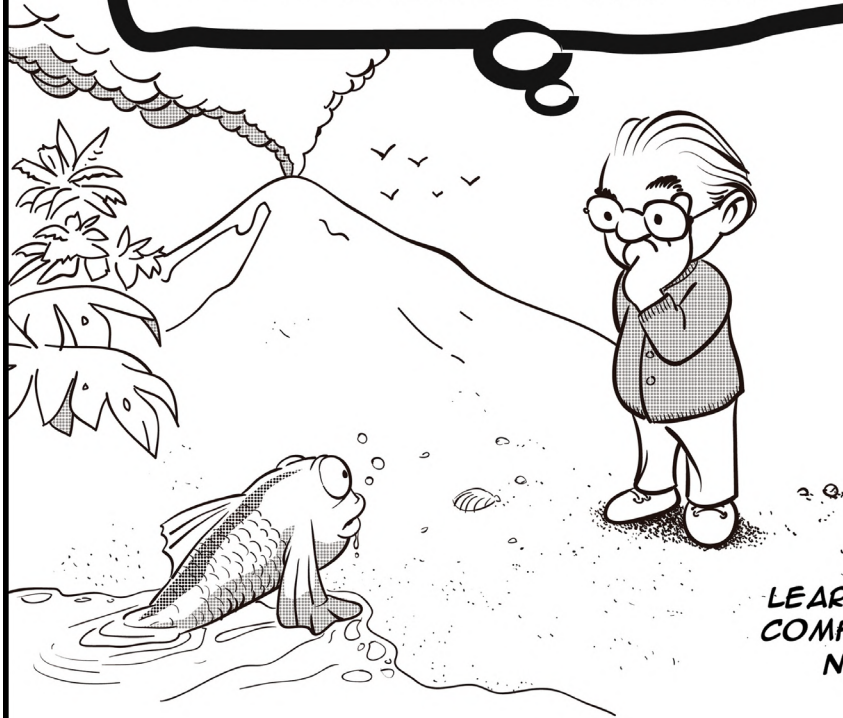
CPK '14



WHAT GIVES YOU
THE GREATEST BUZZ?

DECIDE WHAT GIVES YOU THE GREATEST BUZZ
AND BUILD YOUR LIFE AND CAREER AROUND IT.

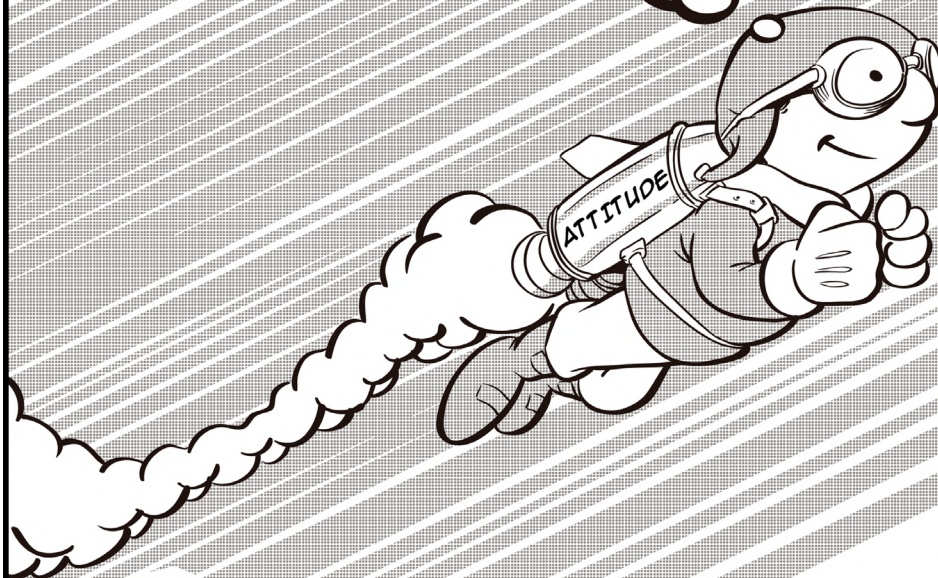
**GROWTH COMES
FROM *DISCOMFORT***



**LEARN TO LIVE OUTSIDE YOUR
COMFORT ZONE AND YOU WILL
NEVER STOP GROWING.**

CPA '14

**ATTITUDE ACTIVATES
EVERYTHING ELSE**



**A GREAT ATTITUDE PROVIDES THE FUEL FOR ACTION
THAT CAN MAKE ALL THE DIFFERENCE.**

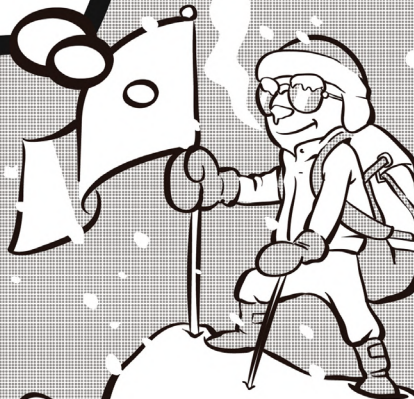
CPA '14



**BE BRAVE AND BE DIFFERENT IN ORDER TO
STAND OUT AND BE SUCCESSFUL.**

CPA '14

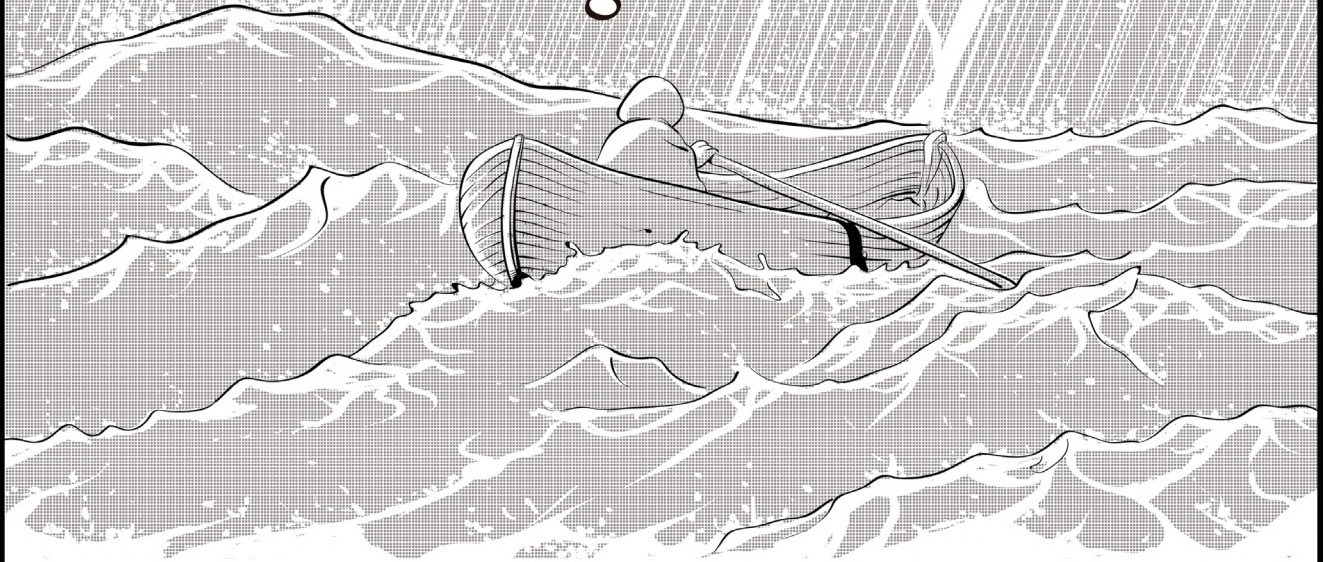
DESIRE RELEASES
ENERGY



OUR DESIRE (WHAT WE REALLY WANT) RELEASES
THE ENERGY INSIDE US TO GO GET IT.

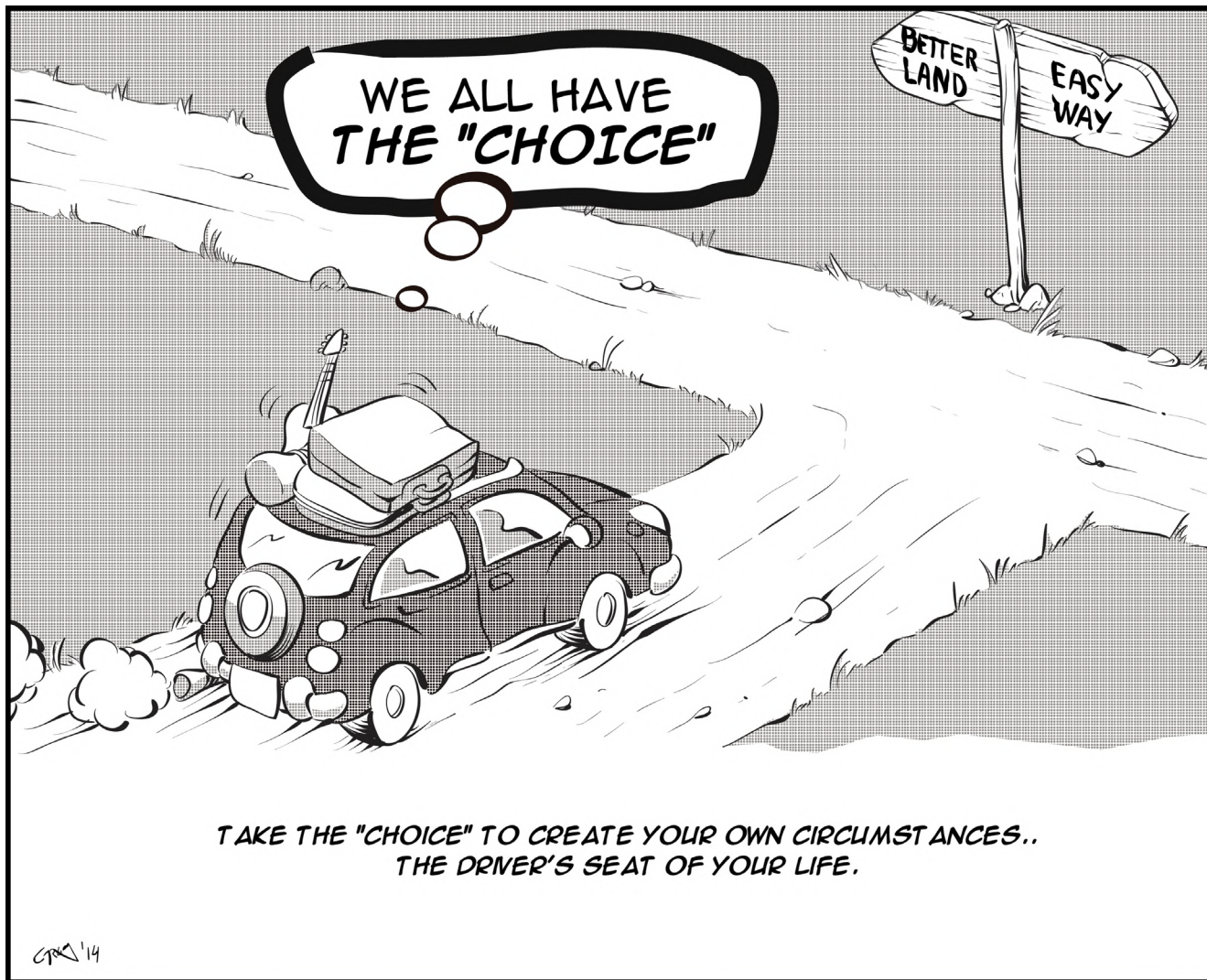
CTD '14

**COURAGE IS A QUALITY
YOU DEVELOP**



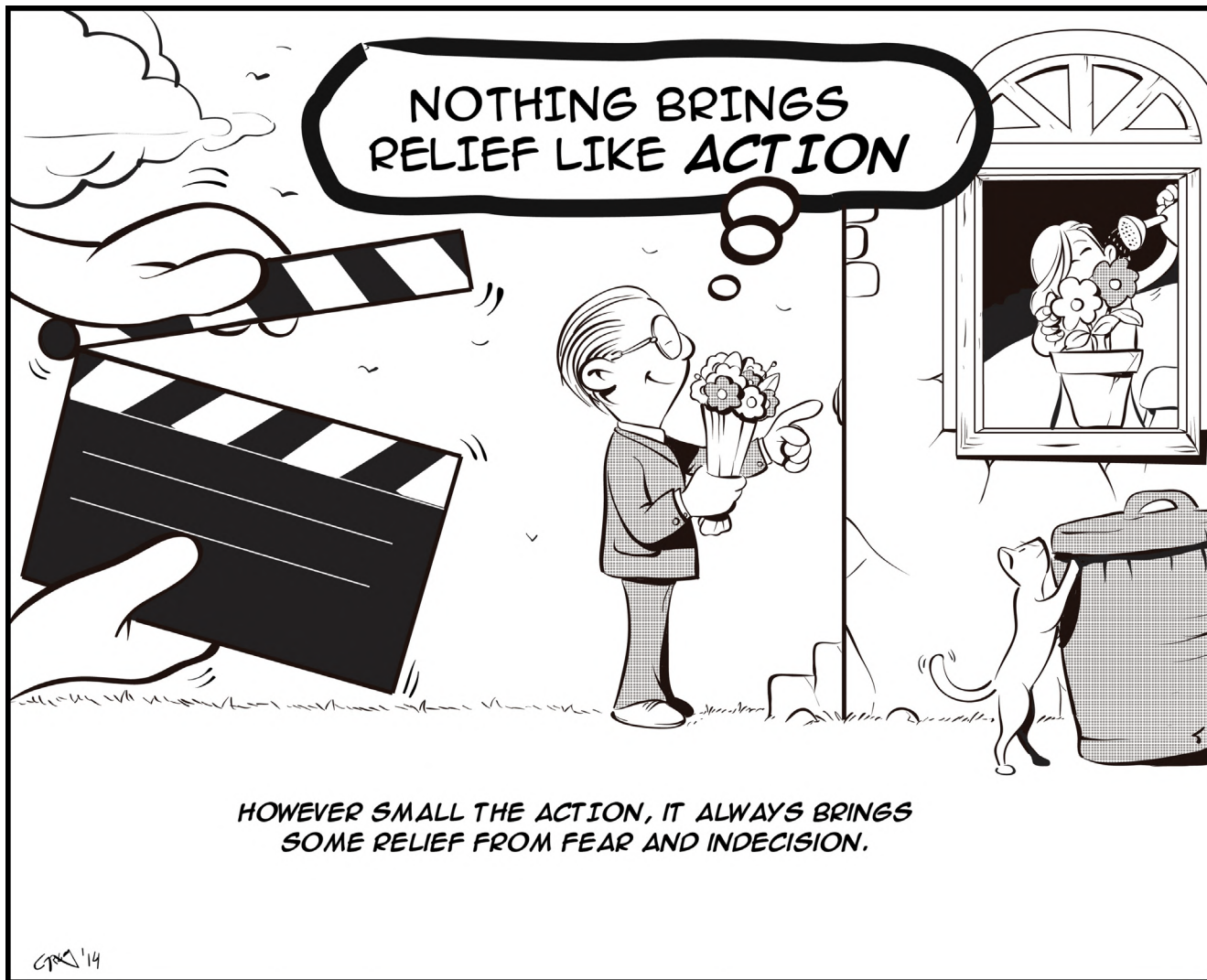
**COURAGE IS TAKING ACTION ON THE UNKNOWN,
AND ACTION IS THE FUEL FOR YOUR COURAGE.**

CPK '14



TAKE THE "CHOICE" TO CREATE YOUR OWN CIRCUMSTANCES..
THE DRIVER'S SEAT OF YOUR LIFE.

CPR '14



WISHBONE WITHOUT
A BACKBONE IS *USELESS*



A WISHBONE (DREAM) WITHOUT A BACKBONE
(DISCIPLINE AND ACTION) IS USELESS.

CPD '14

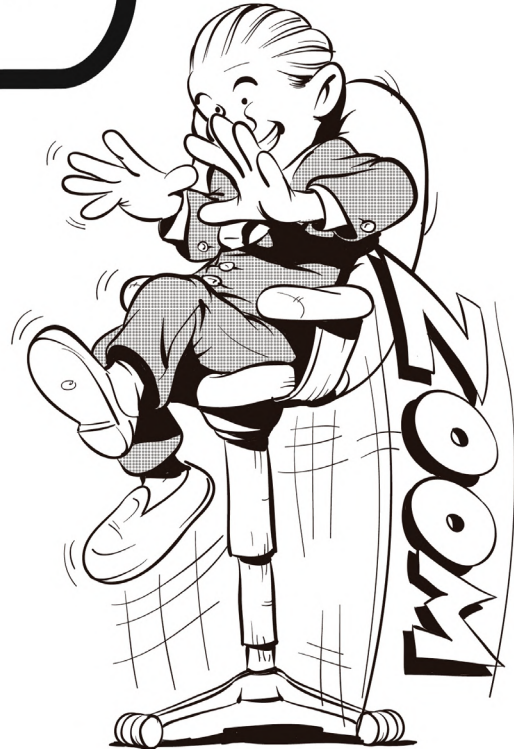
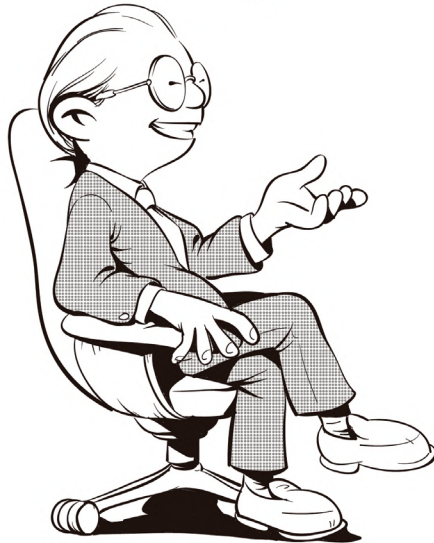
**STOP TRYING TO
CHANGE THE BOSS**



**HELP YOUR BOSS BECOME MORE SUCCESSFUL (LOOK GOOD)
AND HE/SHE WILL CHANGE.**

GRIS 16

**MAKE YOUR PEOPLE
FEEL TALLER**



Gabe 16

**A GREAT METRIC FOR A LEADER. DO PEOPLE FEEL SMALLER OR
TALLER AFTER TALKING WITH YOU?**

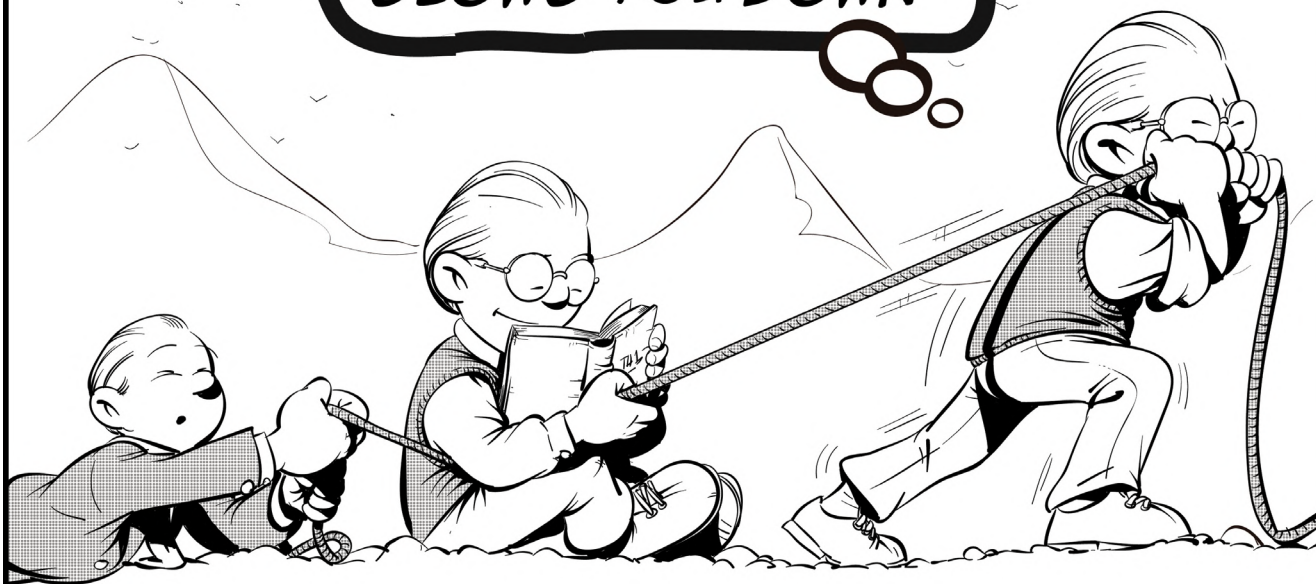
**YOU'LL HAVE
THOSE DAYS**



**THE SUCCESSFUL HAVE BAD DAYS AS EVERYONE ELSE, BUT
EXPECT THE NEXT TO BE BETTER.**

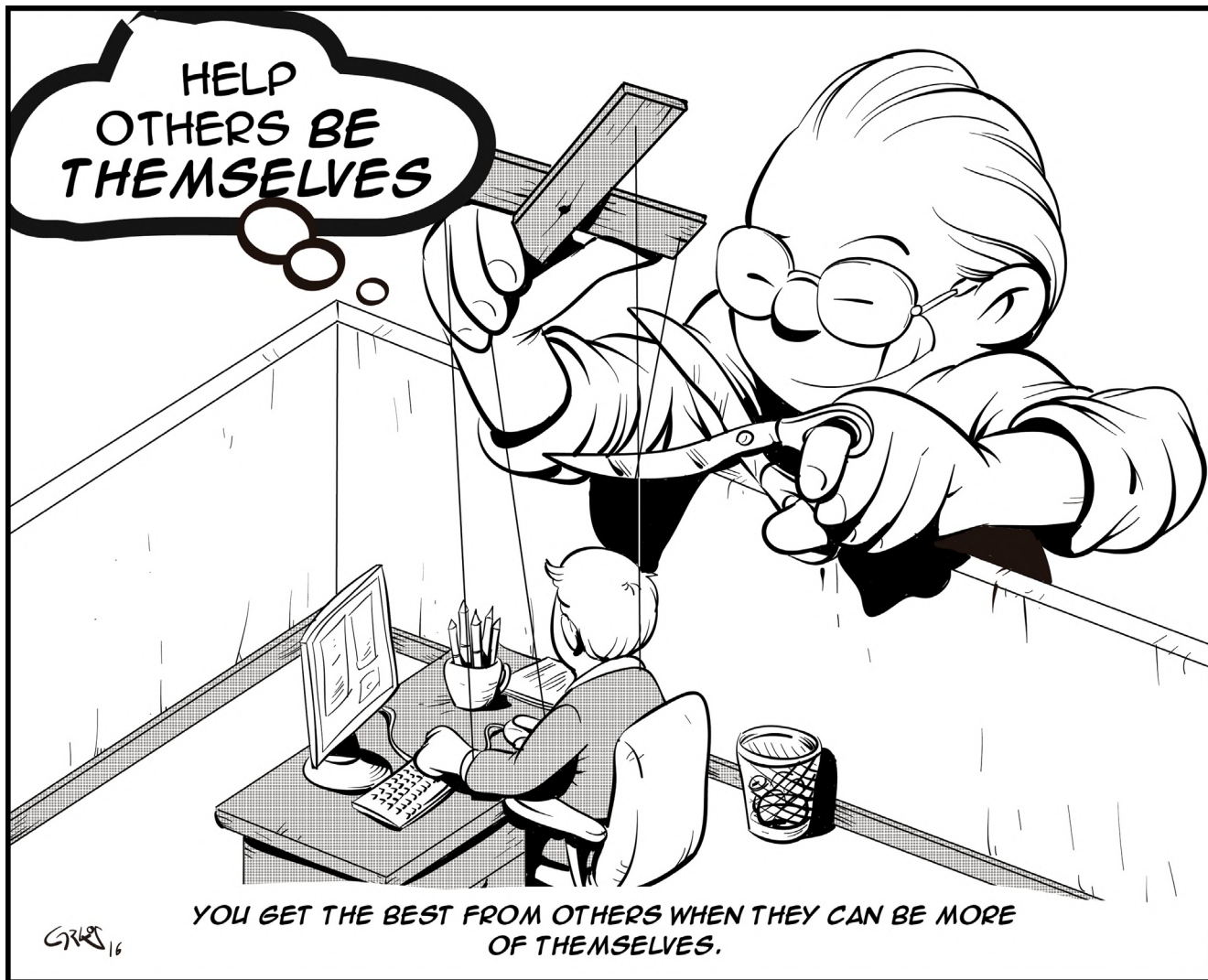
G.R. 16

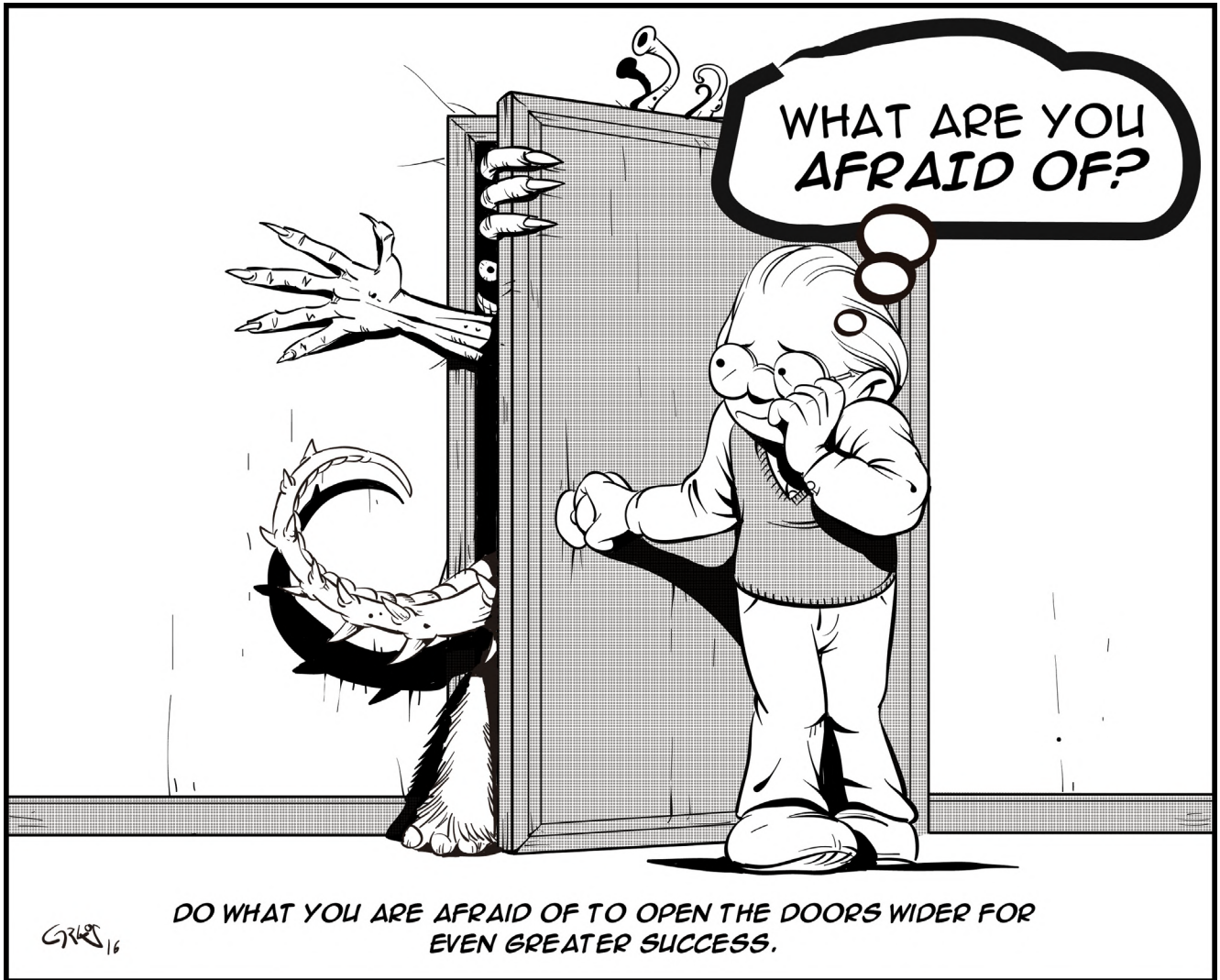
USUALLY
SLOWS YOU DOWN



GRUB 16

WHAT YOU TOLERATE IN BOTH YOURSELF AND OTHERS IS USUALLY SLOWING YOU DOWN.

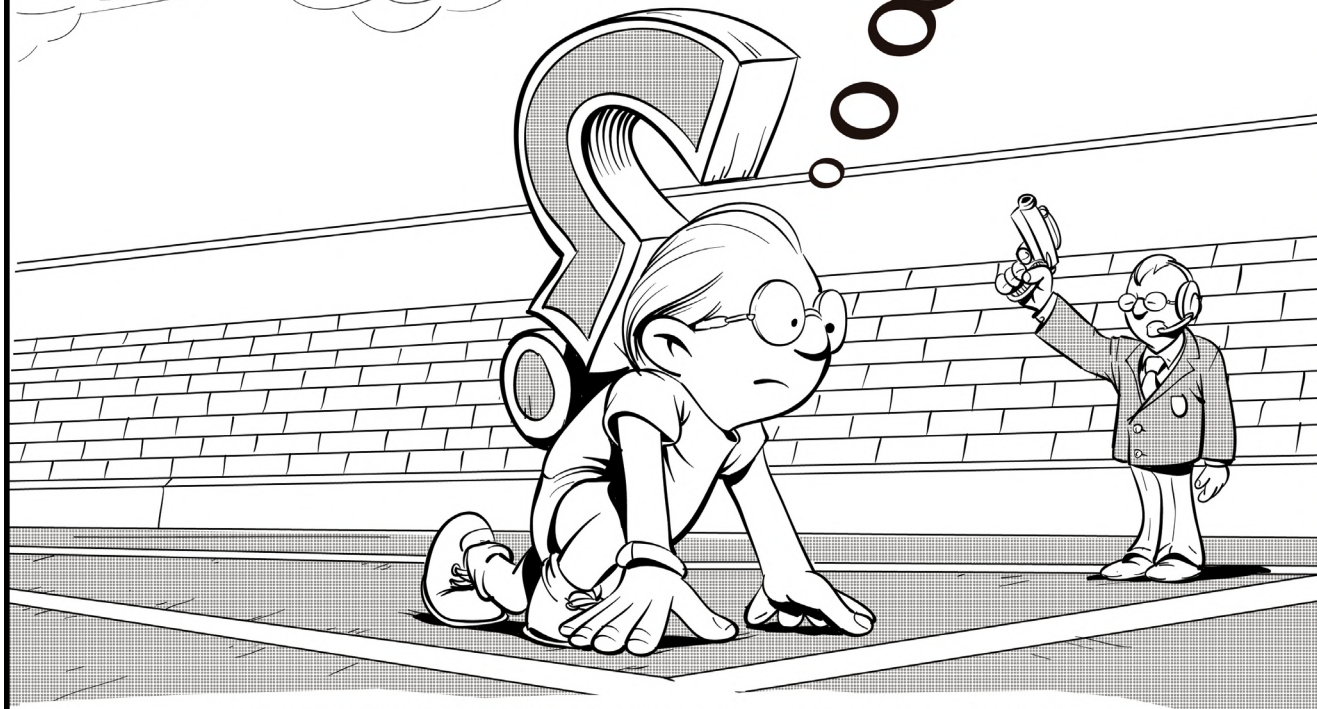




GRAB 16

DO WHAT YOU ARE AFRAID OF TO OPEN THE DOORS WIDER FOR
EVEN GREATER SUCCESS.

START WITH
THE *RIGHT QUESTION*

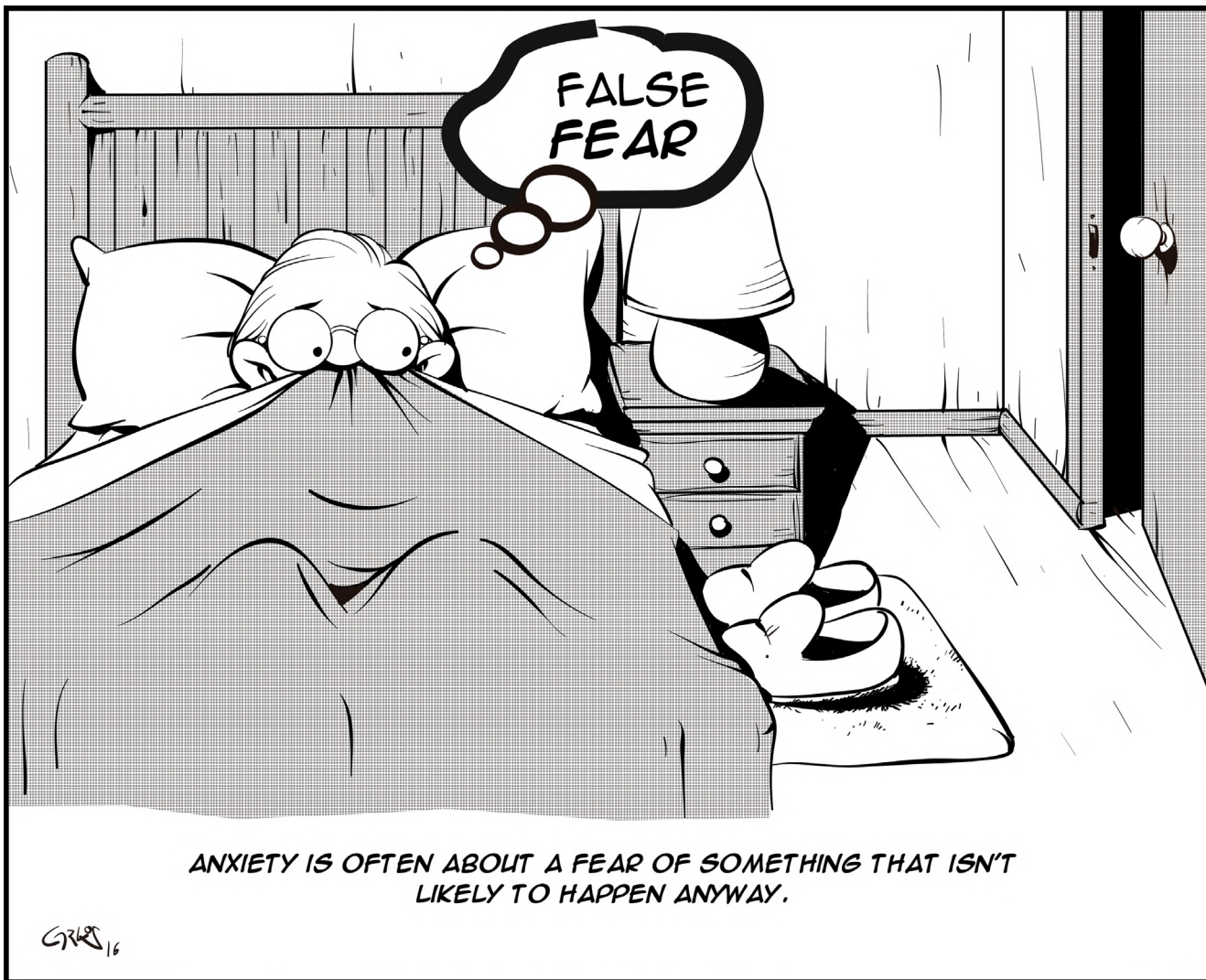


YOU NEVER UNCOVER A GOOD SOLUTION WITH A CORRECT
ANSWER TO THE *WRONG QUESTION!*

GRUB 16





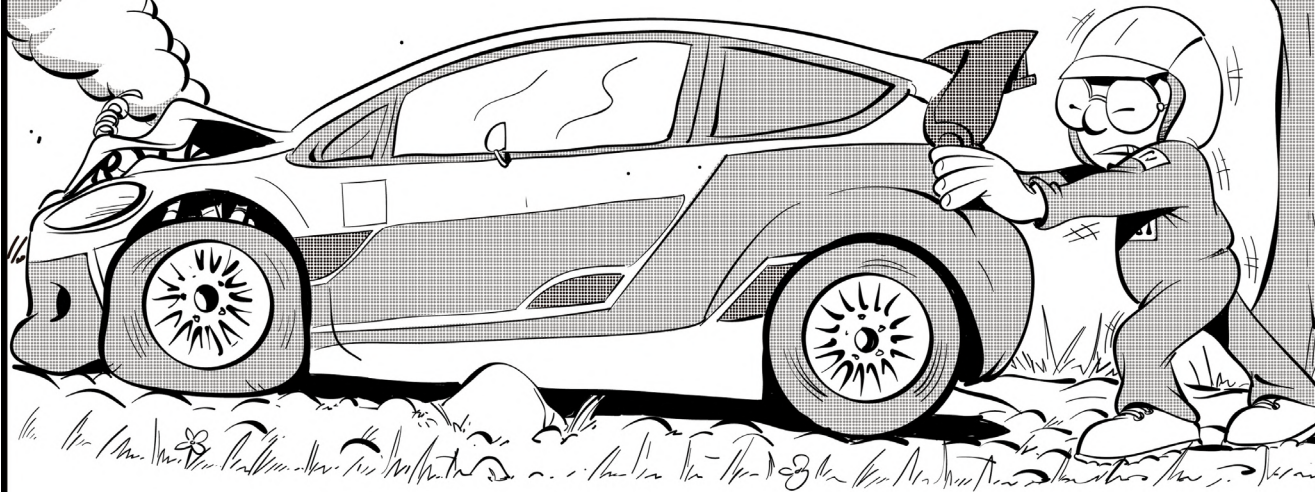


FROM **FREEDOM**
AND **COURAGE**

**HAPPINESS IS ABOUT CHOICE...HAVING THE
COURAGE TO DO WHAT EARNS OUR FREEDOM.**

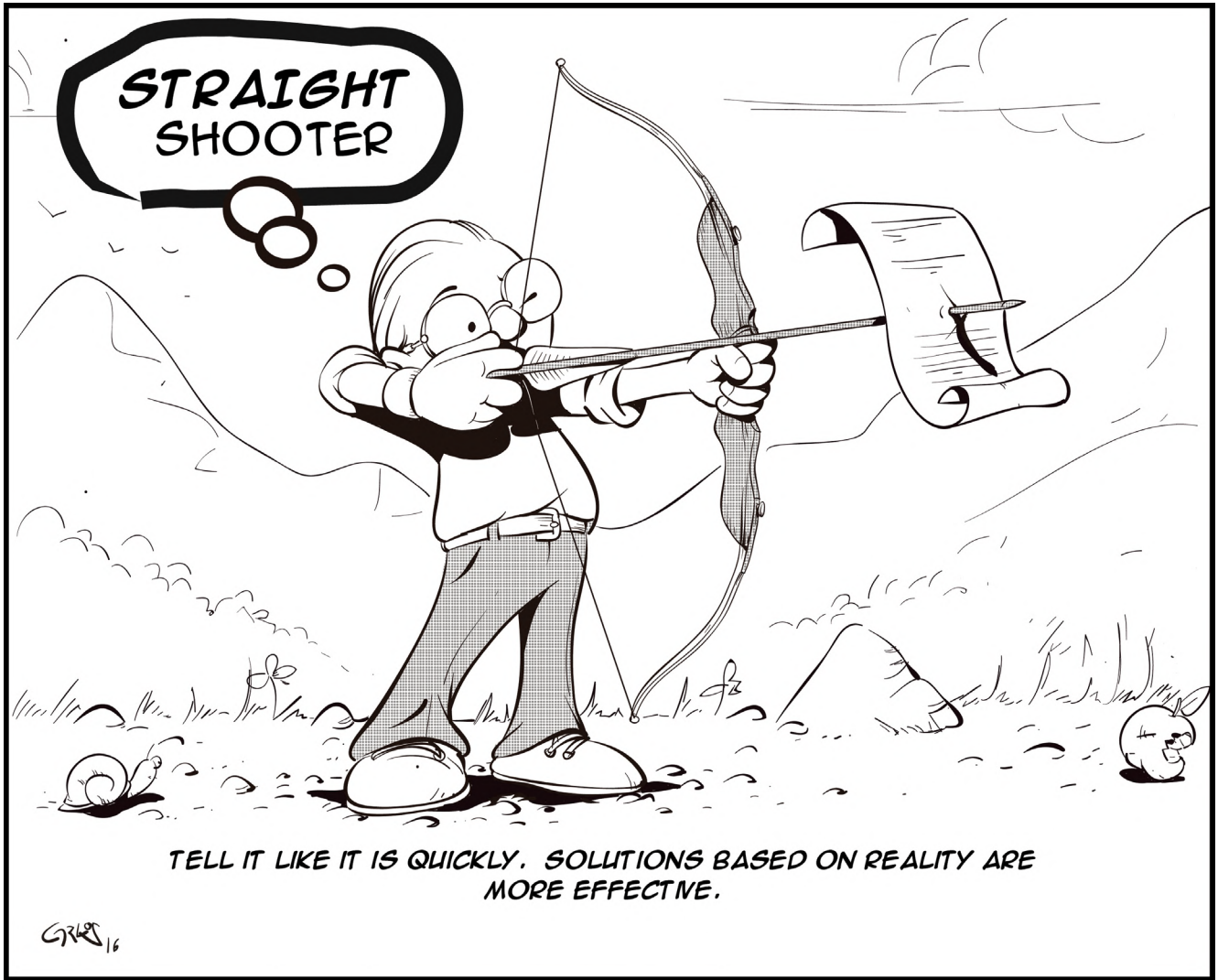
CPK '14

**WHEN FAILURE IS
NEVER FINAL**



**WHEN YOU ARE LIVING YOUR PASSION, YOU WILL NEVER LET ANY
FAILURE STOP YOU.**

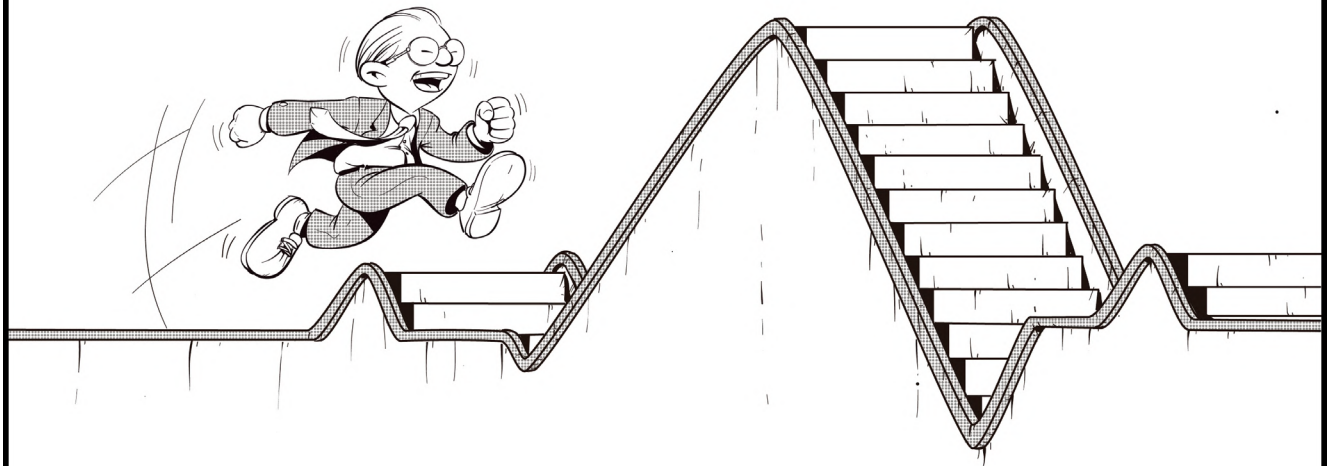
GR16



TELL IT LIKE IT IS QUICKLY. SOLUTIONS BASED ON REALITY ARE
MORE EFFECTIVE.

GRK 16

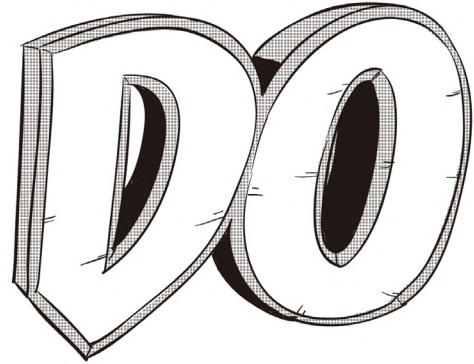
**SIGN OF
BEING ALIVE**



PROBLEMS ARE GOOD, AS THEY ARE PROOF YOU ARE CHALLENGING YOURSELF.

GR16

MOVE FROM
"TRY" TO "DO"



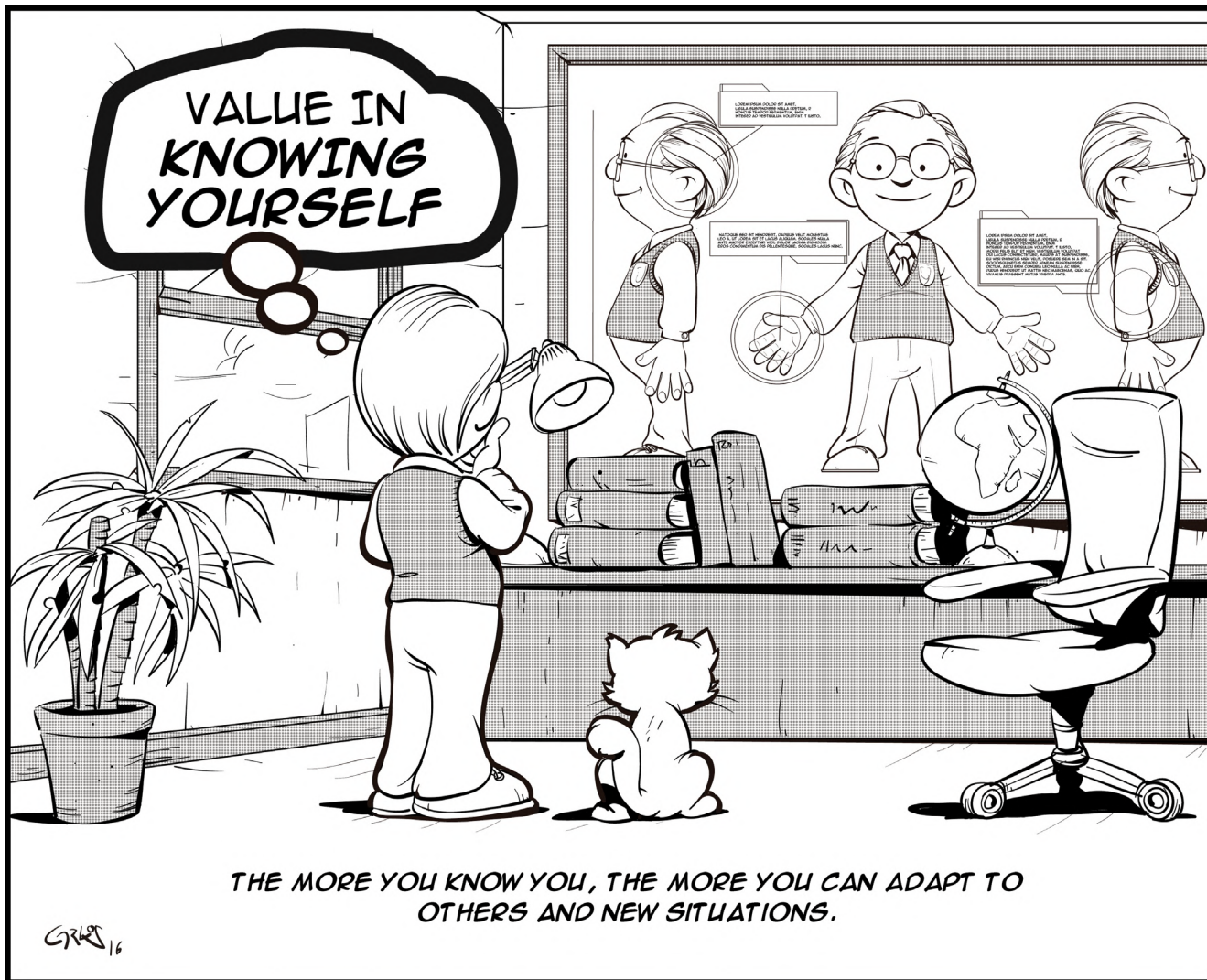
SAYING "TRY" IS VAGUE AND PEOPLE DON'T KNOW IF YOU WILL DO
IT OR NOT.

GRK 16

**UNLOCKS DOOR TO
YOUR POTENTIAL**

**PASSION IS THE KEY THAT UNLOCKS THE DOOR AND POWERS
YOU TO REACH YOUR POTENTIAL.**

GRUB 16



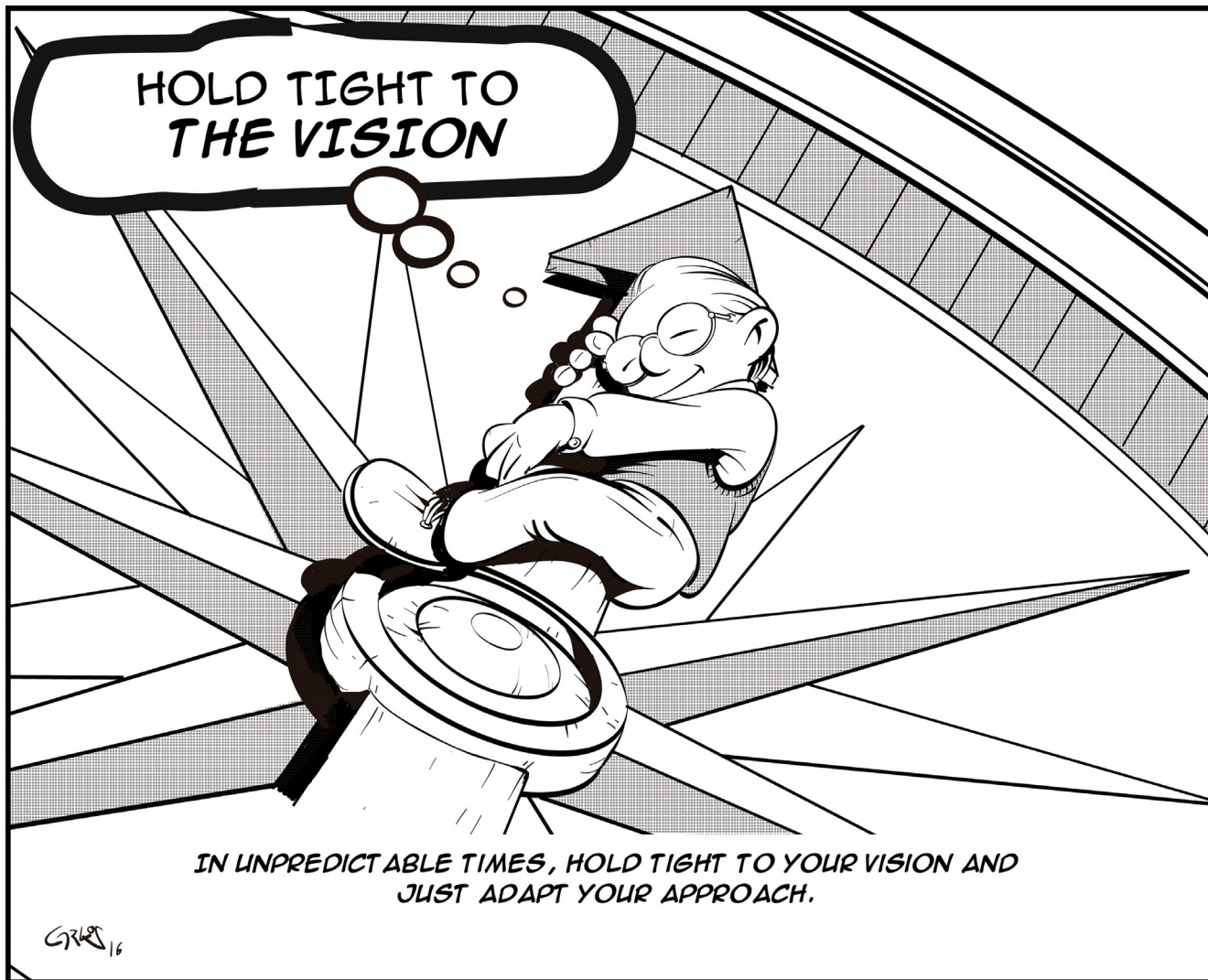
THE MORE YOU KNOW YOU, THE MORE YOU CAN ADAPT TO
OTHERS AND NEW SITUATIONS.

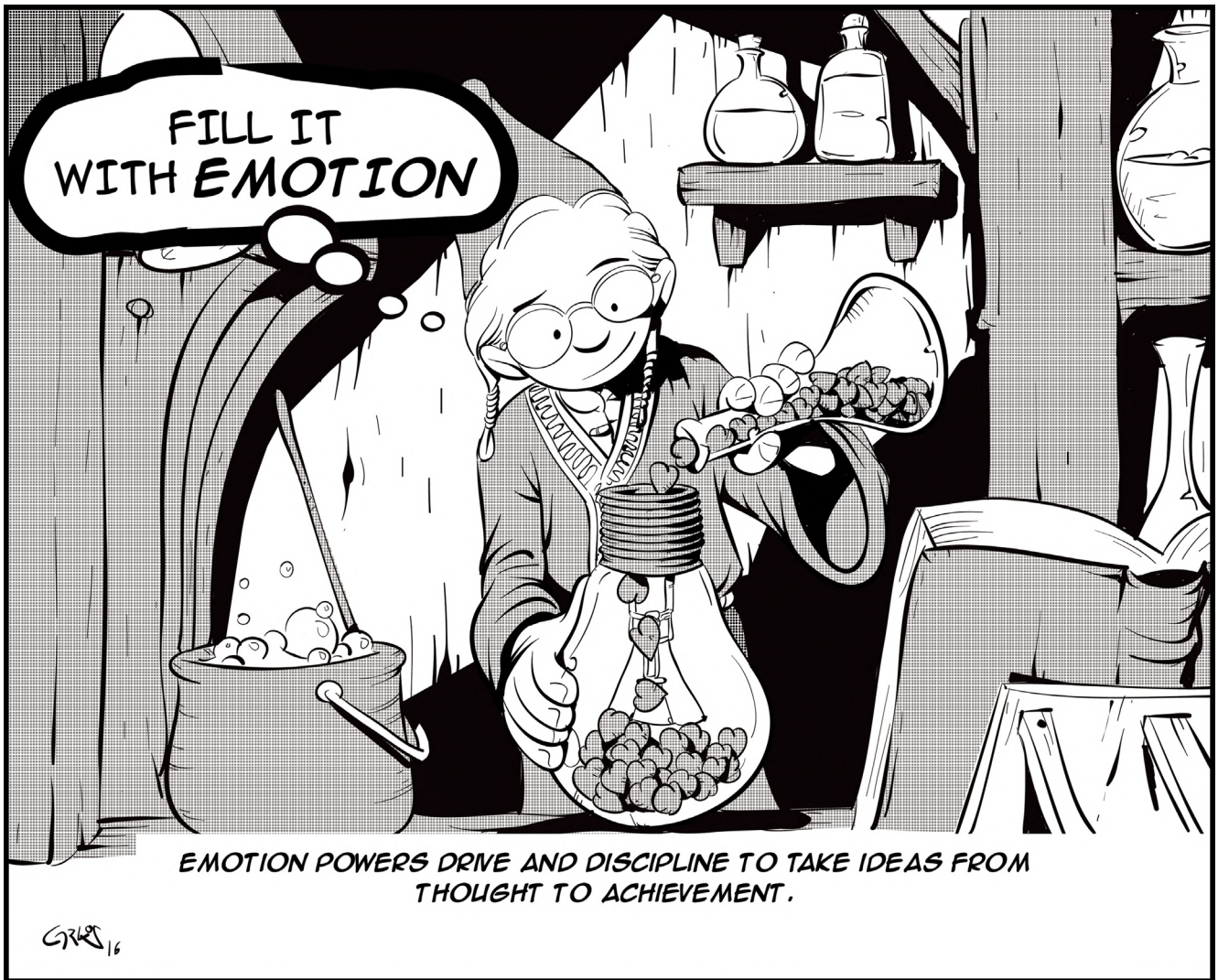
GR16

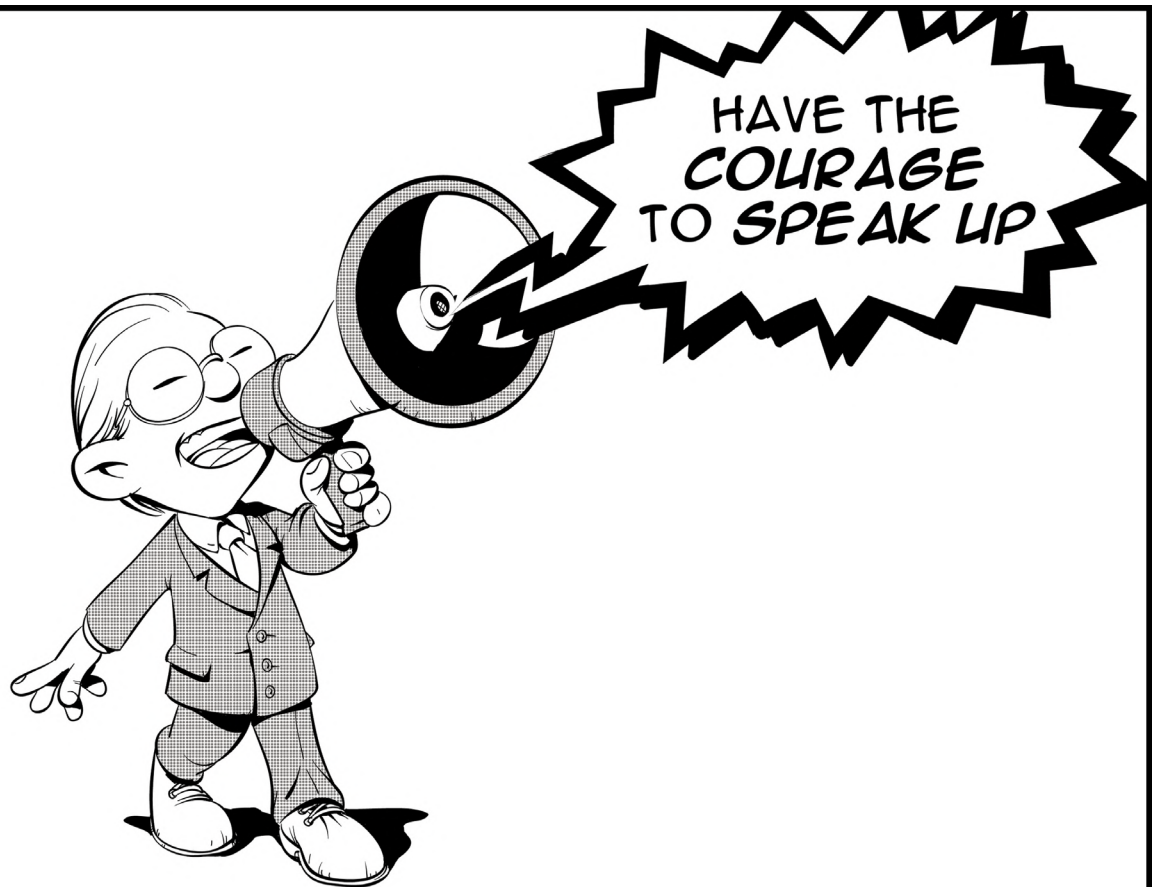
**YOU'RE EITHER
IN OR OUT**

**HALFWAY ON ANYTHING IS A REVOLVING DOOR OF CONFUSION.
INVEST TIME TO STAY CLEAR.**

GRUB 16







**BUILD YOUR PEOPLE'S CONFIDENCE AND COURAGE TO SPEAK UP
AND SHARE THEIR IDEAS.**

GRK 16

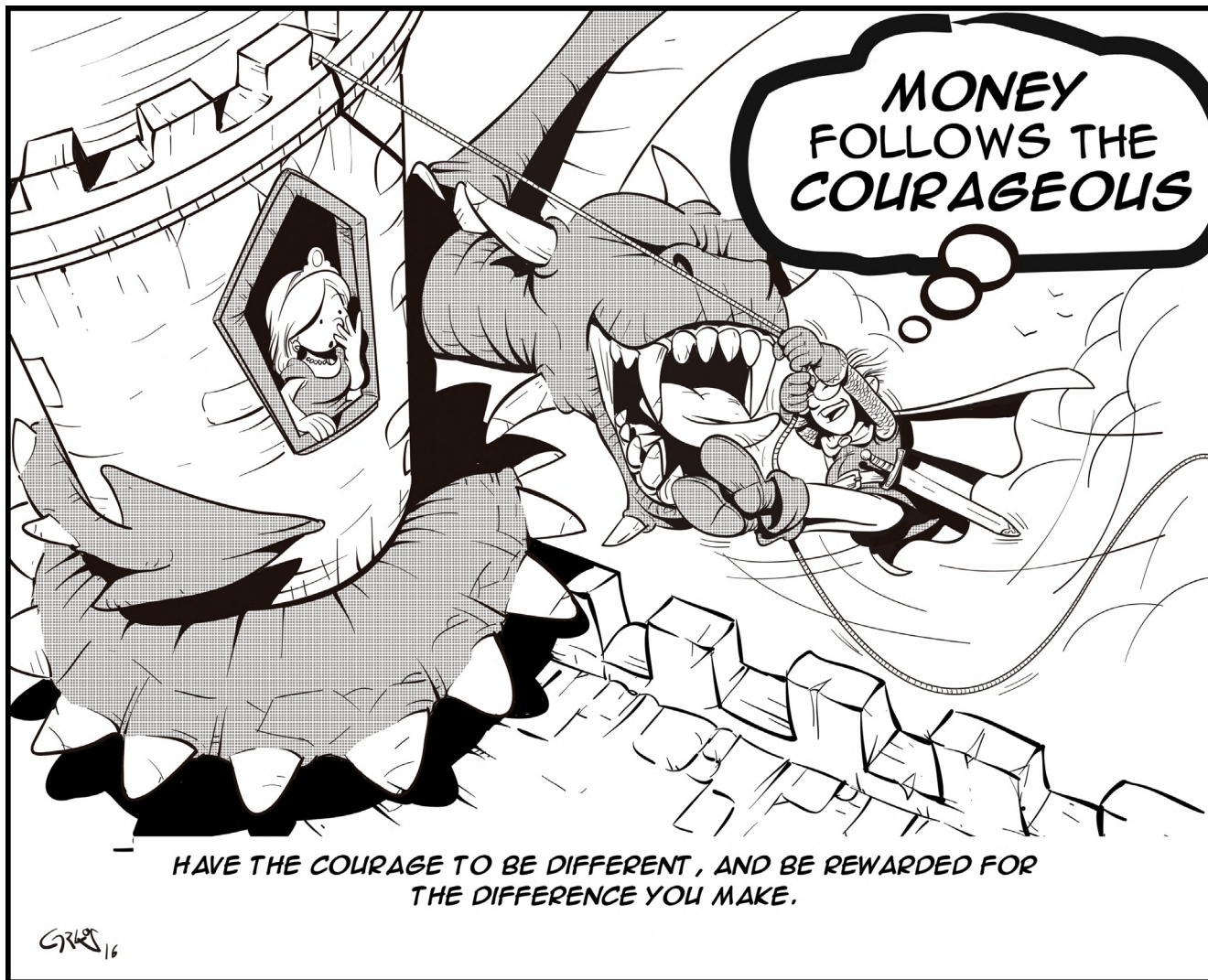
HUMBLE AND WILLING TO LEARN



**YOU GROW FASTER BEING HUMBLE AND WILLING TO
LEARN FROM EVERYONE YOU MEET.**

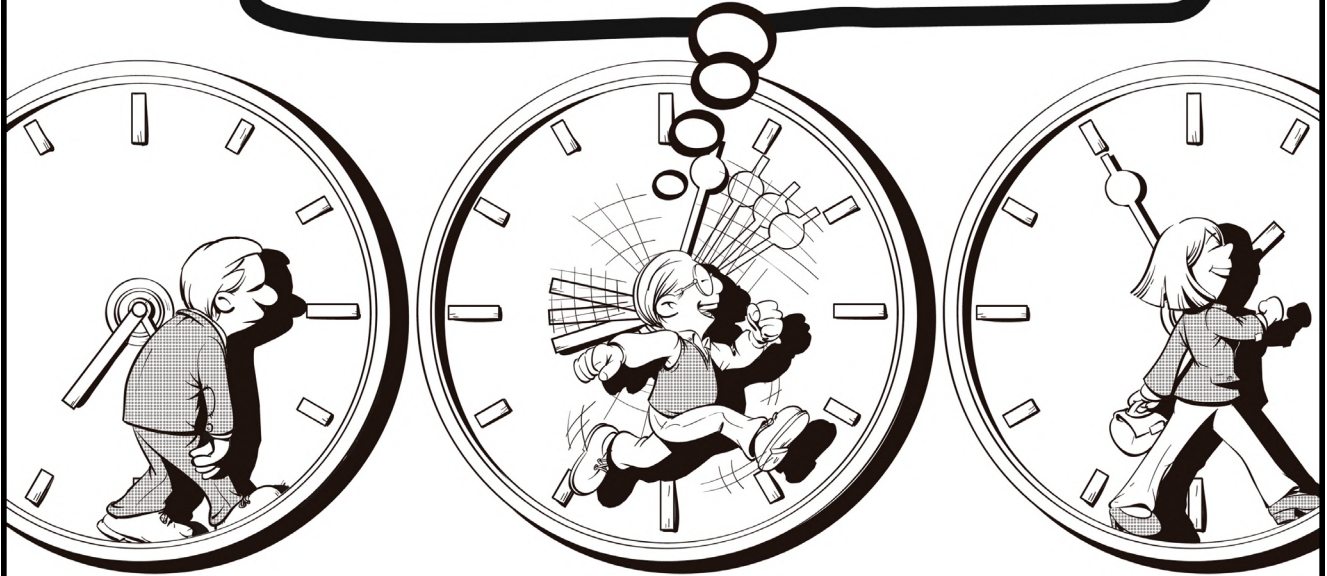
CPK '14







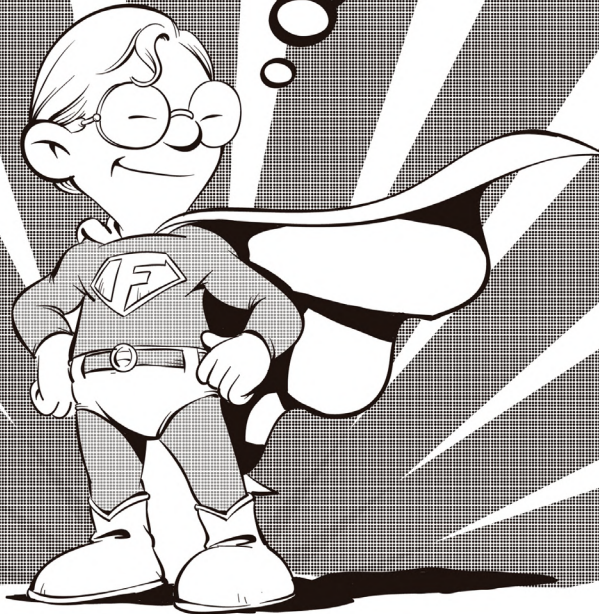
**TIME IS NOT
THE SAME FOR EVERYONE**



**PEOPLE WHO PUT A HIGH VALUE ON TIME USUALLY GET
MORE MONEY FOR THEIR TIME.**

GRUB 16

**PREPARED WHEN
THE TIME COMES**



**PREPARATION IS KEY, AS IT PUTS YOU IN A POSITION TO TAKE
STRONG ACTION WHEN NEEDED.**

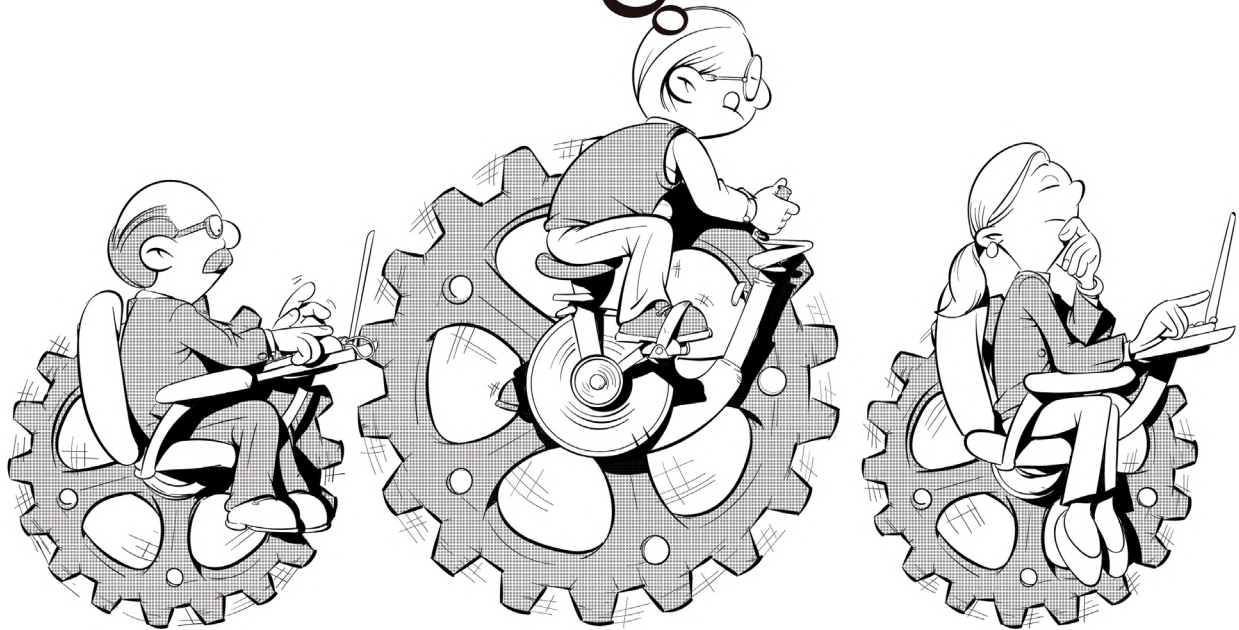
GR16

SEE THE OPPORTUNITY
IN CHAOS

CHAOS MEANS CHANGE AND CHANGE ALWAYS BRINGS
OPPORTUNITIES FOR YOU.

GPK 16

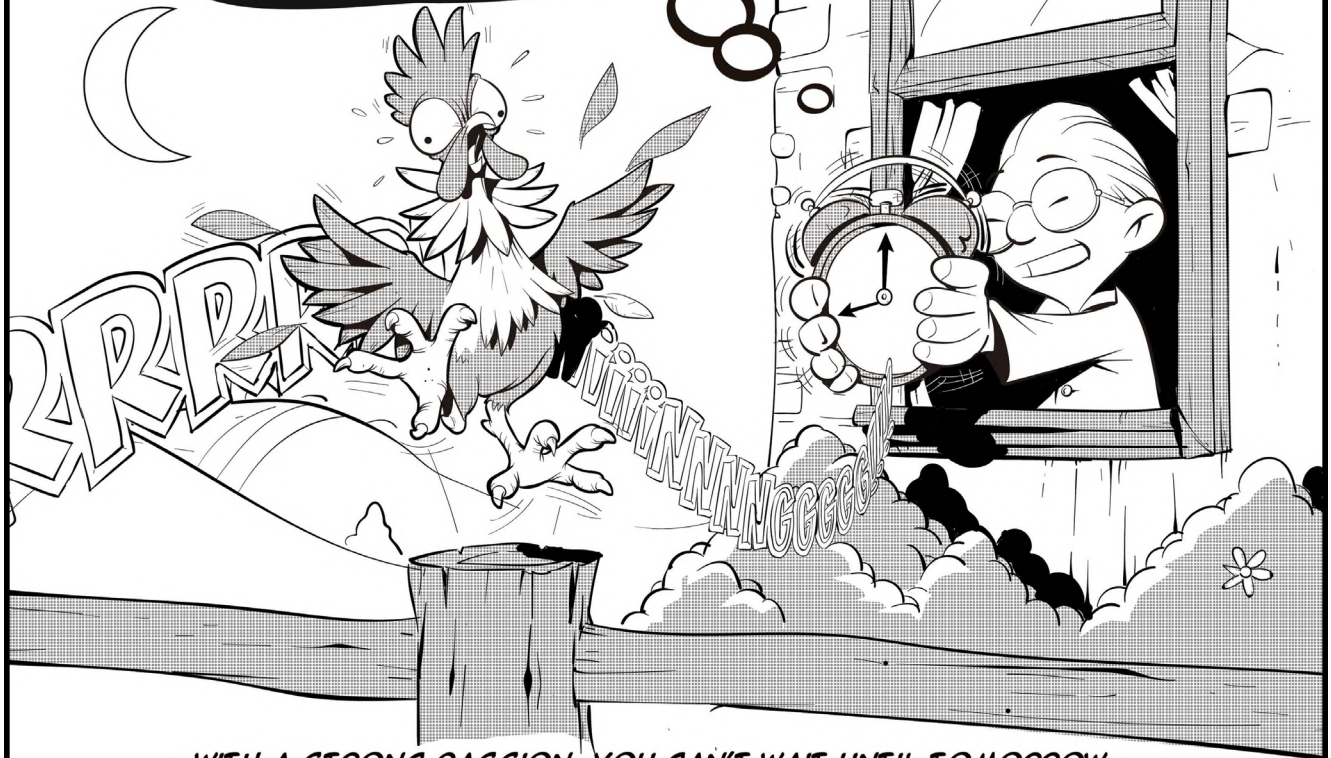
COMES WITH A
SPEED LIMIT



*MICROMANAGE PEOPLE, AND TEAM SPEED IS YOUR
PERSONAL CAPACITY, NOT THEIRS.*

GRLS₁₆

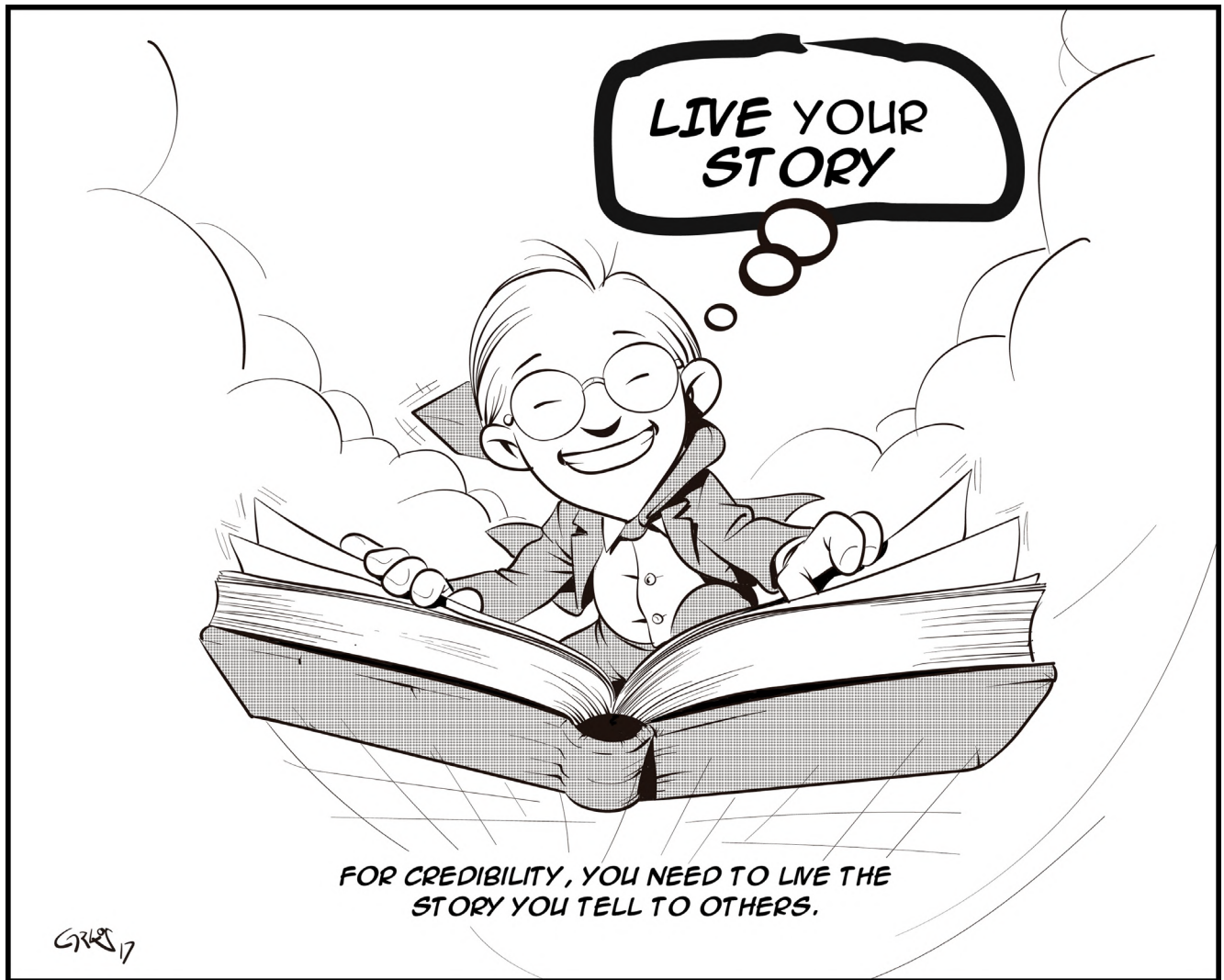
**CAN'T WAIT
UNTIL TOMORROW**



**WITH A STRONG PASSION, YOU CAN'T WAIT UNTIL TOMORROW
AND KEEP WORKING AT IT.**

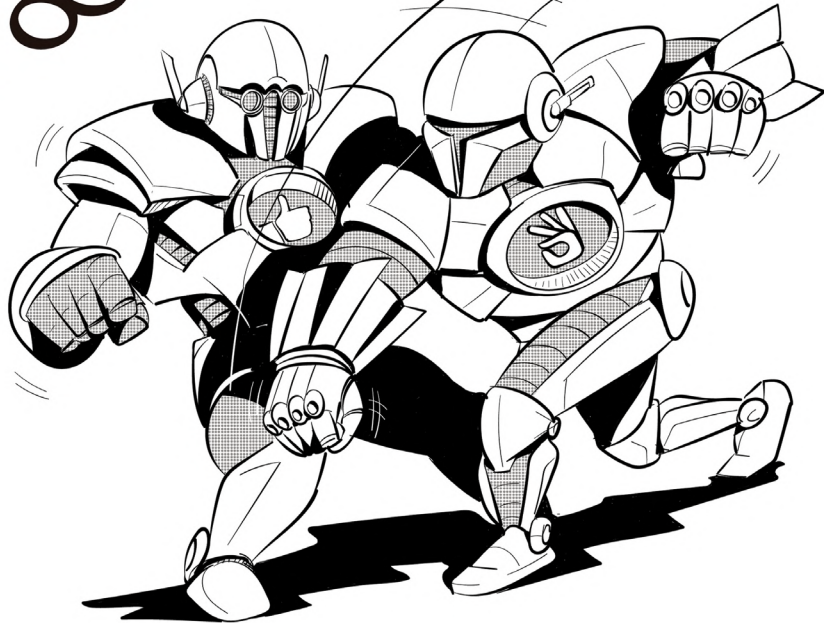
GRAS 17







**BATTLE BETWEEN
PERFECT AND GOOD**



**PERFECT IS A GOAL, BUT THE GOOD GETS IMPLEMENTED
FASTER AND IMPROVED FASTER.**

GRLS 17

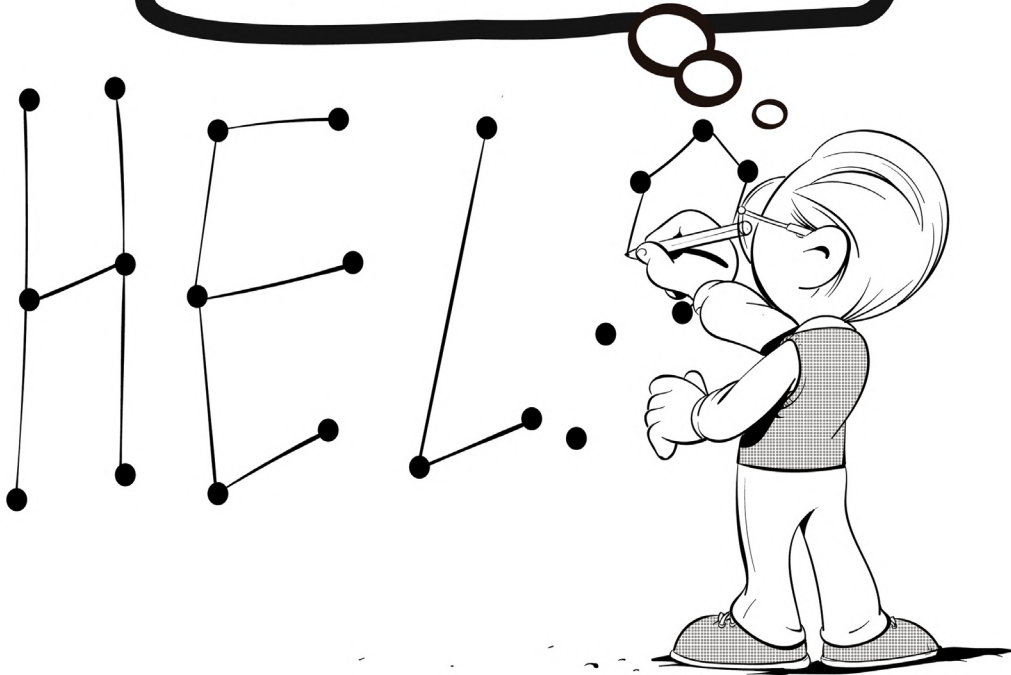




*YOU CAN'T AVOID THE POLTICS. YOU NEED TO BE IN THE
GAME TO INFLUENCE THE GAME.*

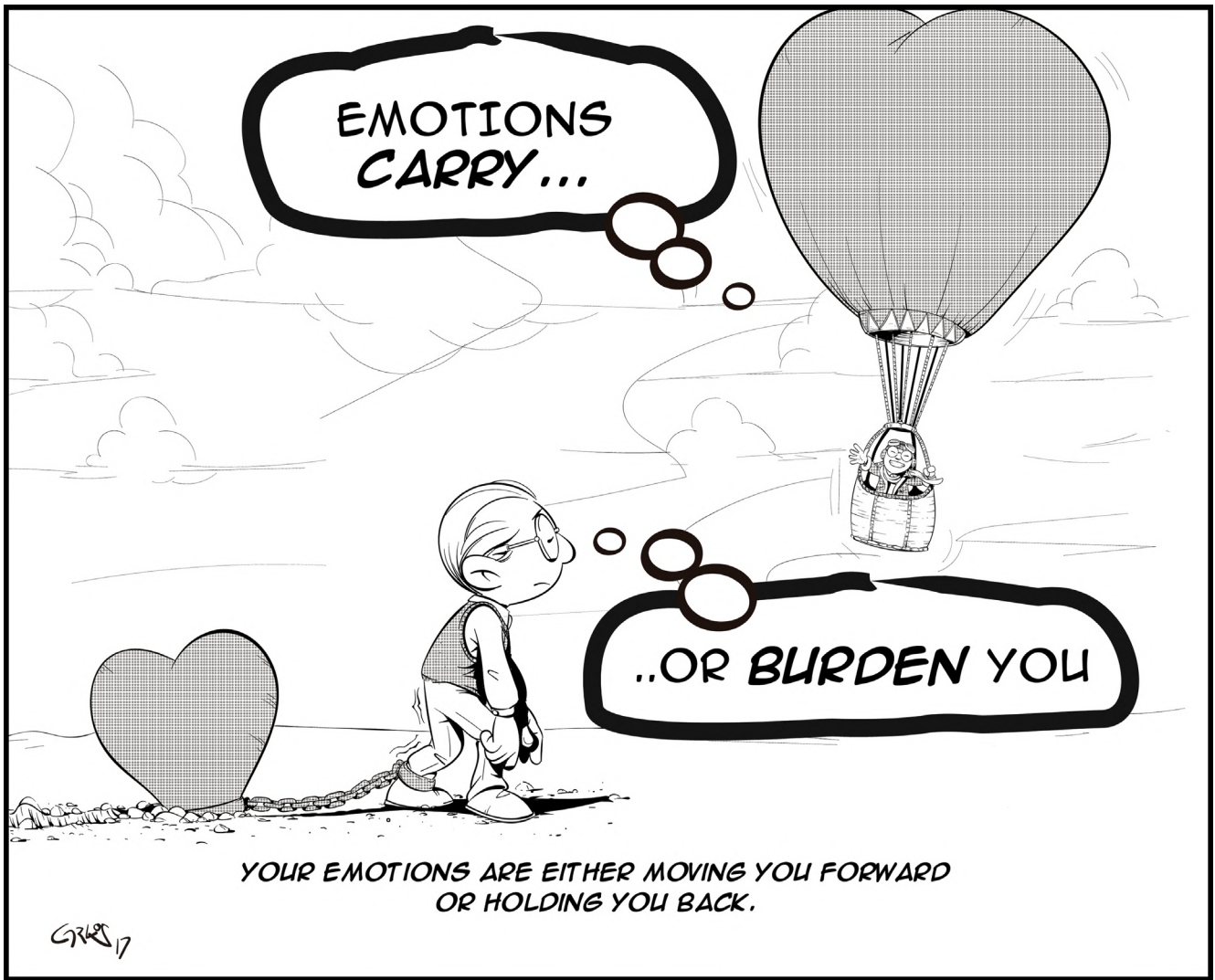
GRAS 17

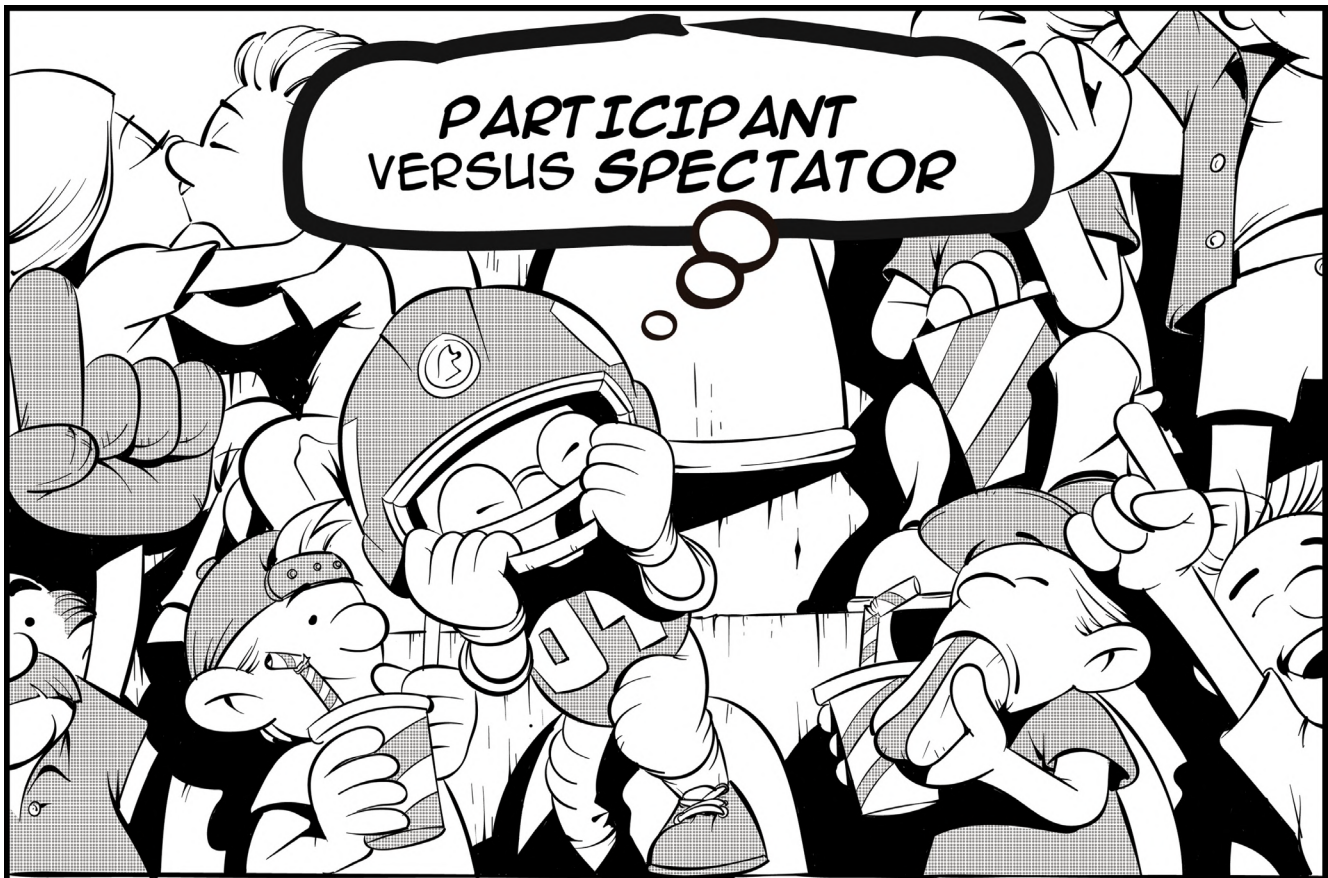
**MAKE THE NECESSARY
CONNECTIONS**



**YOUR CONNECTIONS ARE WHAT ENABLE YOU TO GET THE
RIGHT HELP TO ACHIEVE YOUR GOALS.**

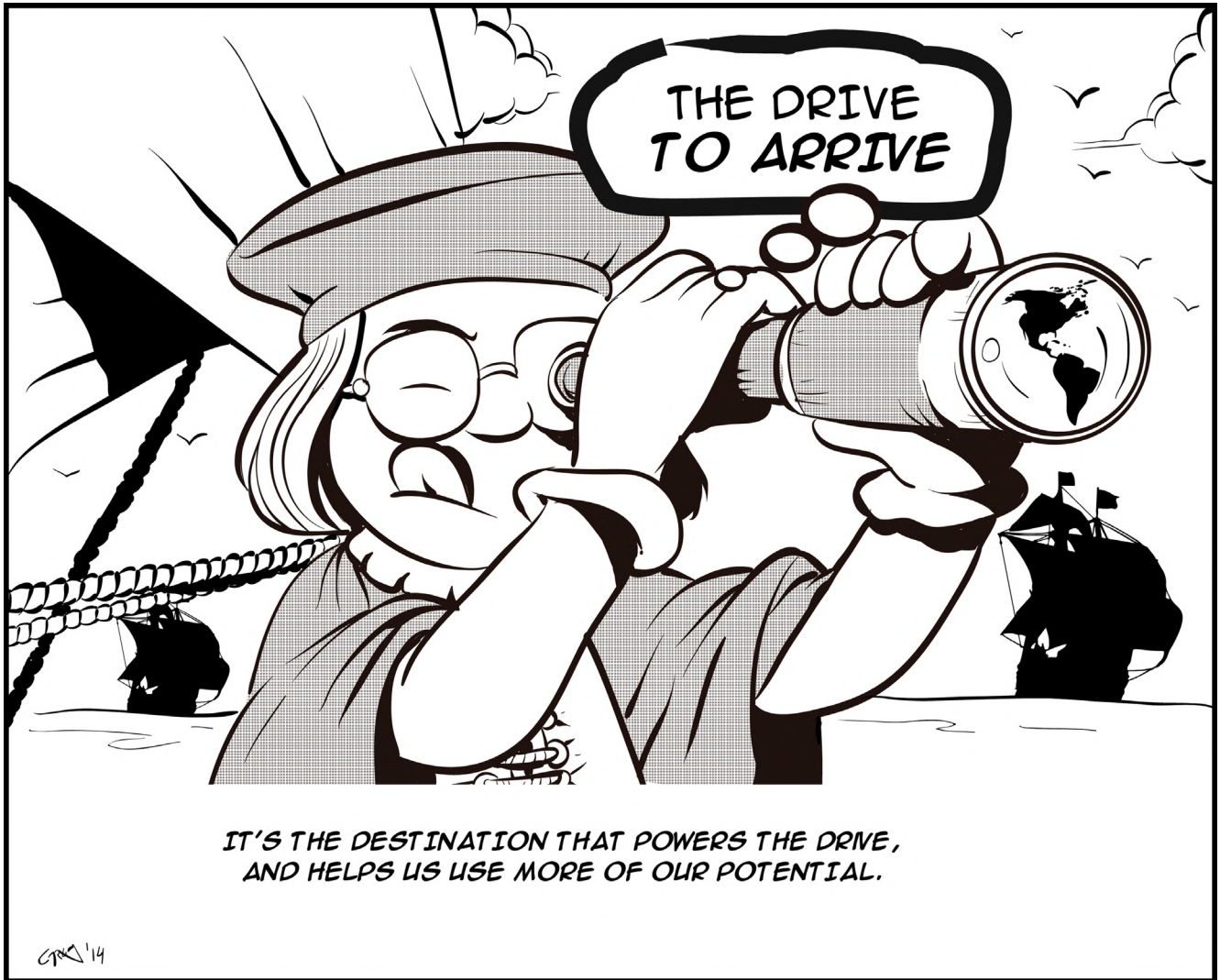
GRLS 17





*RUN MEETINGS IN WAYS THAT ENGAGE EVERYONE IN THE
ROOM TO SHARE THEIR THOUGHTS.*

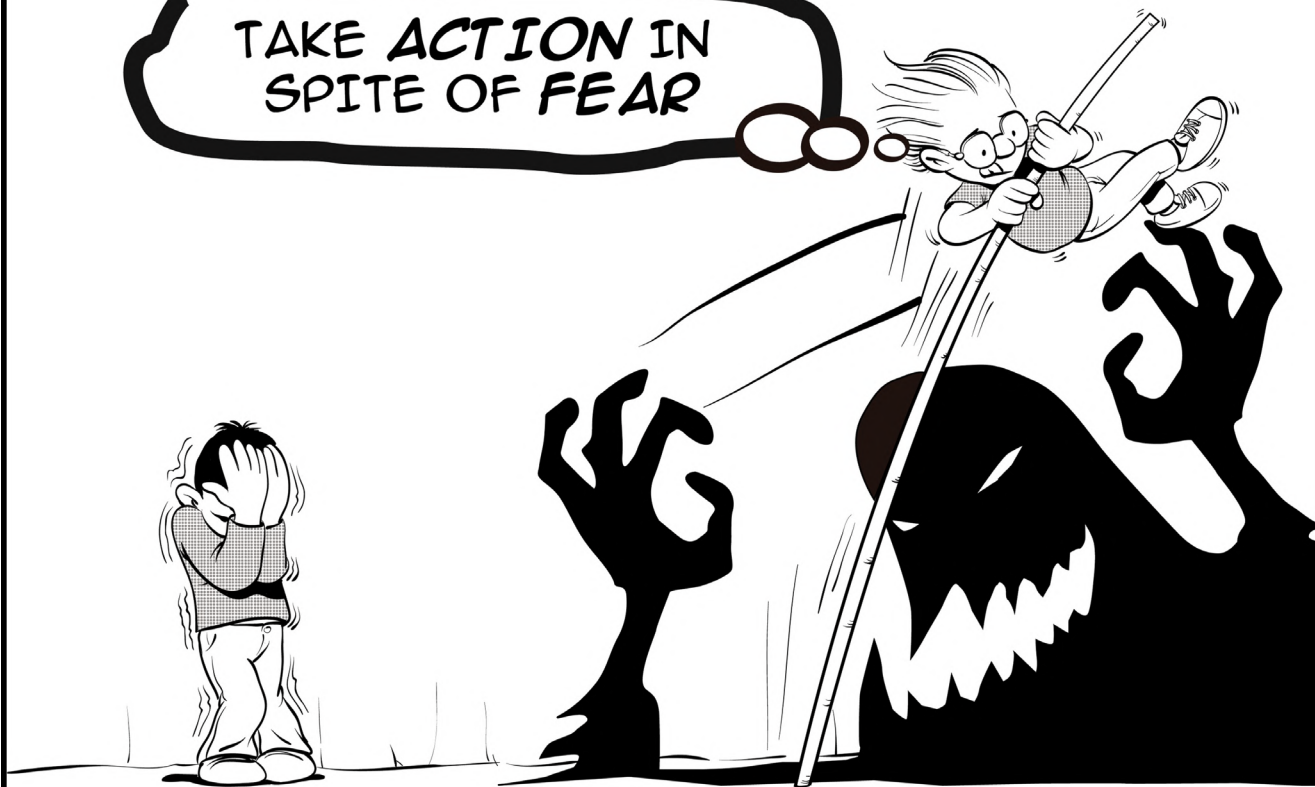
GRAS 17



*IT'S THE DESTINATION THAT POWERS THE DRIVE,
AND HELPS US USE MORE OF OUR POTENTIAL.*

CPA '14

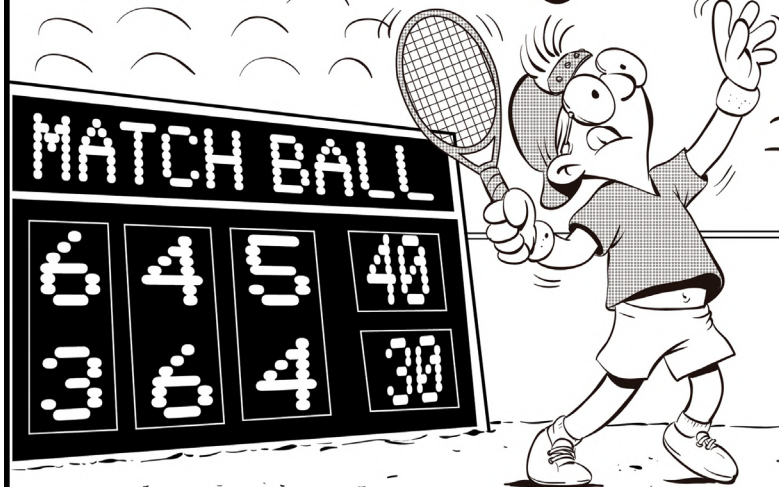
**TAKE ACTION IN
SPITE OF FEAR**



**FOR THE SUCCESSFUL, FEAR DOESN'T STOP THEM FROM ACTION...
WHERE FOR OTHERS, IT DOES.**

CPK '14

**BEST WHEN IT
MEANS THE MOST**

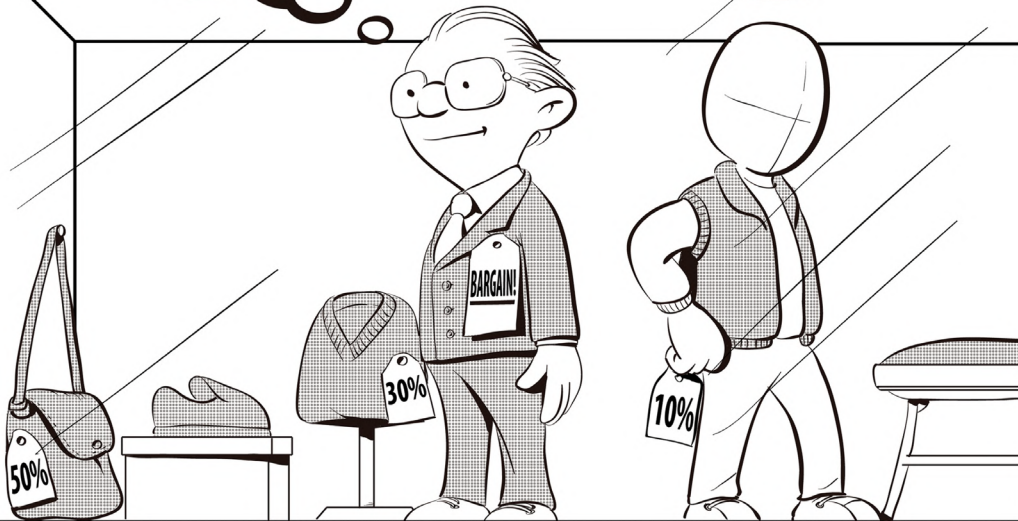


**FOCUS ON BEING ABLE TO DO YOUR BEST IN
THOSE MOMENTS WHEN IT MEANS THE MOST.**

CPD '14

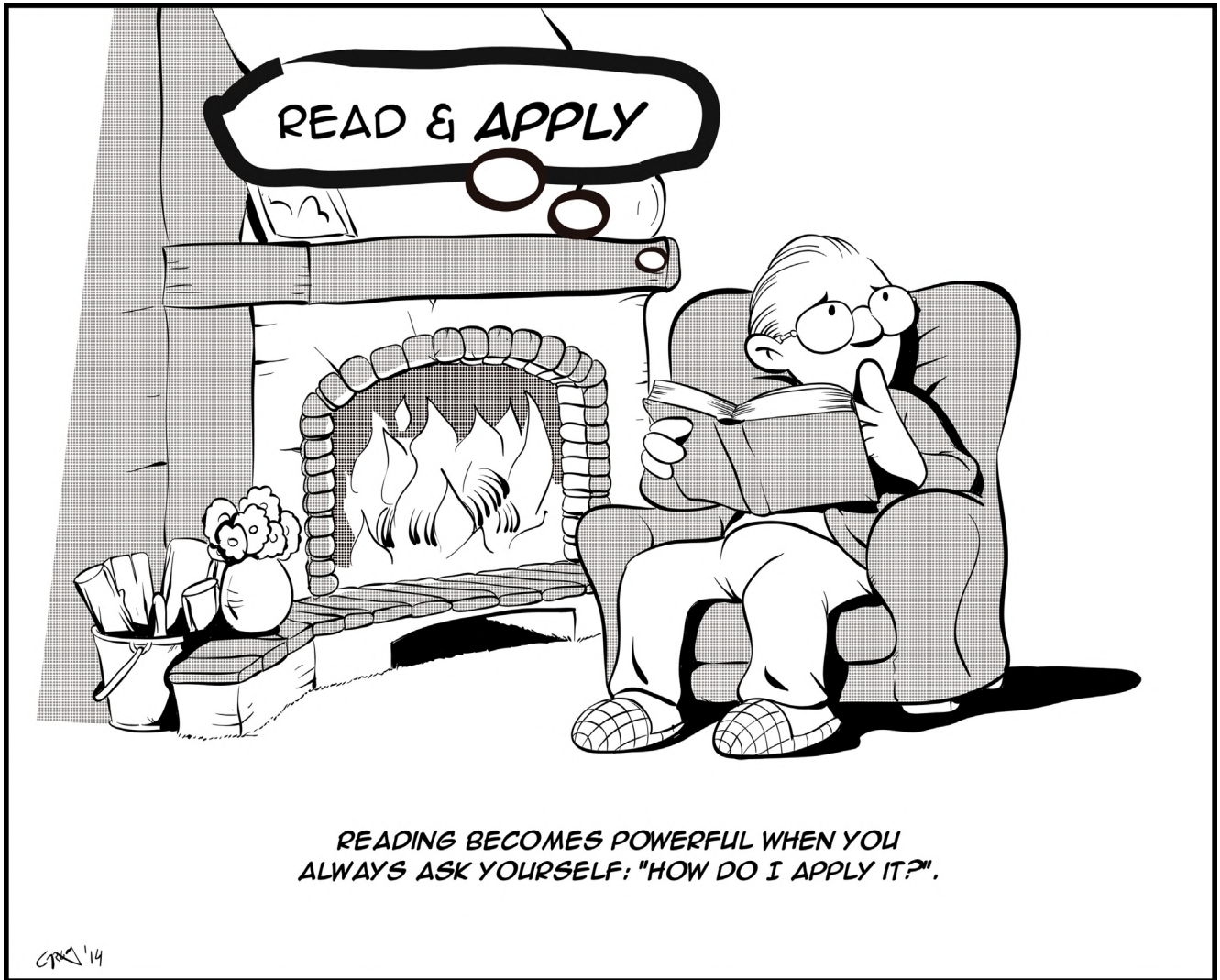
FIRST THING
YOU SELL *IS YOU*

HOP



REMEMBER, IT IS OFTEN YOUR ACTIONS AND NOT
YOUR WORDS THAT SELL YOU TO OTHERS.

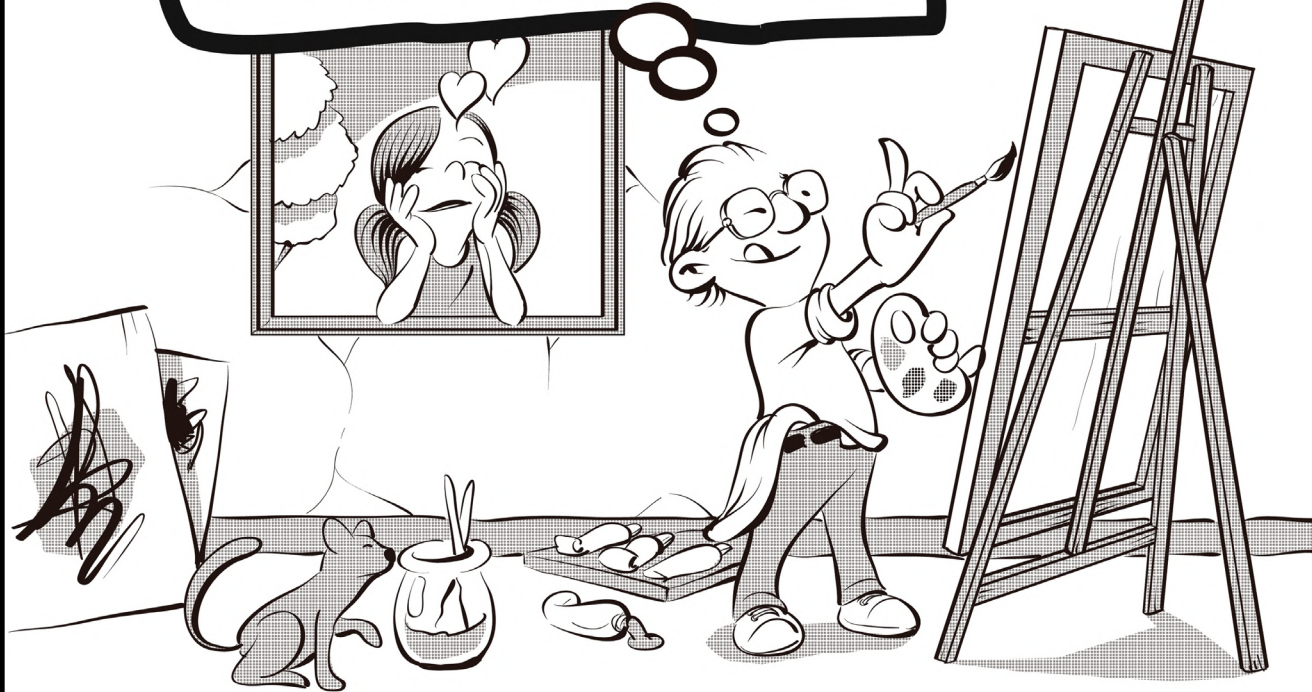
CPA '14



*READING BECOMES POWERFUL WHEN YOU
ALWAYS ASK YOURSELF: "HOW DO I APPLY IT?".*

CPV '14

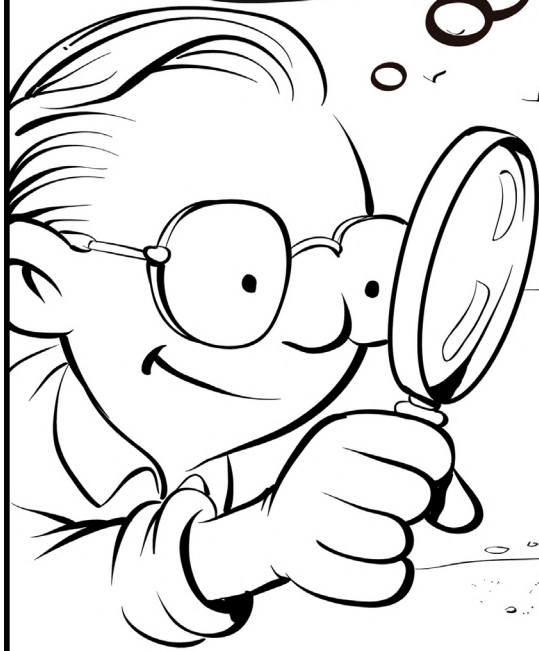
**CHARISMA
IS NOT A GENETIC THING**



**CHARISMA IS DEVELOPED BY HAVING VISION AND
PASSION AROUND A SPECIFIC PURPOSE.**

CPK '14

UNDERSTAND
YOUR **WEAKNESSES**



BE AWARE OF YOUR WEAKNESSES, AND LIMIT
OTHERS FROM USING THEM AGAINST YOU.

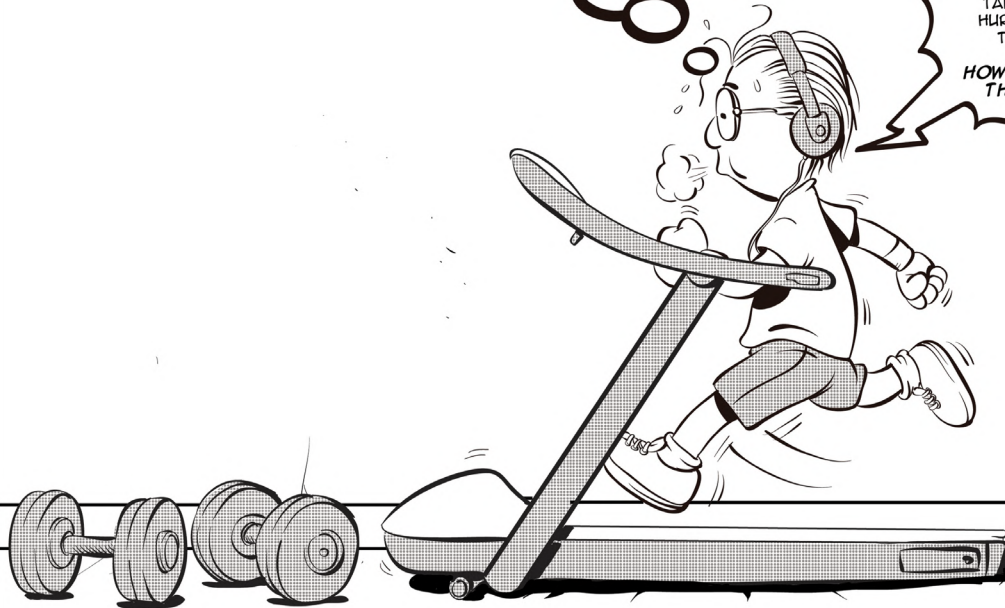
CPA '14



**LOOK FOR THE
DOUBLE & TRIPLE WINS**

"SKULLE NI KUNNA
TALA OM FÖR MIG
HUR MAN KOMMER
TILL MUSEET?"

**HOW CAN I GET TO
THE MUSEUM?**



**ALWAYS LOOK FOR THE ACTIVITIES THAT WILL GIVE YOU
BENEFITS IN MULTIPLE AREAS.**

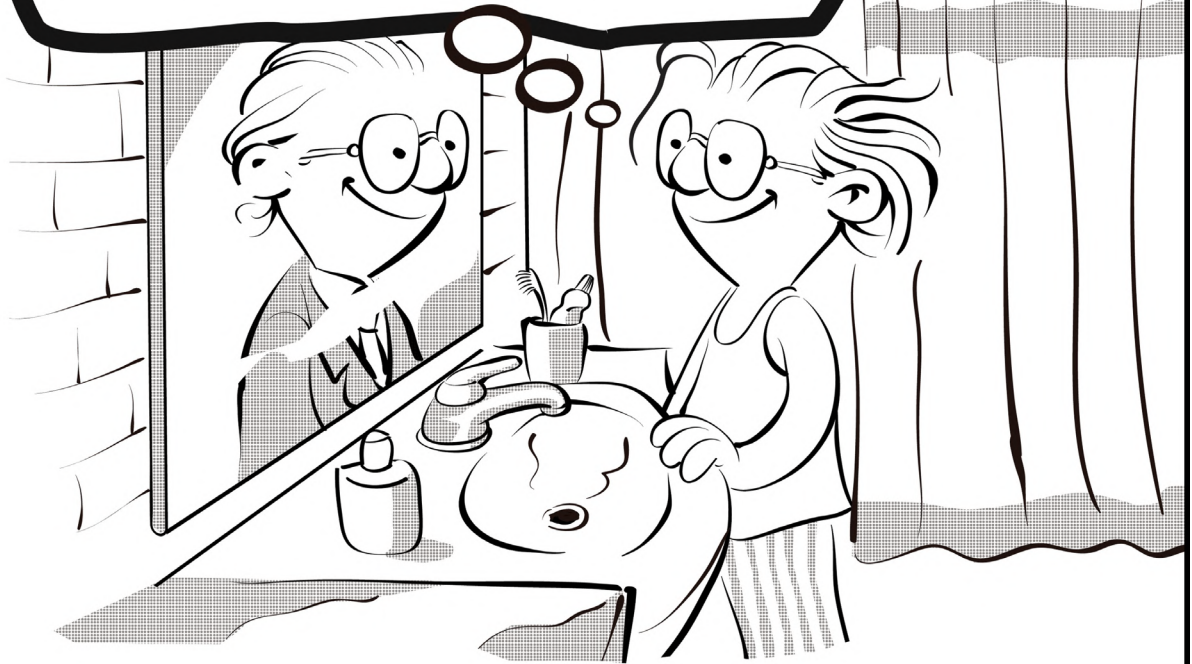
CPK '14



*A SMILE IS A DOOR THAT OPENS YOUR PERSONALITY TO OTHERS...IT'S
CONTAGIOUS AS WELL.*

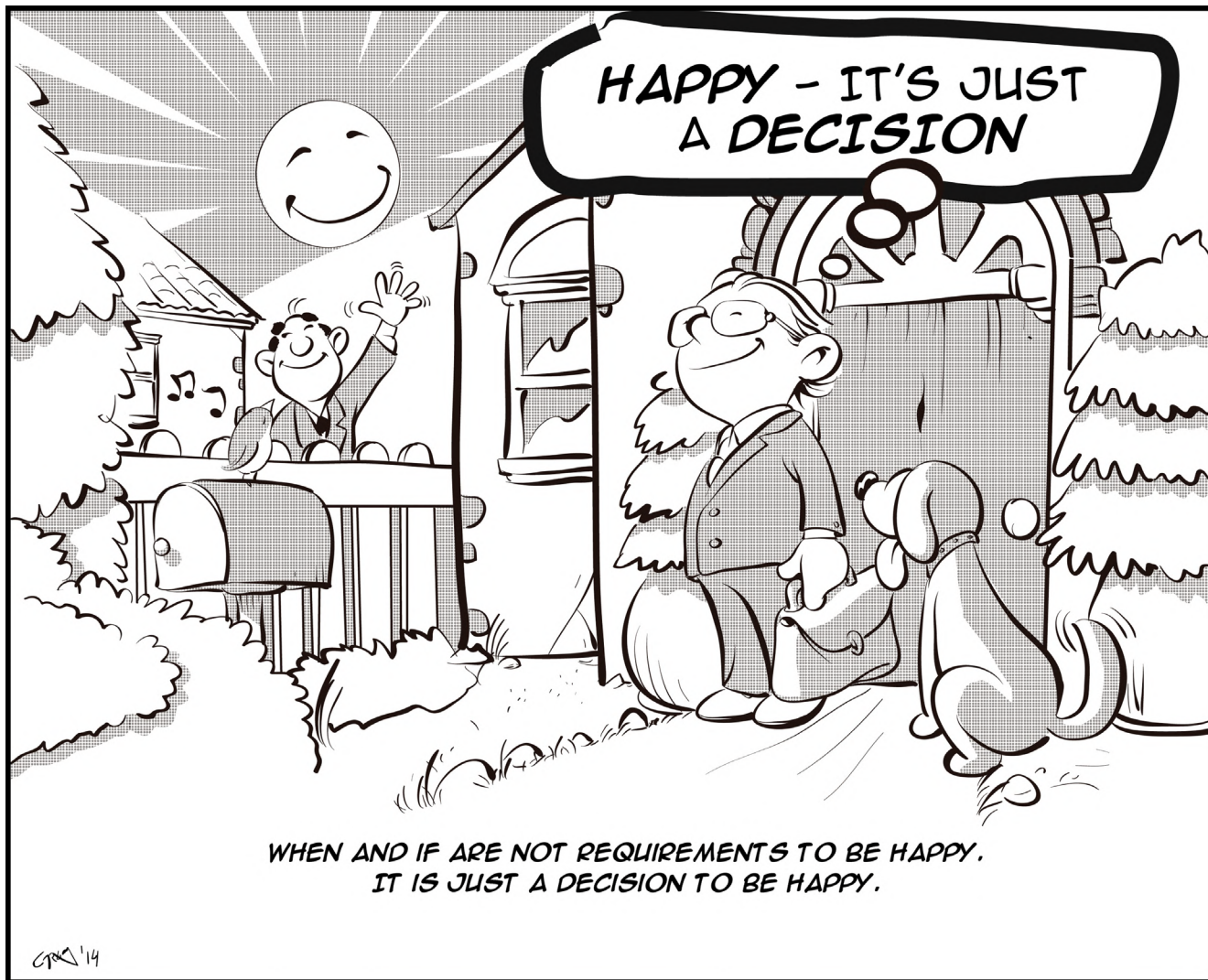
CPK '14

CHANGE YOURSELF *FIRST*



**IF YOU REALLY WANT YOUR CIRCUMSTANCES TO CHANGE,
YOU NEED TO CHANGE FIRST.**

CTD '14



FLEXIBILITY - A GREAT QUALITY
FOR *SUCCESS*



BEING OPEN TO NEW IDEAS AND UNDERSTANDING
SUCCESS IS NOT ALWAYS A STRAIGHT PATH.

CPK '14



**BOTH WHAT YOU SAY &
HOW YOU SAY IT**

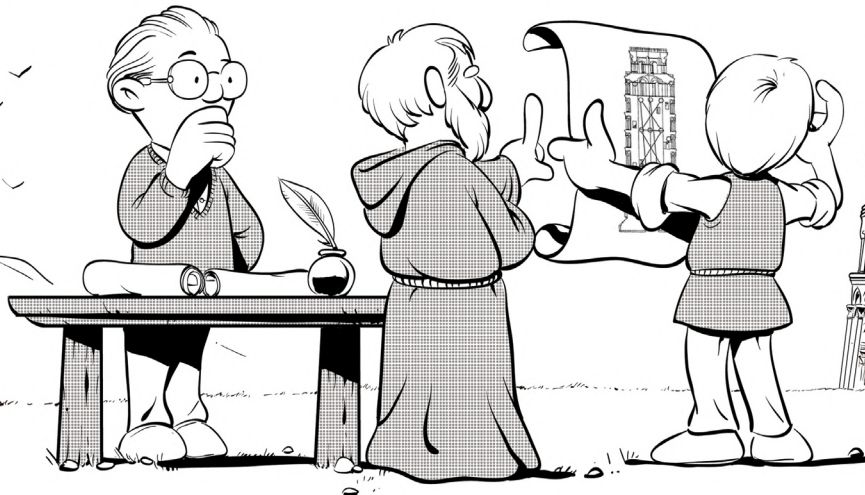


**INVEST MORE TIME IN HOW YOU SAY IT,
AND YOU WON'T HAVE TO SAY AS MUCH.**

GRN '14

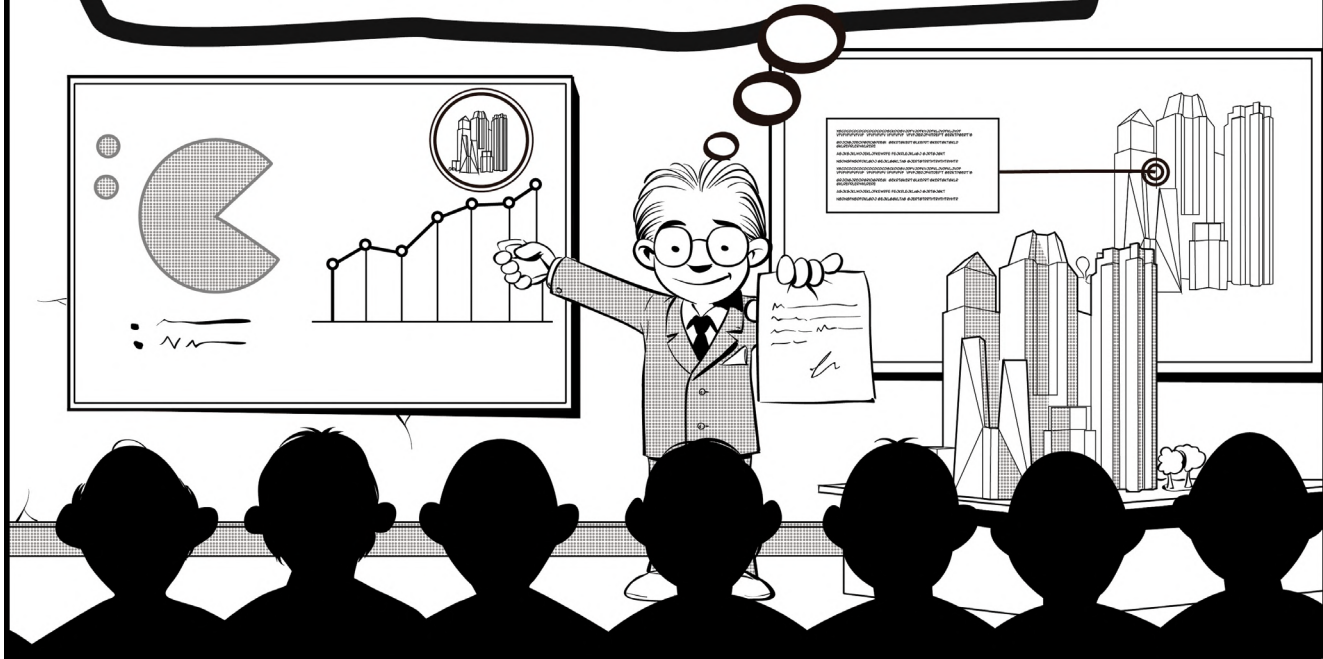


**MAKE YOUR PEOPLE
ACCOUNTABLE**



**WHEN YOUR PEOPLE FEEL ACCOUNTABLE
THEY TRY TO SOLVE PROBLEMS ON THEIR OWN FIRST.**

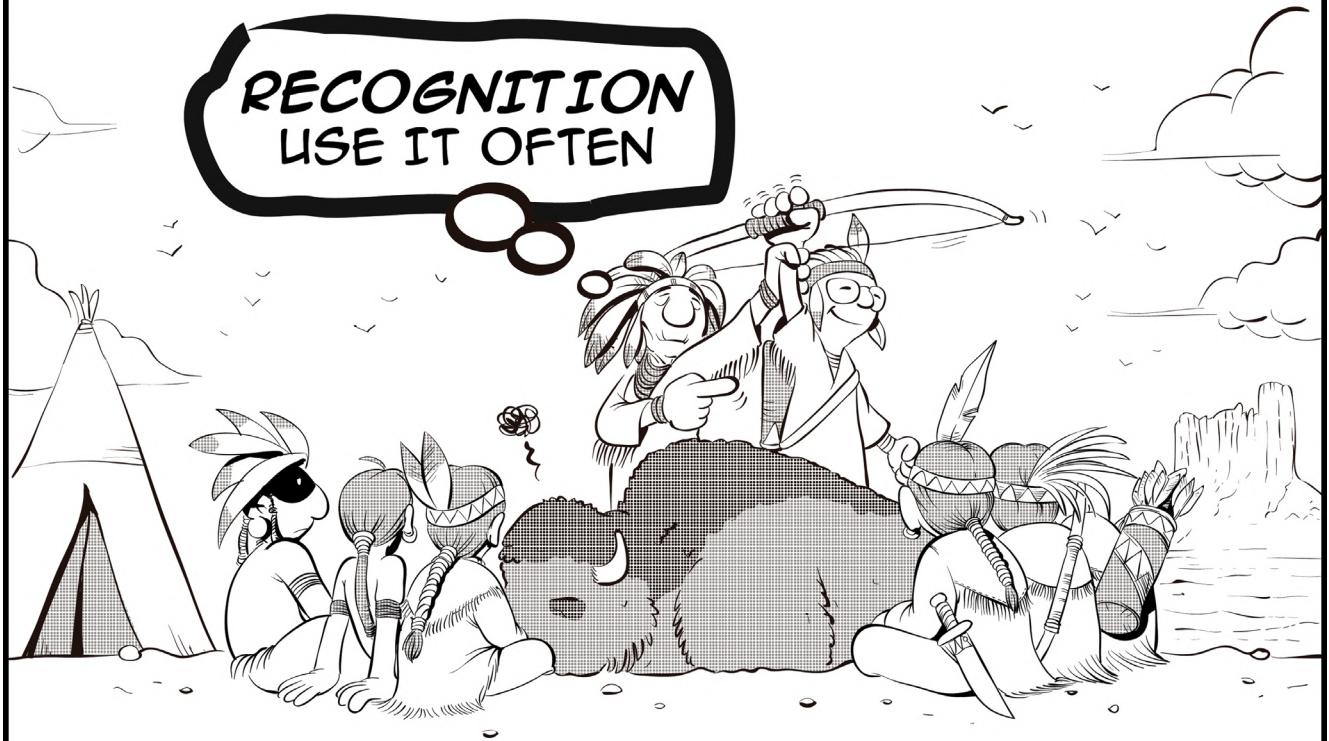
PEOPLE TUNE INTO INFORMATION IN *DIFFERENT* WAYS



*SOME ARE PICTURE ORIENTED, OTHERS ARE
WORD ORIENTED, SO TUNE INTO THEIR WAY.*

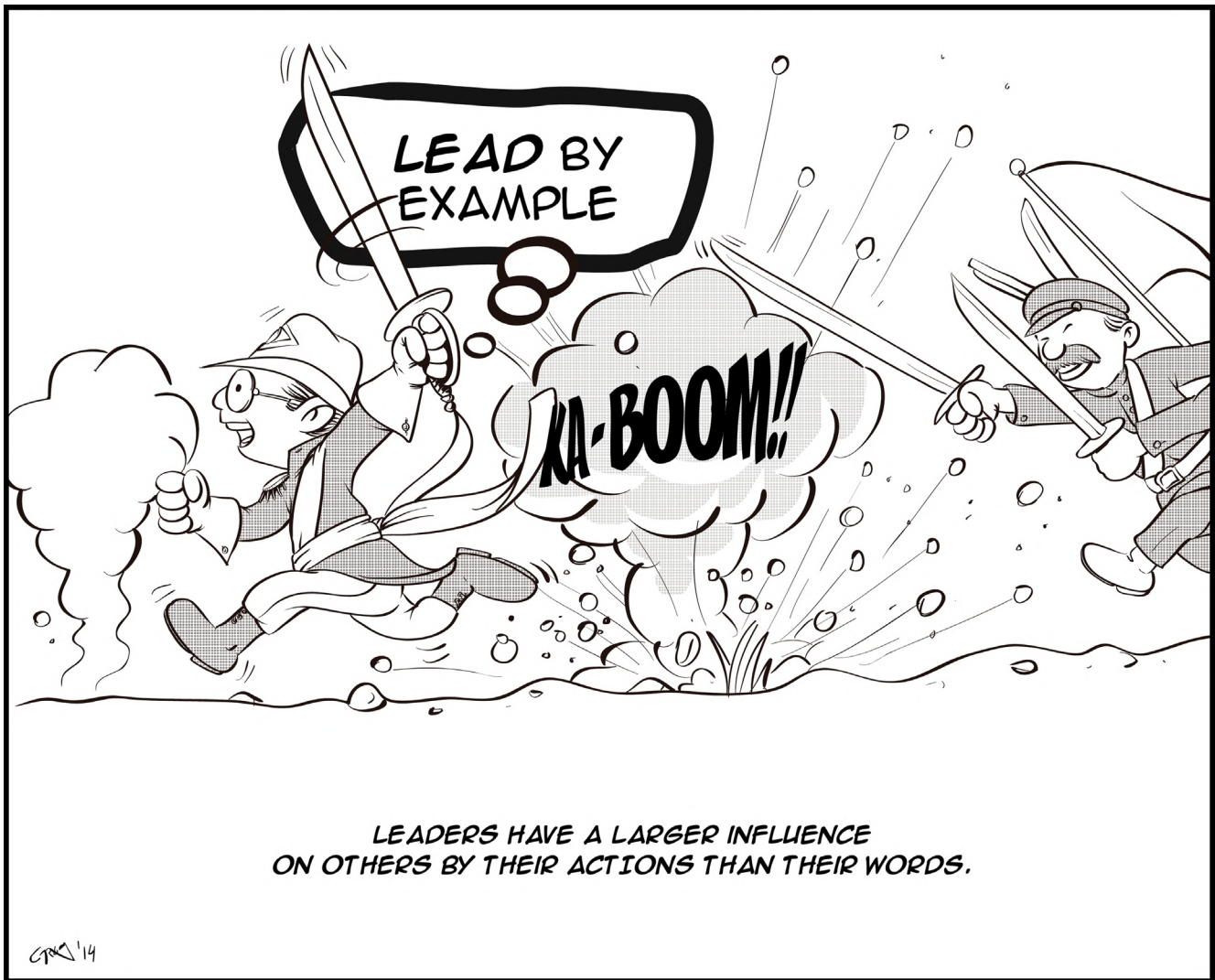
CTK '14

**RECOGNITION
USE IT OFTEN**



**RECOGNITION MAKES OTHERS FEEL IMPORTANT,
AND REINFORCES GREAT BEHAVIORS.**

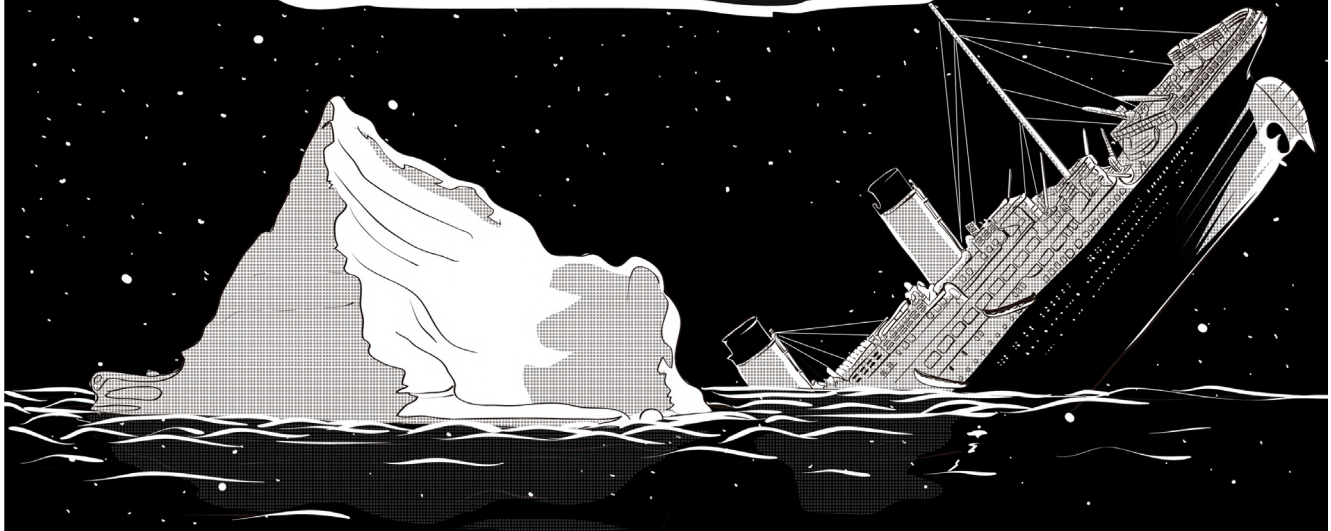
CPA '14



**LEADERS HAVE A LARGER INFLUENCE
ON OTHERS BY THEIR ACTIONS THAN THEIR WORDS.**

CPS '14

WORK ON *CONTINGENCIES*



*HAVE "WHAT IF" OPTIONS READY IN
CASE PROBLEMS ARE ENCOUNTERED ALONG THE WAY.*

CRS '14

IMPORTANCE OF STUDYING HISTORY



*BY UNDERSTANDING PAST CHALLENGES YOU ARE
BETTER PREPARED FOR THE NEW CHALLENGES.*

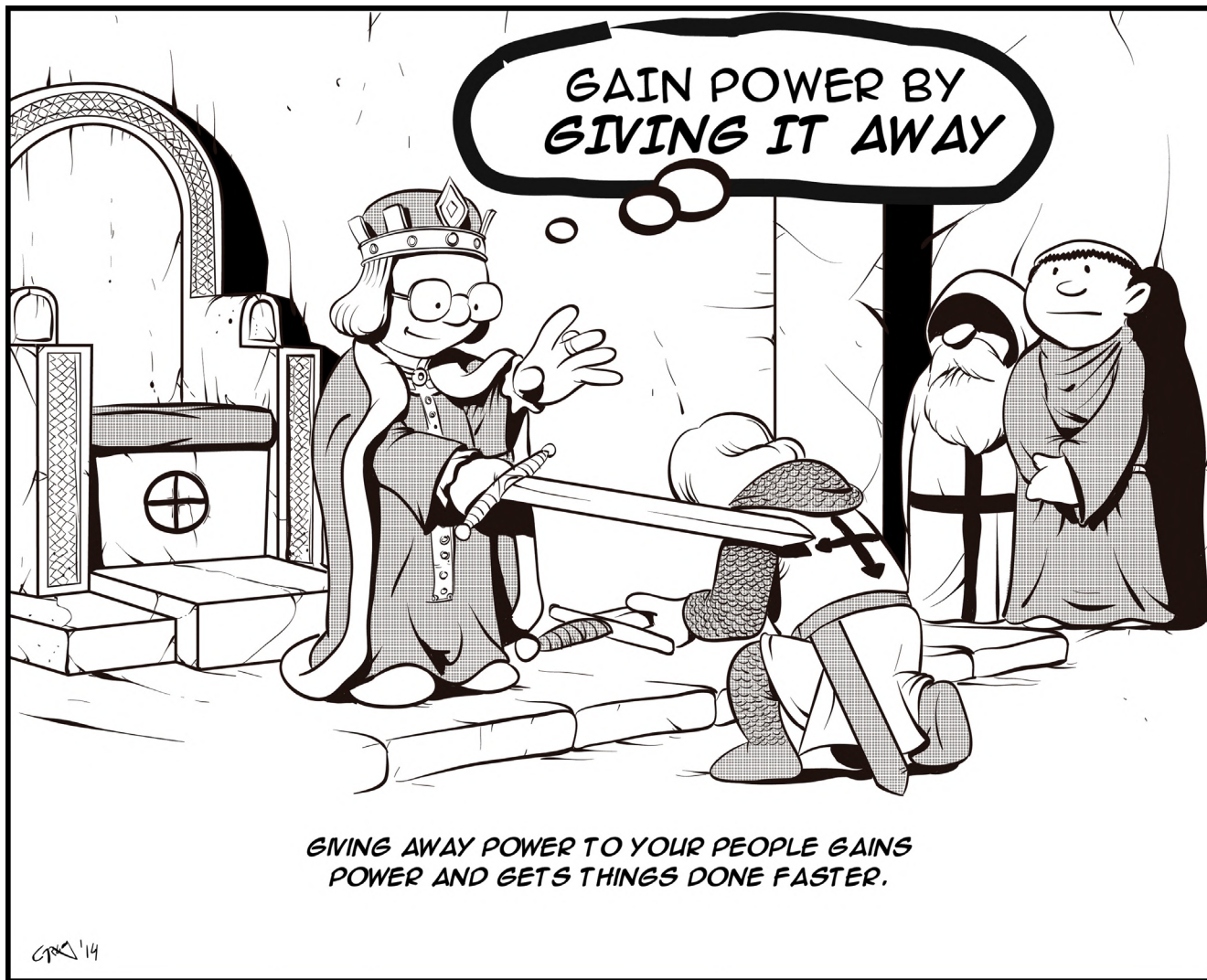
CPM '14

**WHAT'S CELEBRATED
IS REPEATED**

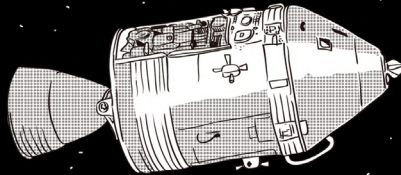


**CELEBRATIONS HELP TO REINFORCE THE GOOD
BEHAVIORS IN YOUR TEAM.**

CPK '14



CRISIS REVEALS THE LEADER

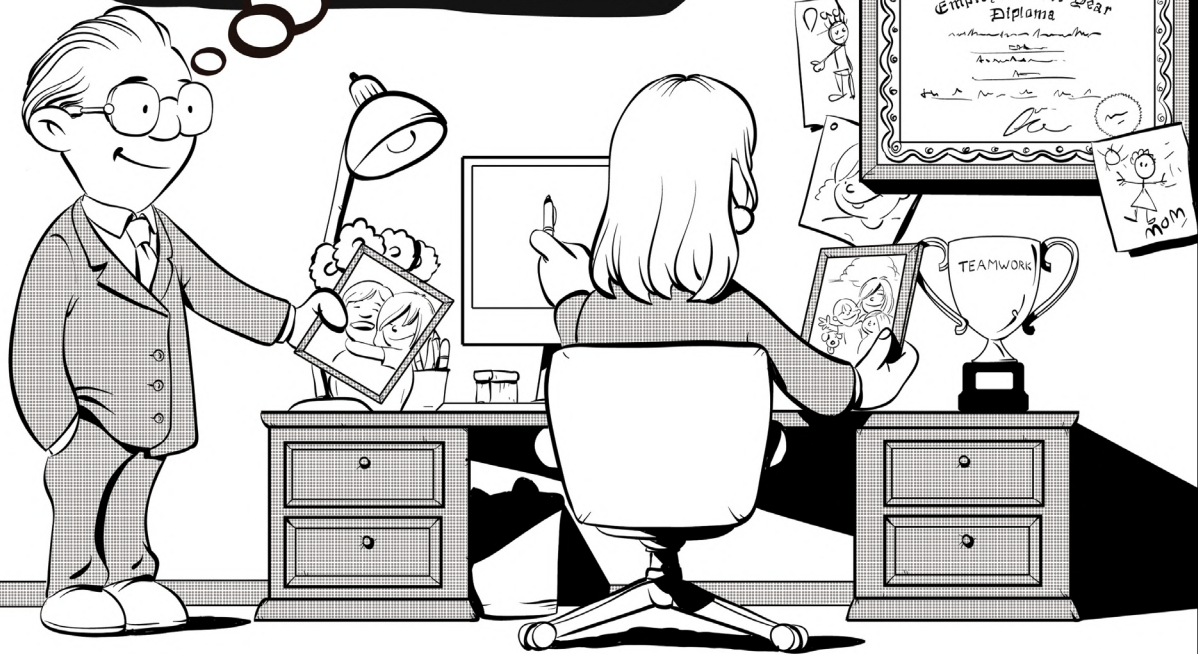


HOUSTON,
WE'VE GOT
A PROBLEM

*IN A CRISIS, CERTAIN PEOPLE TAKE CHARGE,
WHILE OTHERS JUST LOOK AROUND FOR OTHERS.*

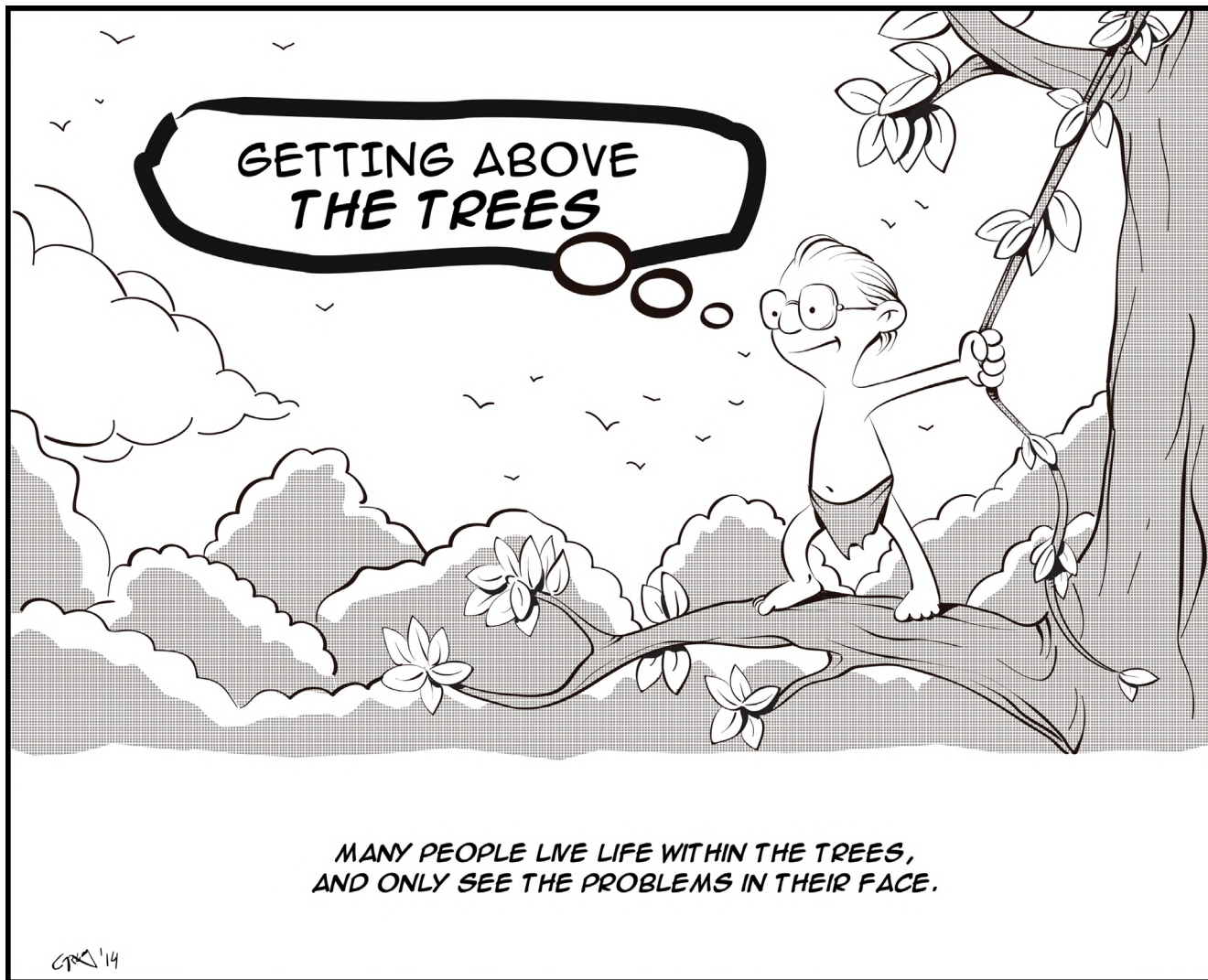
GRN '14

ALIGNING SELF INTERESTS

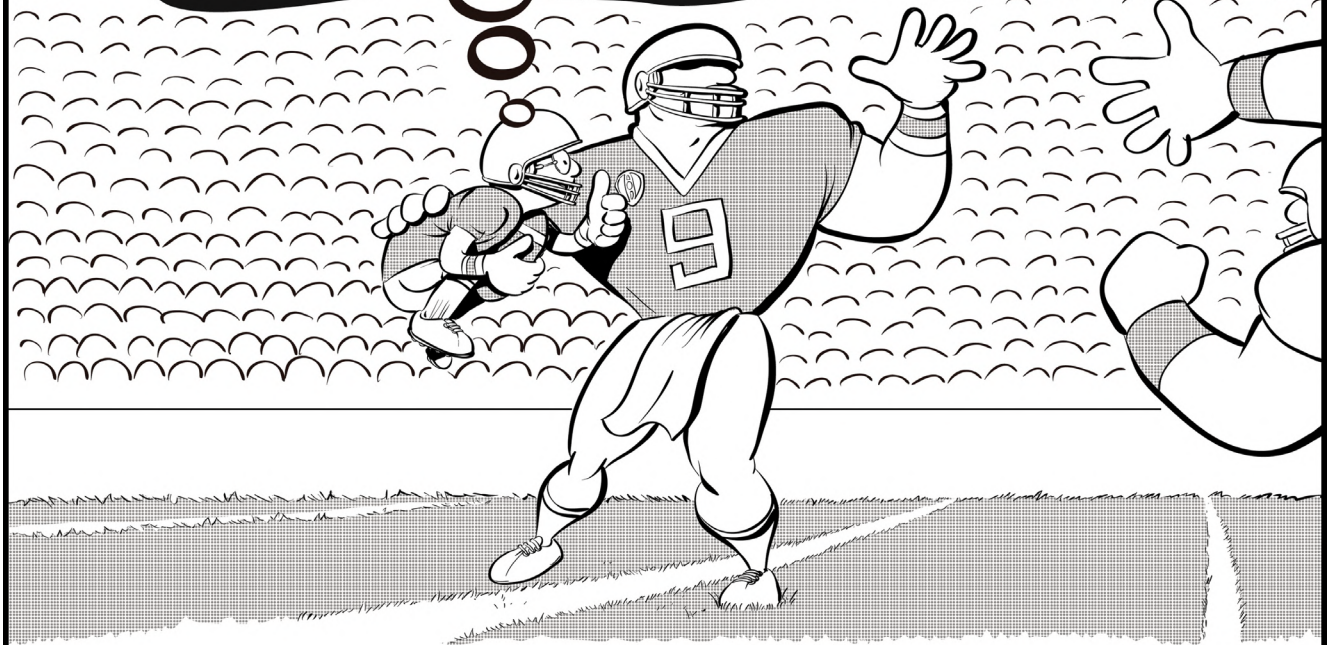


WHEN LEADERS ALIGN THE WHY TO THEIR PEOPLE'S
SELF INTERESTS, THE MAGIC HAPPENS.

CPA '14



**UNDERSTANDING
YOUR VALUE TO THE TEAM**



**MAGIC HAPPENS WHEN TEAM MEMBERS
UNDERSTAND THEIR VALUE TO THE TEAM.**

CPA '14

SOCIAL & INFLUENCING SKILLS



*SOCIAL AND INFLUENCING SKILLS ARE IMPORTANT
PERSONAL ASSETS IN THIS FAST PACED WORLD.*

CPK '14

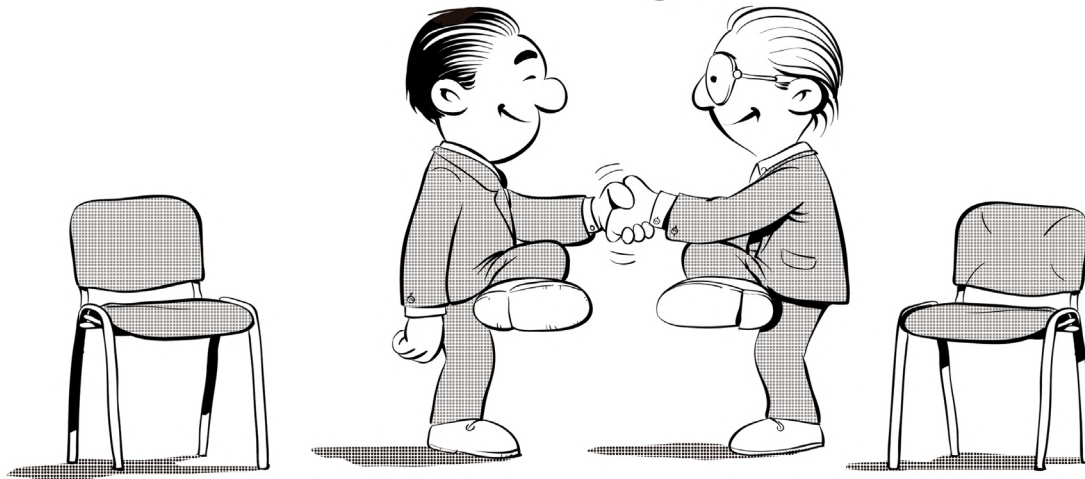
**MODELS -
THE MOST POWERFUL
WAY TO EDUCATE**



**ROLE MODELS HAVE GREAT POWER,
AS EVERYONE AROUND THEM COPIES THEIR BEHAVIORS.**

CPA '14

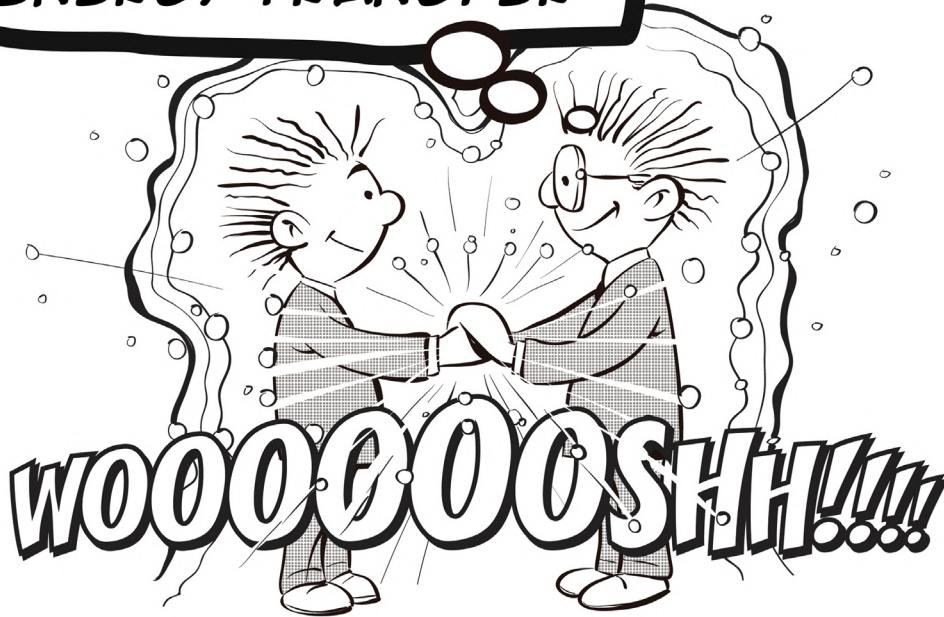
BODY LANGUAGE FOR BETTER RAPPORT



***GAIN GREATER RAPPORT AND INFLUENCE BY
MATCHING THE BODY LANGUAGE OF OTHERS.***

CPR '14

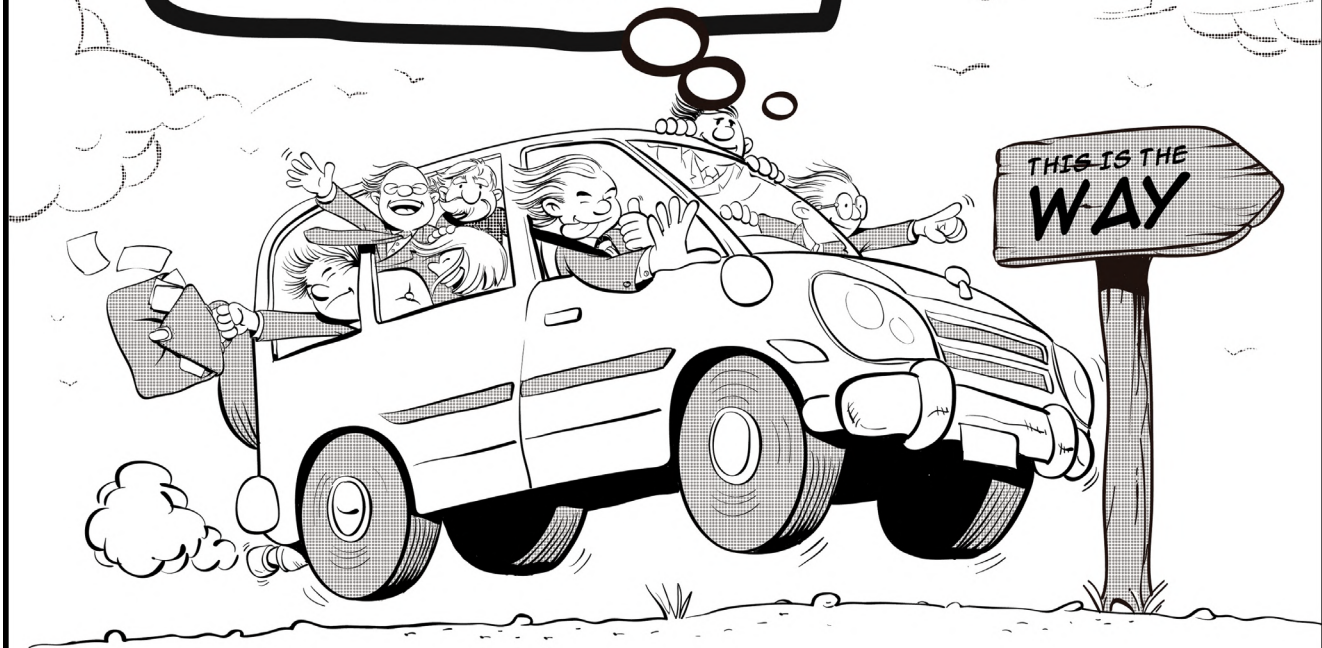
**INFLUENCING IS
ENERGY TRANSFER**



**FOCUS ON TRANSFERRING YOUR PASSION,
AND OTHERS ARE MORE RECEPTIVE TO YOUR IDEAS.**

GTW '14

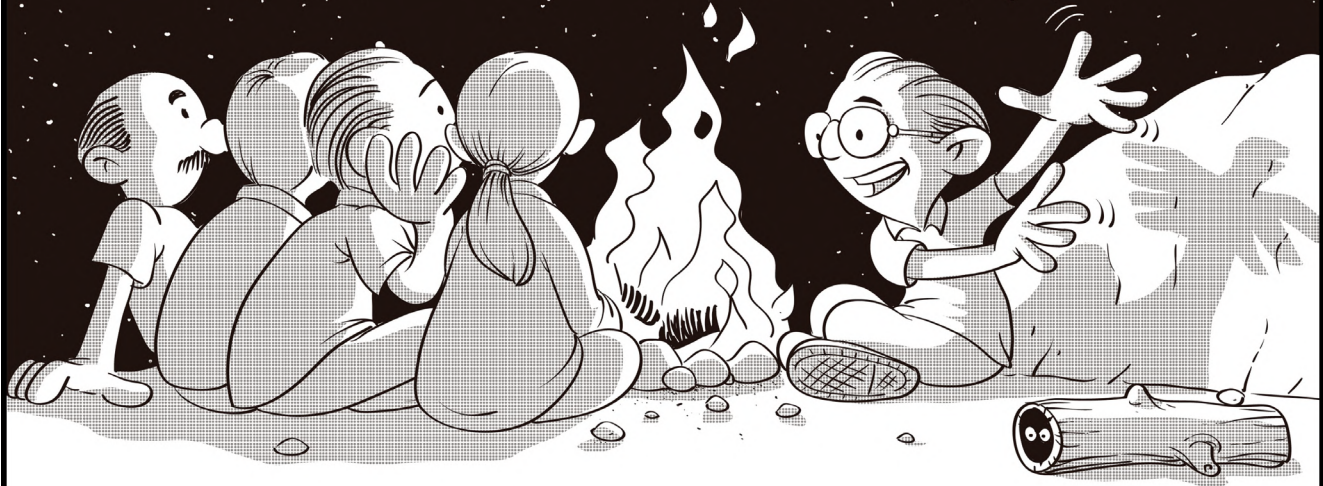
**TAKE YOUR PEOPLE
WITH YOU**



**GREAT LEADERS FOCUS ON GETTING OWNERSHIP
IN THE DIRECTION FROM EVERYONE.**

CPS '14

**BRING YOUR *STORIES*
TO *LIFE***



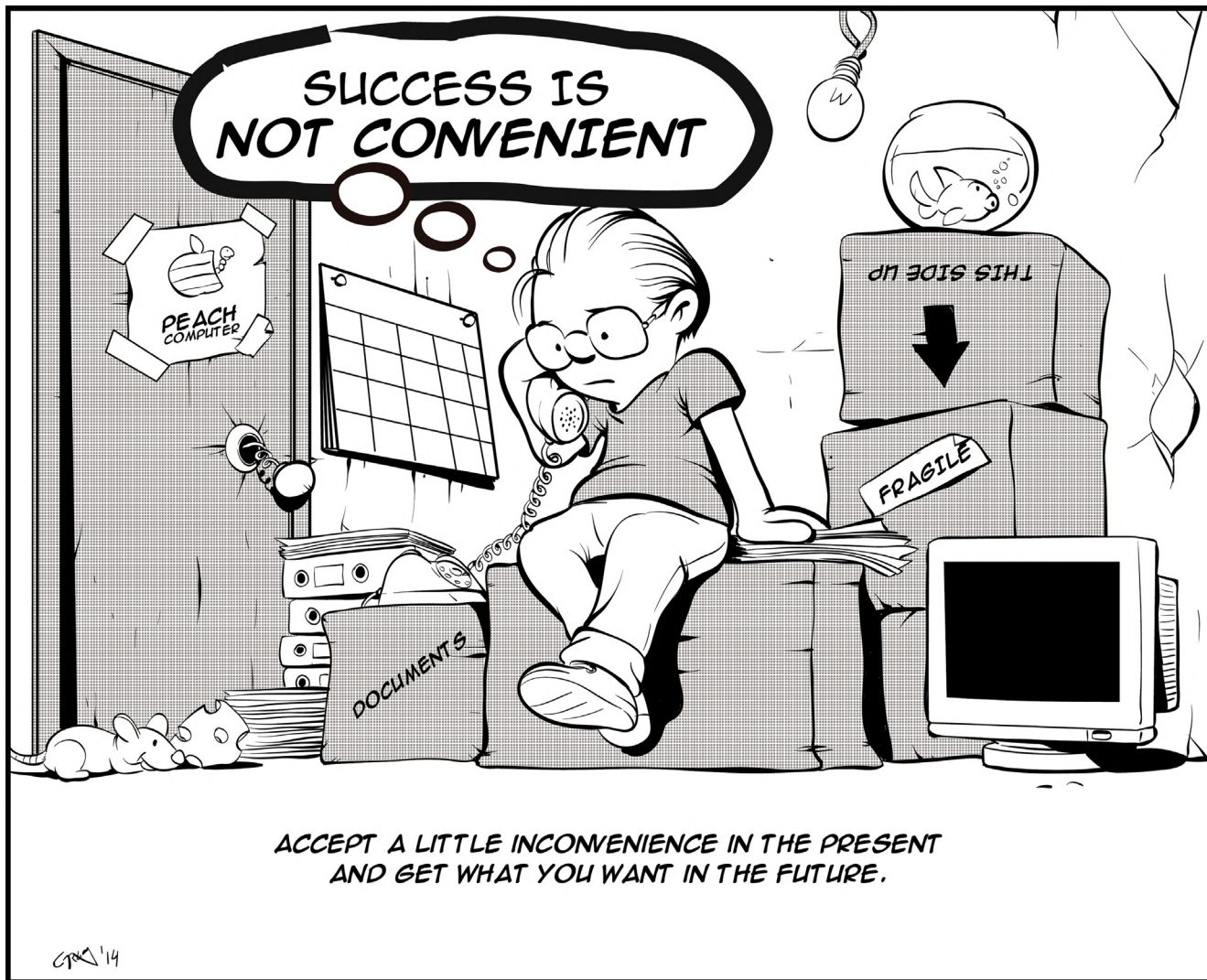
***BRING YOUR COMMUNICATIONS TO LIFE BY ADDING
THE RIGHT DETAILS TO YOUR STORIES.***

CPM '14

MANAGE *RISK* VERSUS AVOID *RISK*

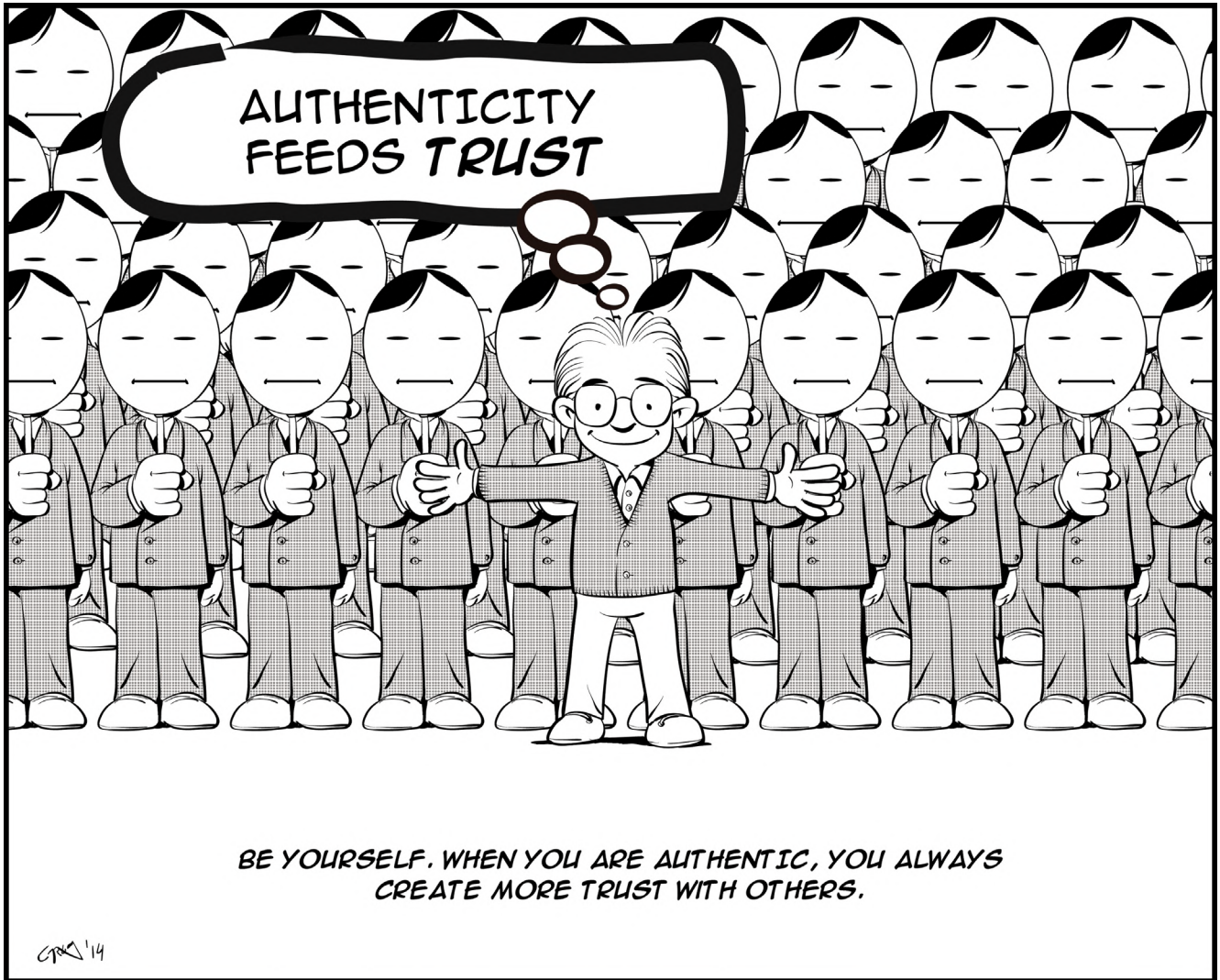


**REMEMBER TO MANAGE VERSUS AVOID RISK,
AND YOU WILL ACCOMPLISH MORE TOO.**



ACCEPT A LITTLE INCONVENIENCE IN THE PRESENT
AND GET WHAT YOU WANT IN THE FUTURE.

CPTV '14



**CONSISTENT IN
ALL CIRCUMSTANCES**

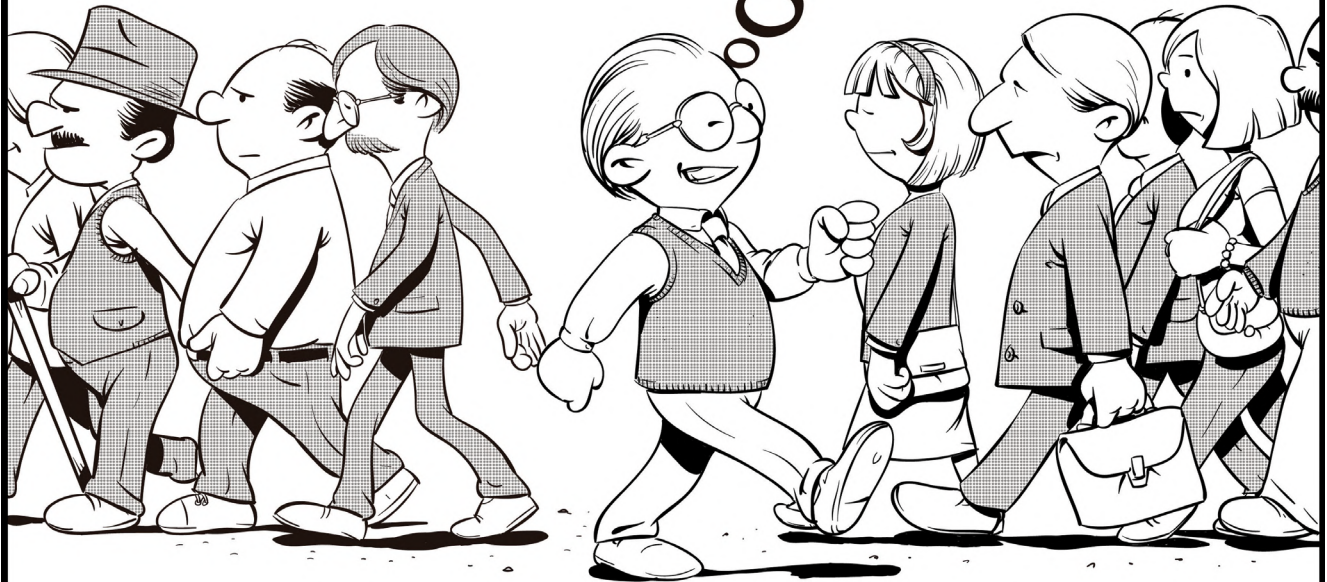


**YOU SEE A PERSON'S TRUE CHARACTER BY OBSERVING
THEM IN DIFFERENT SITUATIONS.**

GREGG



**COURAGE TO FOLLOW
YOUR OWN PATH**



**THERE ARE MANY PATHS, BUT YOU ONLY USE YOUR
POTENTIAL FOLLOWING YOUR OWN PATH.**

Garrett



**WHAT YOU MAKE YOUR DOMINANT THOUGHTS WILL
ALWAYS DRIVE THE ACTION YOU TAKE.**

Garrett

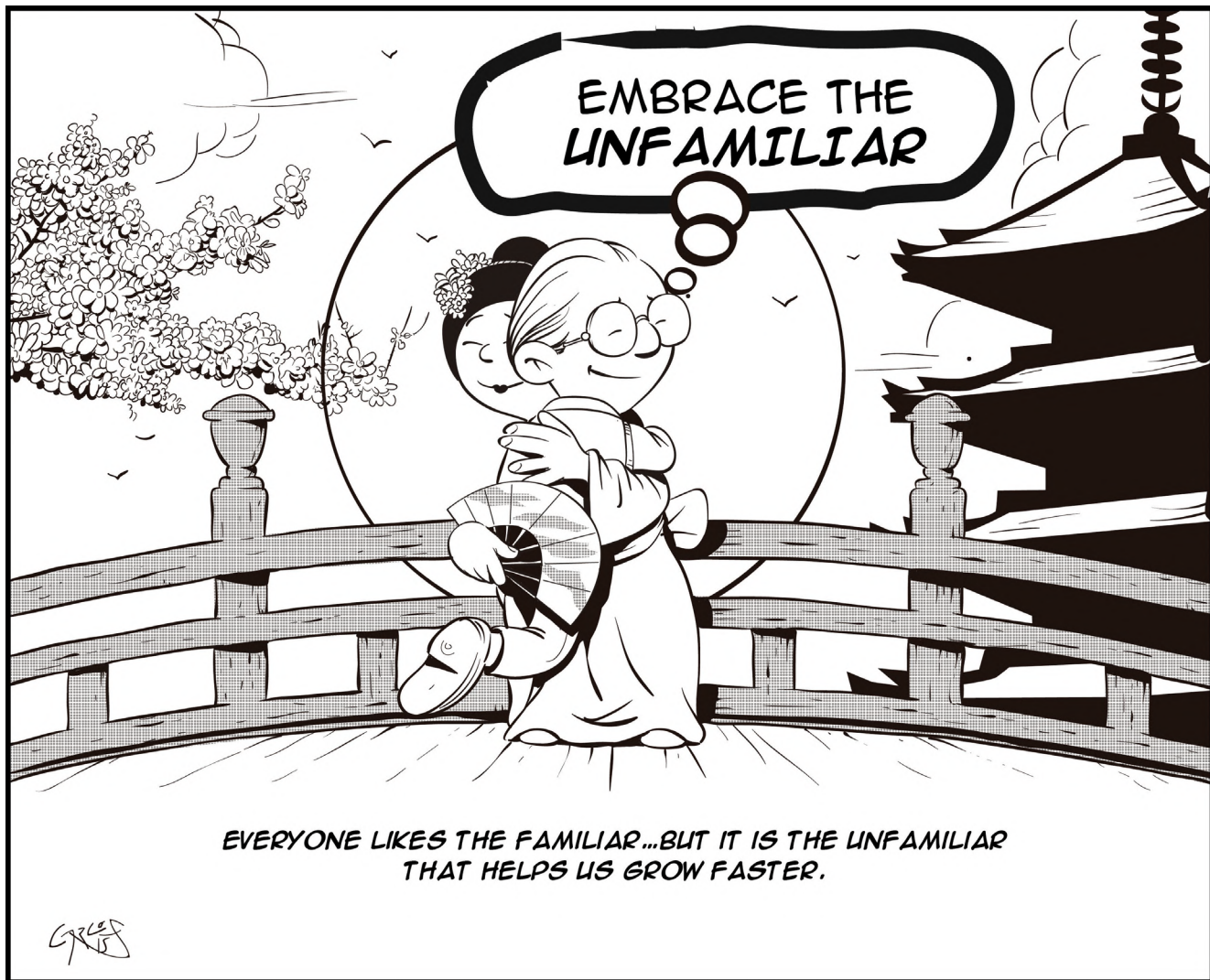
WHAT YOU *REPEAT*
TO YOU

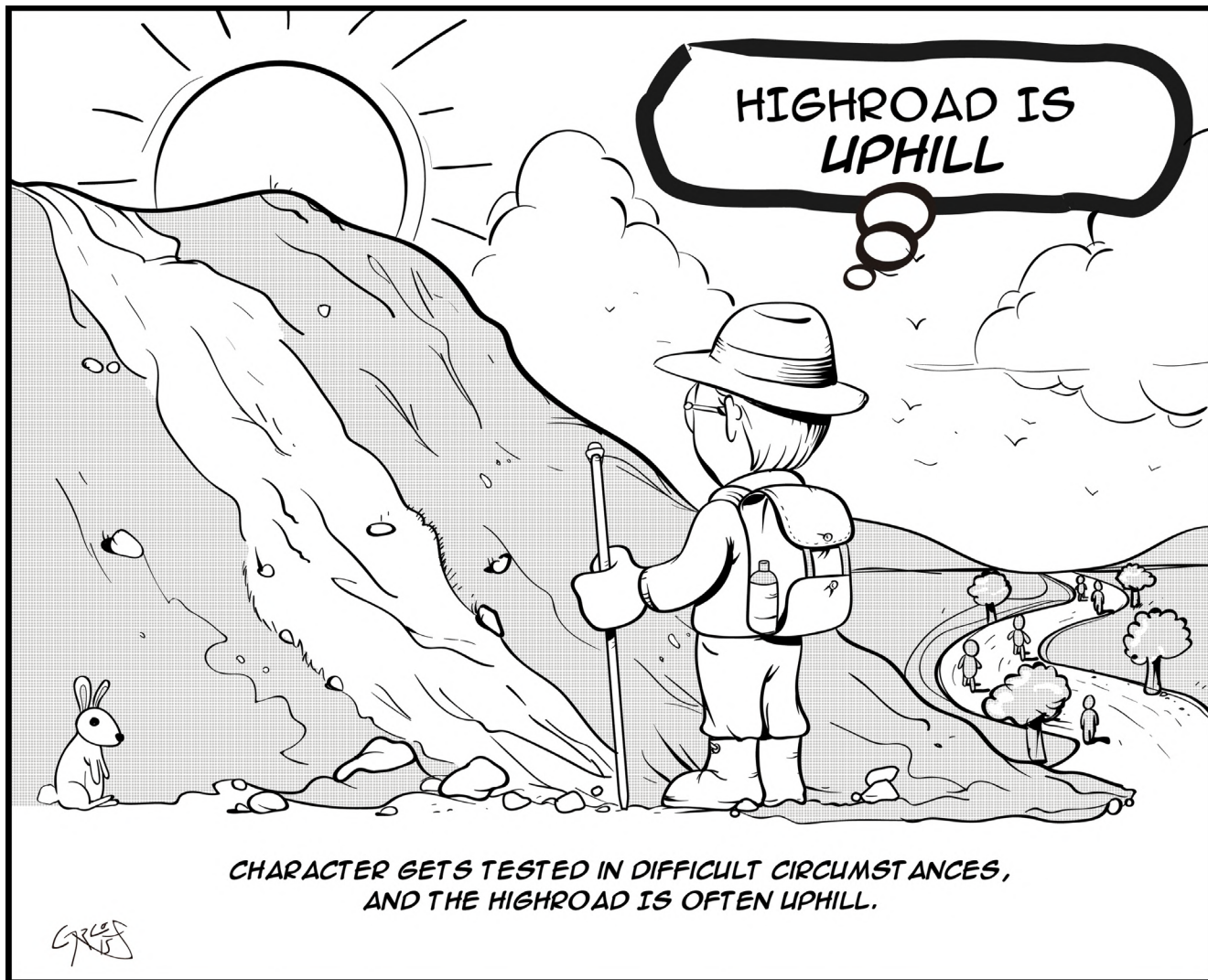
DO IT I CAN DO IT I CAN DO IT
DO IT I CAN DO IT I CAN DO IT



BE DISCIPLINED TO REPEAT THE POSITIVE. THE NEGATIVE,
TAKE THE LEARNING AND LET GO.

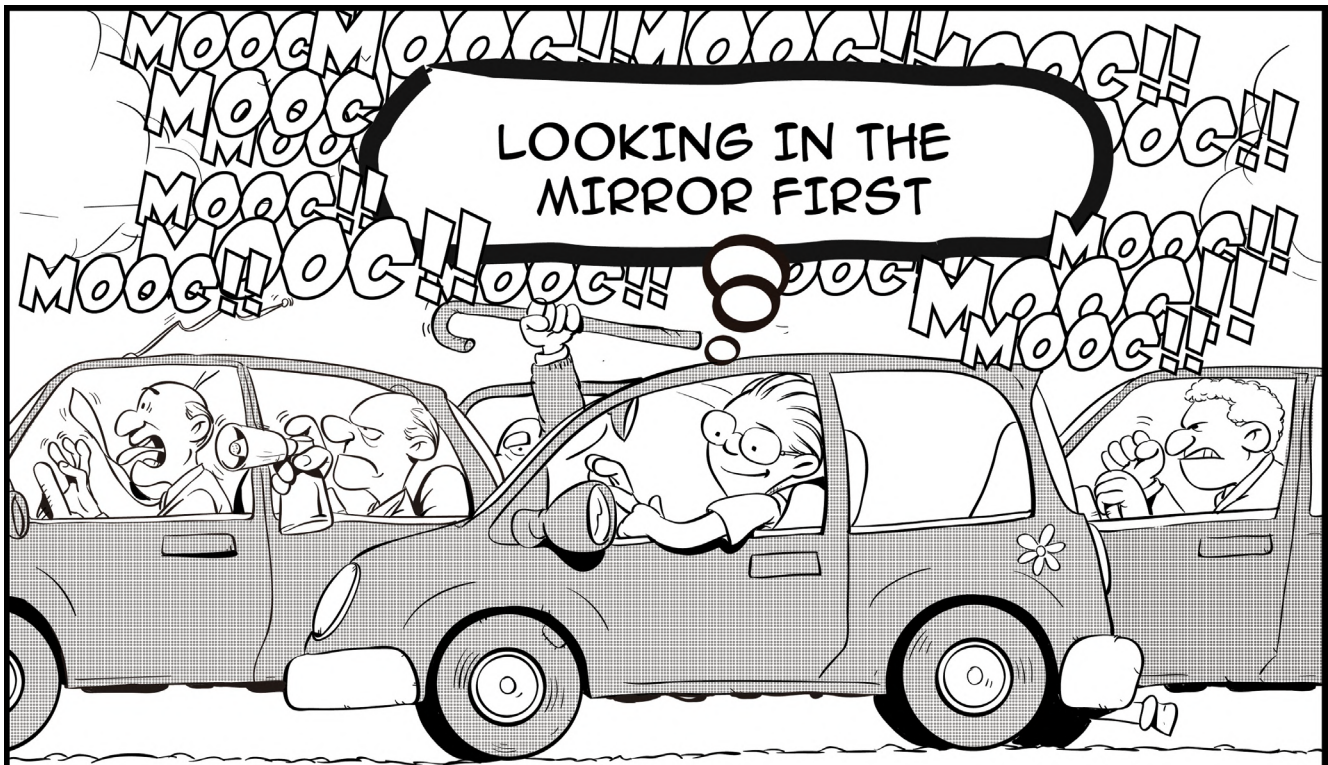
GARY



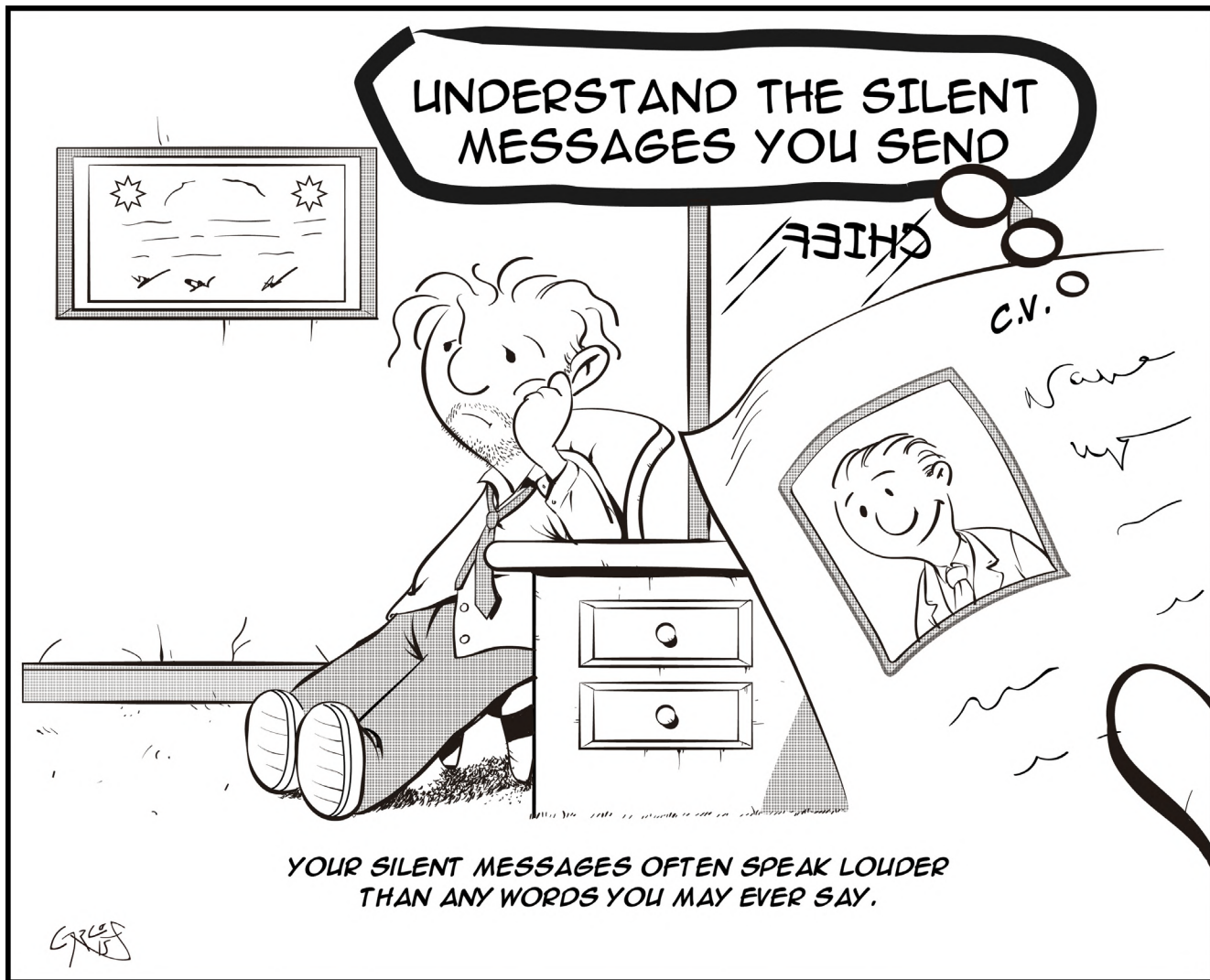


**CHARACTER GETS TESTED IN DIFFICULT CIRCUMSTANCES,
AND THE HIGHROAD IS OFTEN UPHILL.**

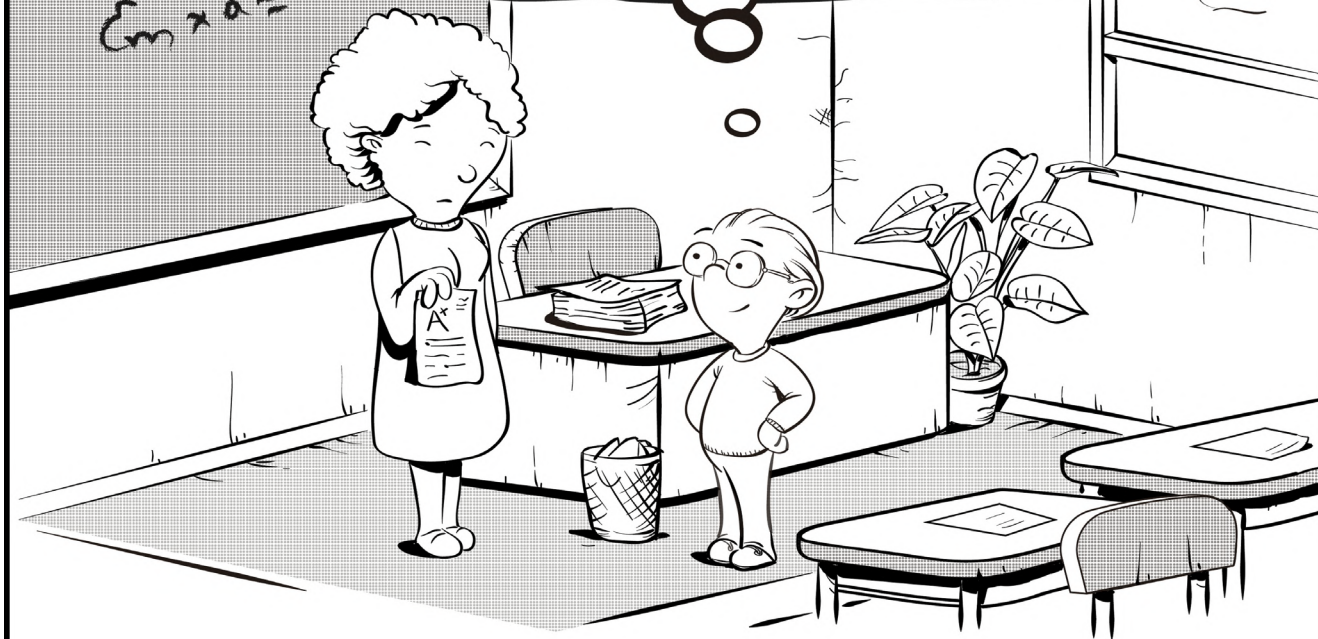
GARY
15



**CHANGE ALWAYS BEGINS WITH OURSELVES...
AS OUR BEHAVIOR HELPS OTHERS TO CHANGE.**



THE BEST REVENGE IS
GREAT SUCCESS



*REVENGE TAKES THE FOCUS OFF YOU AND TO OTHERS.
THE BEST REVENGE IS GREAT SUCCESS.*

G. LEE
1995



SILENCE THE CRITIC
INSIDE YOU

!#@!
\$%&



BEING TOO MUCH OF A CRITIC OF YOURSELF
(A PERFECTIONIST) SLOWS YOU DOWN.

GARY

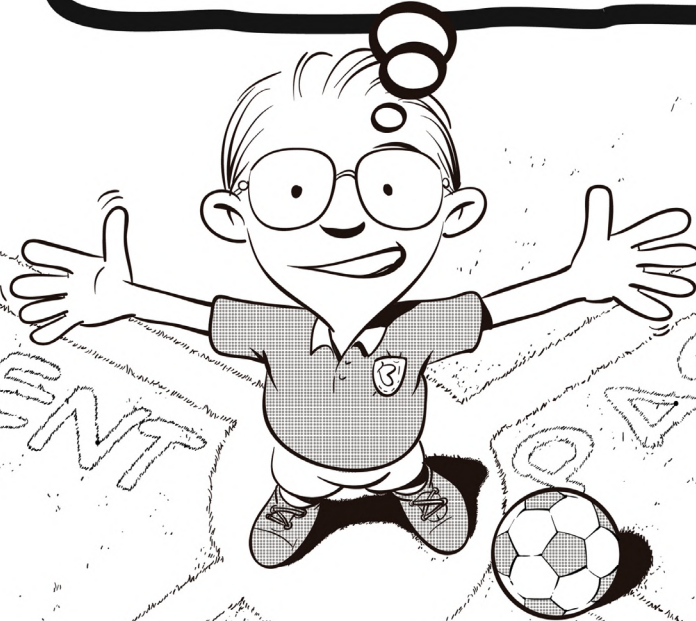
TURNING FEARS
INTO *FOCUS*



**REFOCUS YOUR FEAR INTO A POSITIVE ACTION
AND YOU WILL KEEP MAKING PROGRESS.**

GARY

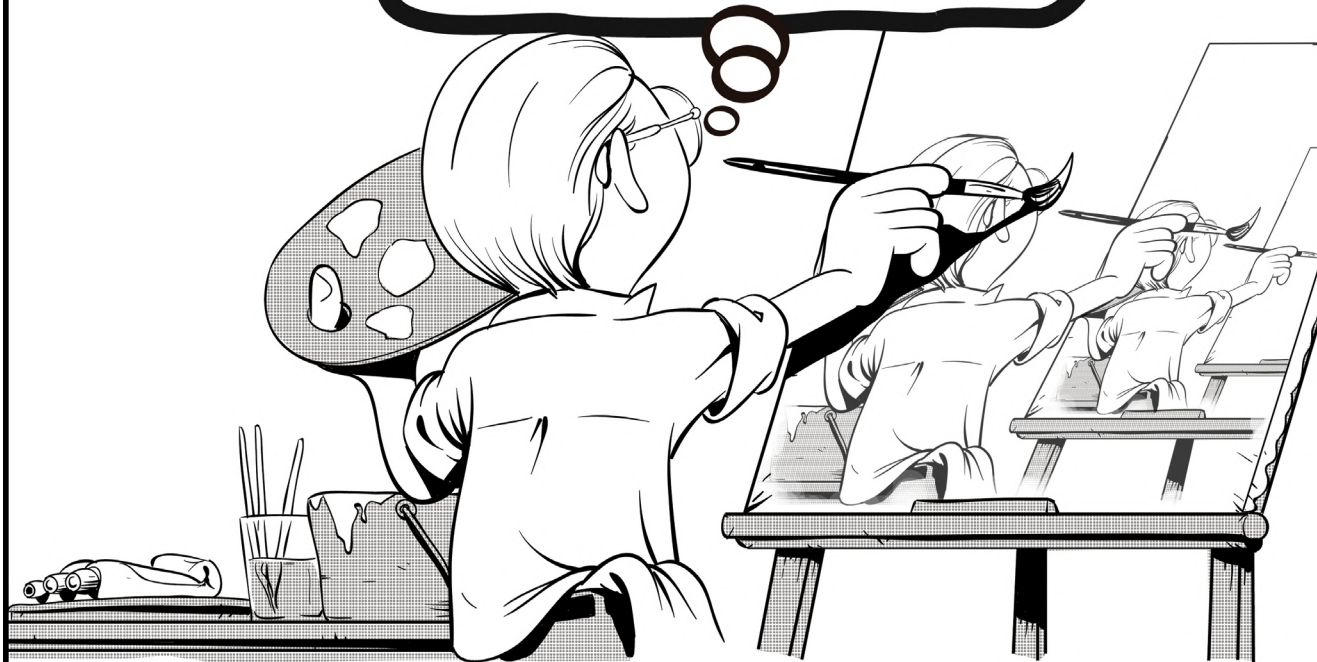
WHERE *TALENT* AND
PASSION MEET



*YOUR SWEET SPOT IS WHERE PASSION AND TALENT MEET ...
AND WHERE YOUR POTENTIAL IS.*

GRACE

SEEING THE FUTURE
IN COLOR



THE WORLD IS NOT BLACK AND WHITE, BUT COMPLEX.
VISIONARIES SEE THE WORLD IN COLOR.

GARCES



BEING BIGGER THAN
YOUR PROBLEMS

*IF YOU ARE ALWAYS GROWING, YOU WILL BE BIGGER
THAN THE PROBLEMS YOU WILL FACE.*

Garrett

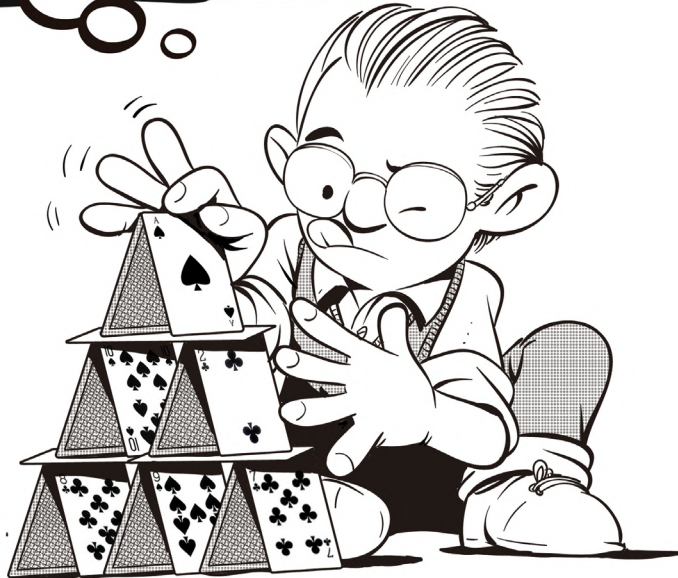
**ACCORDING TO YOUR
EXPECTATIONS**



**PEOPLE WILL ALWAYS PERFORM ACCORDING
TO THE EXPECTATIONS YOU SET FOR THEM.**

Garrett

**A MASTER OF
THE FUNDAMENTALS**

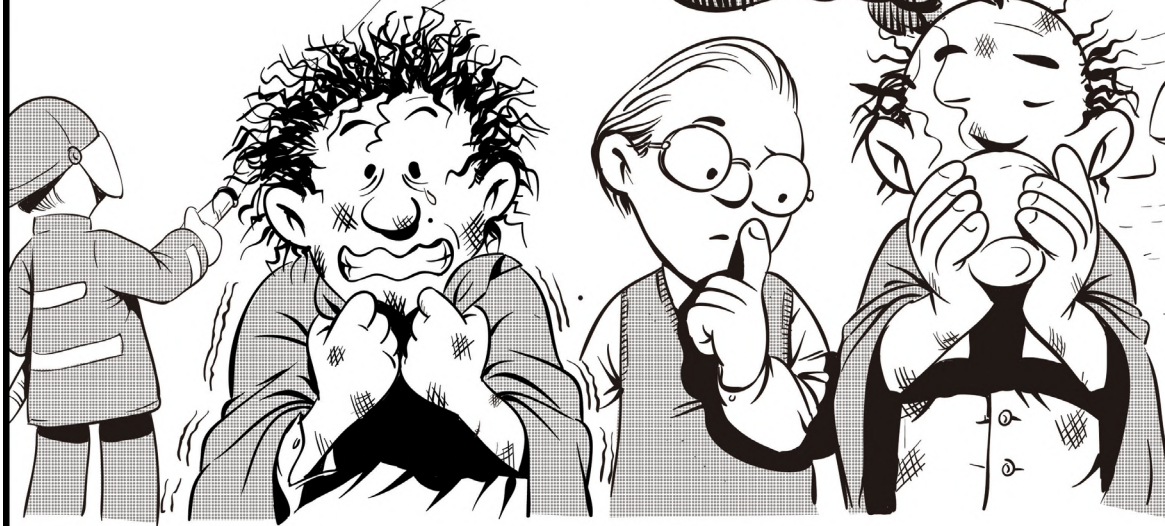


**ACHIEVE TO YOUR POTENTIAL BY MASTERING
THE FUNDAMENTALS...FOUNDATION FOR SUCCESS.**

Garrett



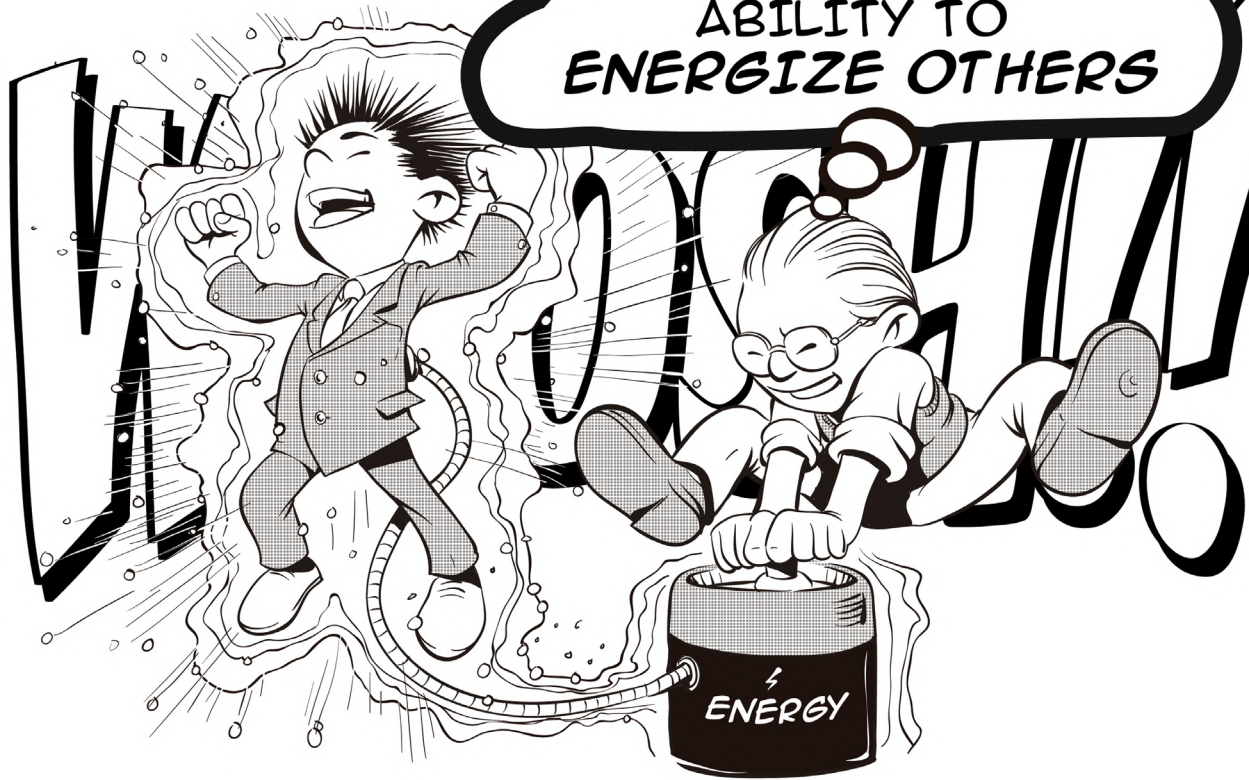
**HOW WE RESPOND
REVEALS US TO OTHERS**



**OUR RESPONSES OFTEN SAY MORE TO OTHERS THAN
OUR WORDS COULD EVER EXPRESS.**

Garrett

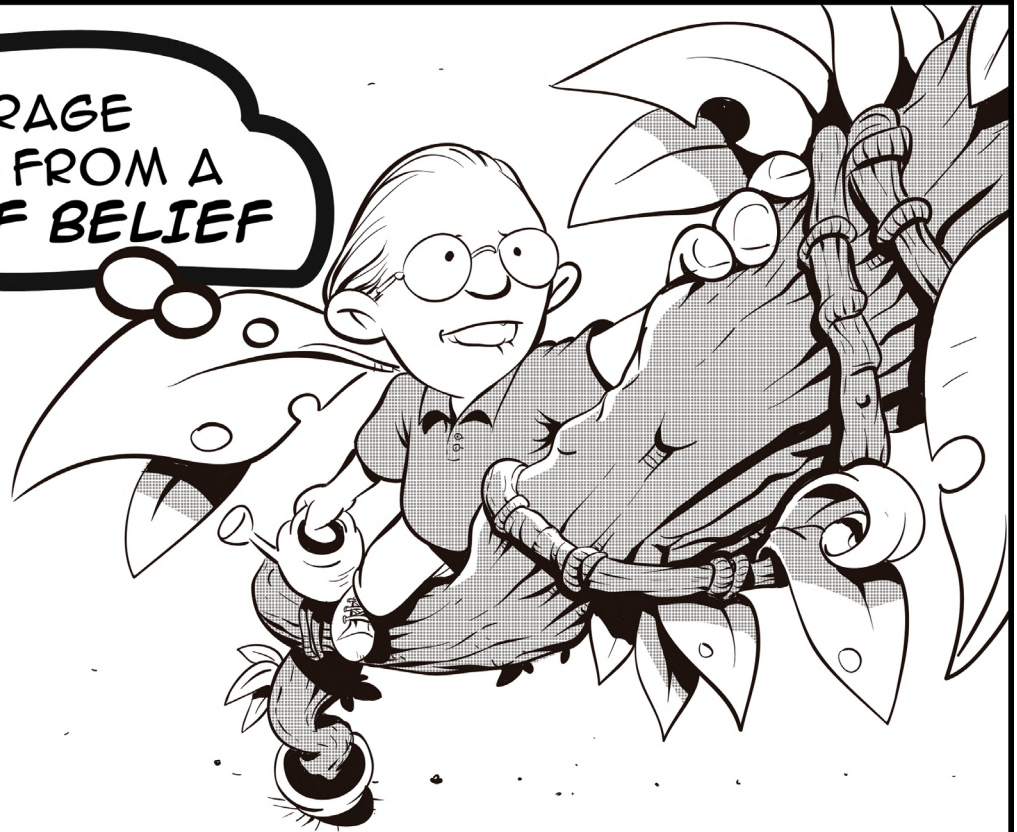
**ABILITY TO
ENERGIZE OTHERS**



**THE BEST LEADERS ARE ENERGY PROVIDERS,
AND KNOW HOW TO TRIGGER ENERGY IN OTHERS.**

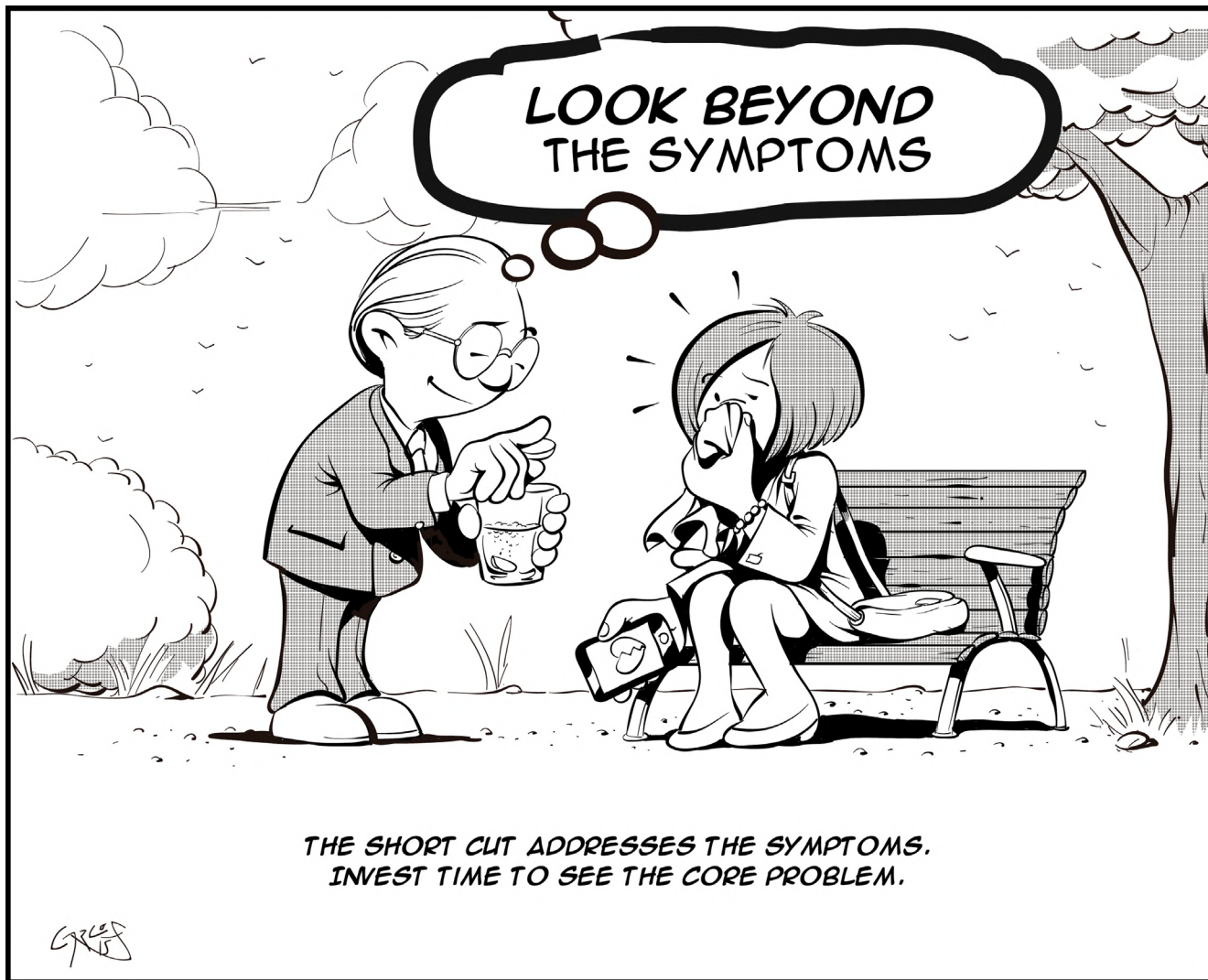
Garrett

**AVERAGE
COMES FROM A
LACK OF BELIEF**



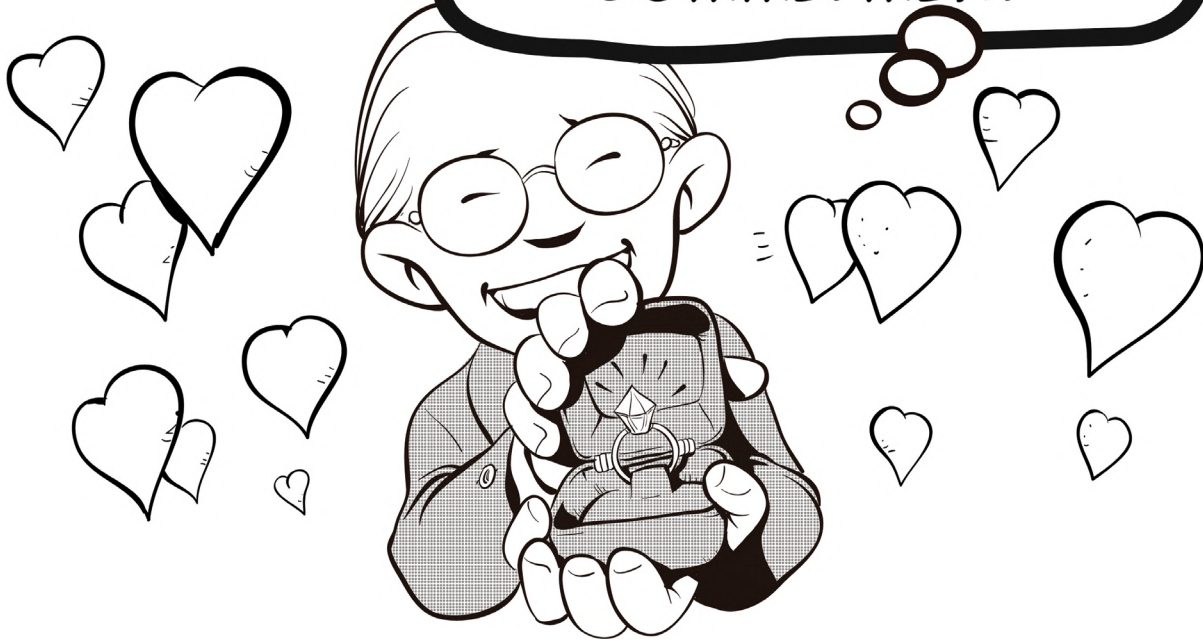
**LACK OF ABILITY IS NOT THE PROBLEM, BUT A LACK OF BELIEF
IN YOUR OWN UNIQUE ABILITIES.**

G. R. L.





EMOTION ACTIVATES
COMMITMENT



*COMMITMENT IS SOMETHING THAT IS BOTH ACTIVATED
AND MAINTAINED WITH EMOTION.*

GARY



**THINKING
BEFORE SPEAKING**

**SOMETIMES OUR EMOTIONS BEGIN TALKING BEFORE
WE THINK ABOUT WHAT WE ARE SAYING.**

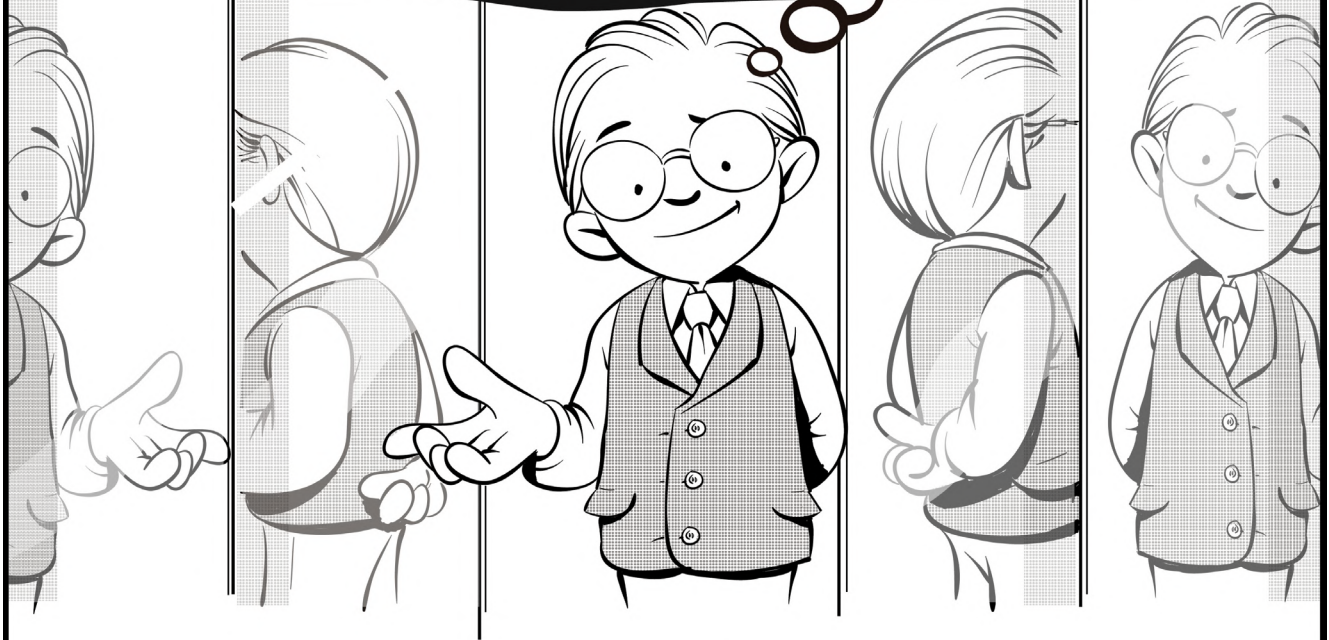
Garrett



*YOU CAN TAKE THE DRIVER'S SEAT OR THE PASSENGER'S
SEAT OF LIFE. IT IS YOUR CHOICE.*

GROSS

**A DIRECT
REFLECTION OF ME**



**DO THE PEOPLE YOU SURROUND YOURSELF WITH REFLECT
TO OTHERS WHO YOU WANT TO BE?**

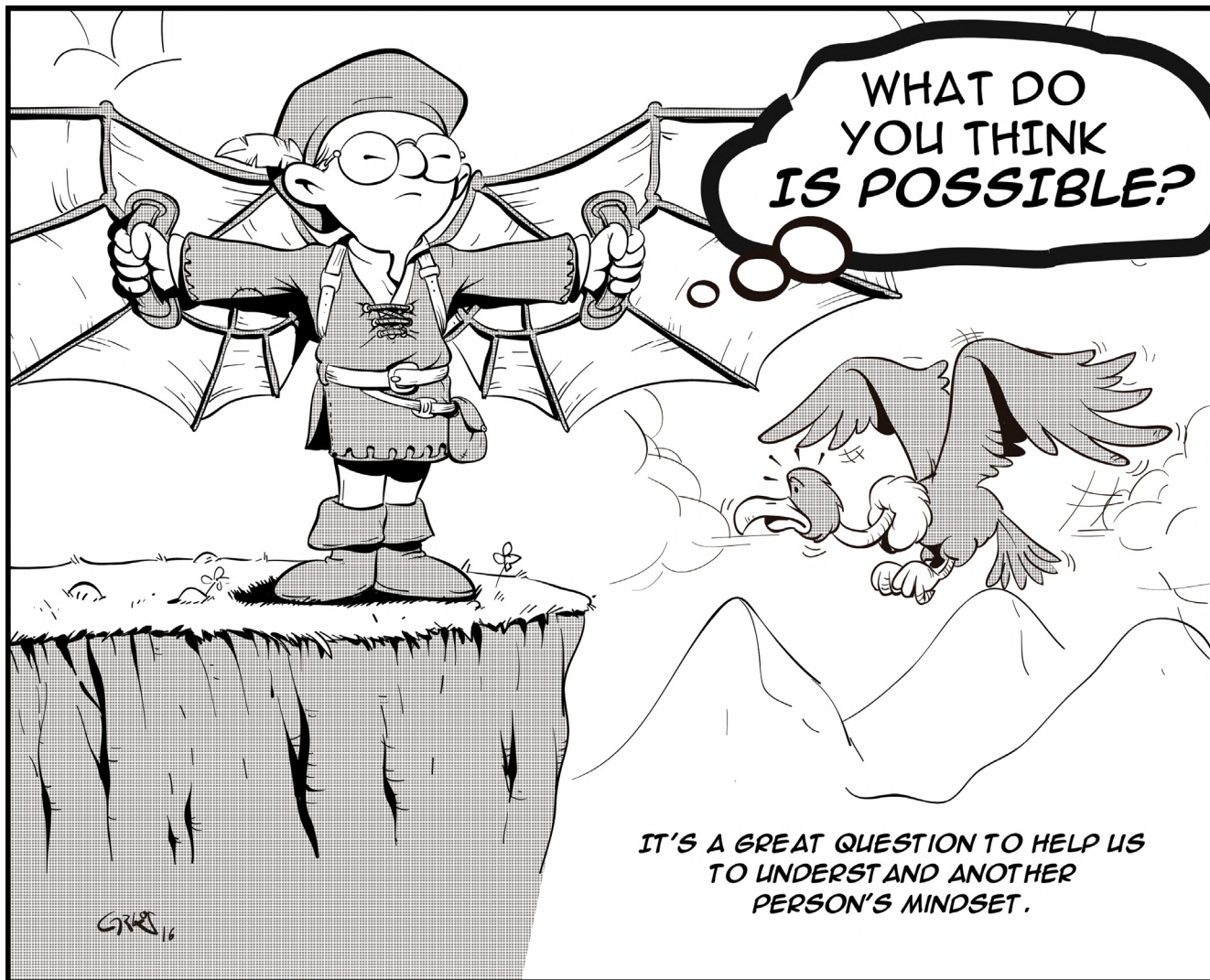
Garrett



**ABILITY TO *CONNECT*
ON AN *EMOTIONAL LEVEL***

***MAKE THE EMOTIONAL CONNECTION AND YOUR
INFLUENCE WILL ALWAYS STICK.***

GRAS 16

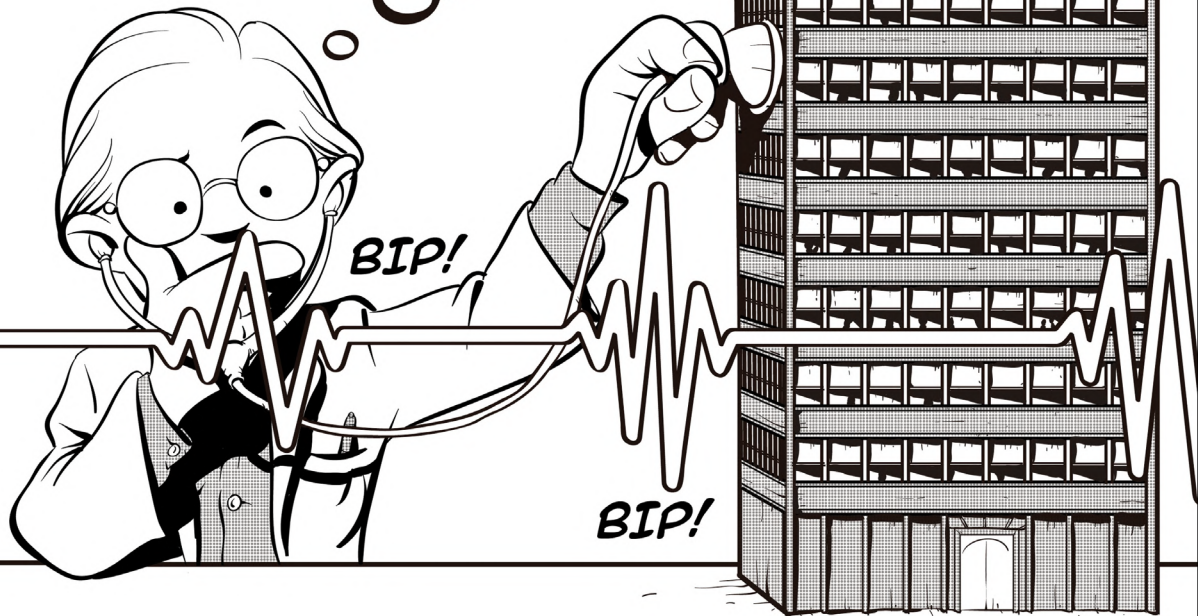


**FORGETTING
WHO YOU ARE**

**WE FORGET WHO WE ARE WHEN WE LOSE THE VALUES
THAT HAVE BEEN OUR FOUNDATION.**

GR16

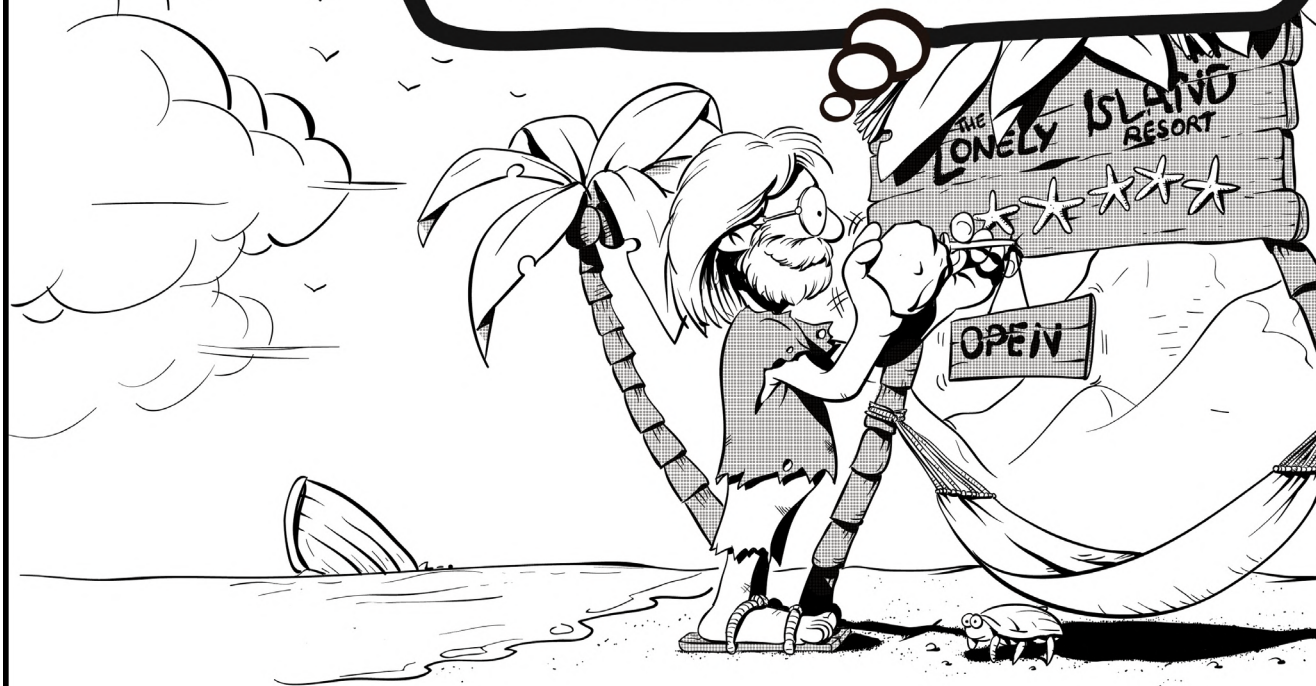
**FEELING GOOD ABOUT
WHAT YOU ARE *DOING***



**PEOPLE DO A GREAT JOB WHEN THEY FEEL
GOOD ABOUT WHAT THEY ARE *DOING*.**

GRAS 16

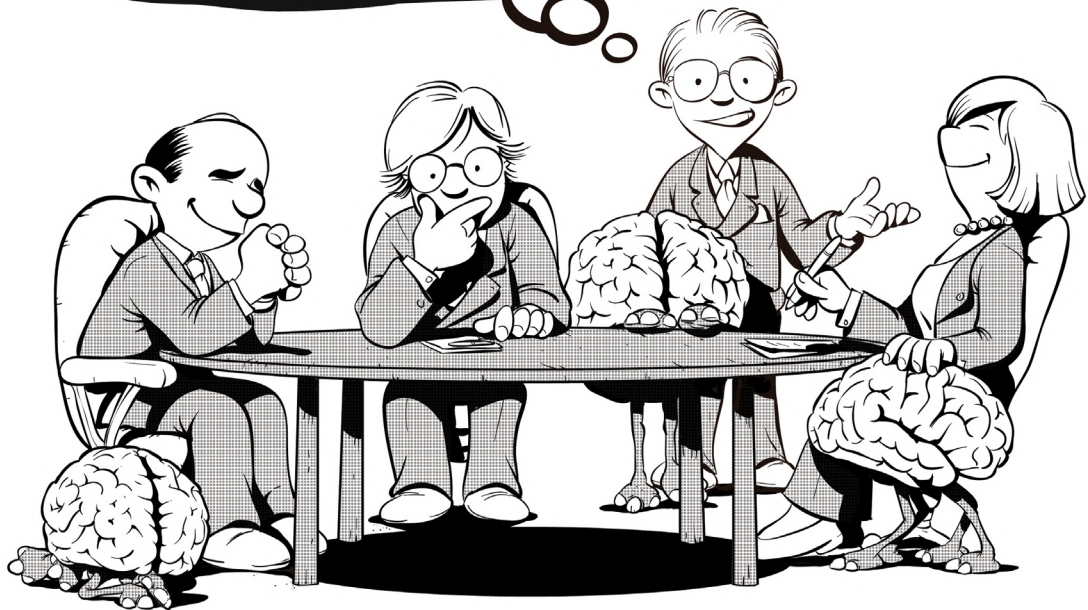
**SEEING OPPORTUNITIES
IN YOUR CIRCUMSTANCES**



**WHEN WE WORK THROUGH OUR CIRCUMSTANCES,
OPPORTUNITIES ARE ALWAYS REVEALED.**

GRAS 16

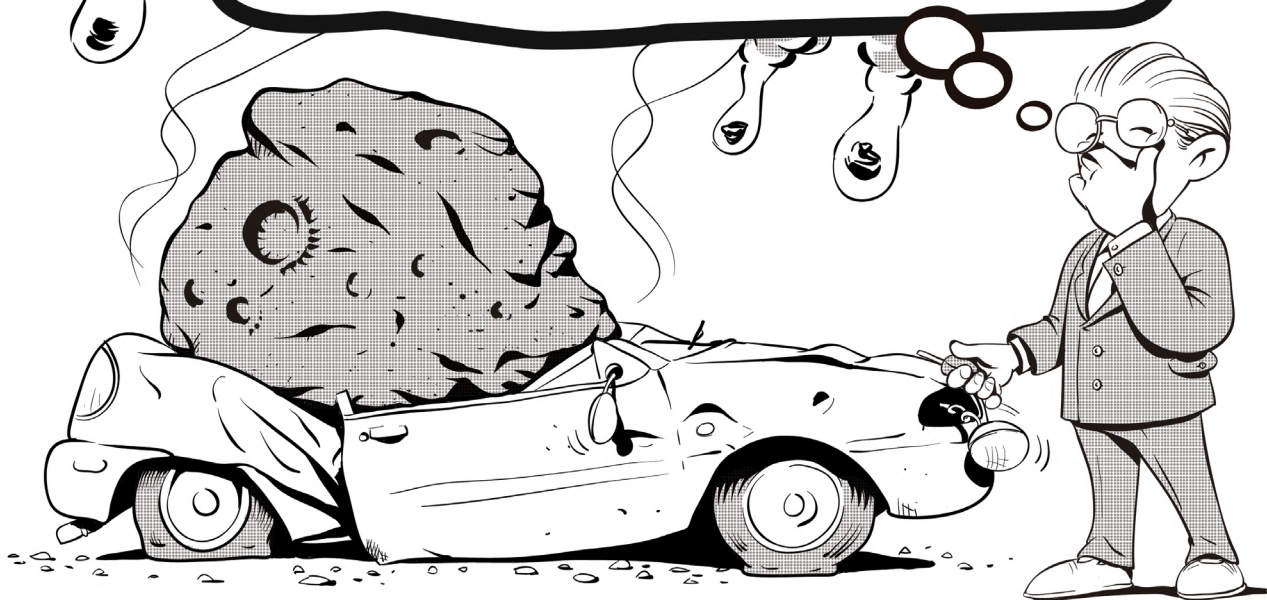
**LETTING PEOPLE
BRING THEIR BRAINS**



**GREAT LEADERS HAVE DIFFERENT WAYS OF
ENGAGING THE WHOLE TEAM IN THE SOLUTIONS.**

GROSS 16

FIND THE *LESSON*
IN YOUR *BIGGEST PROBLEM*

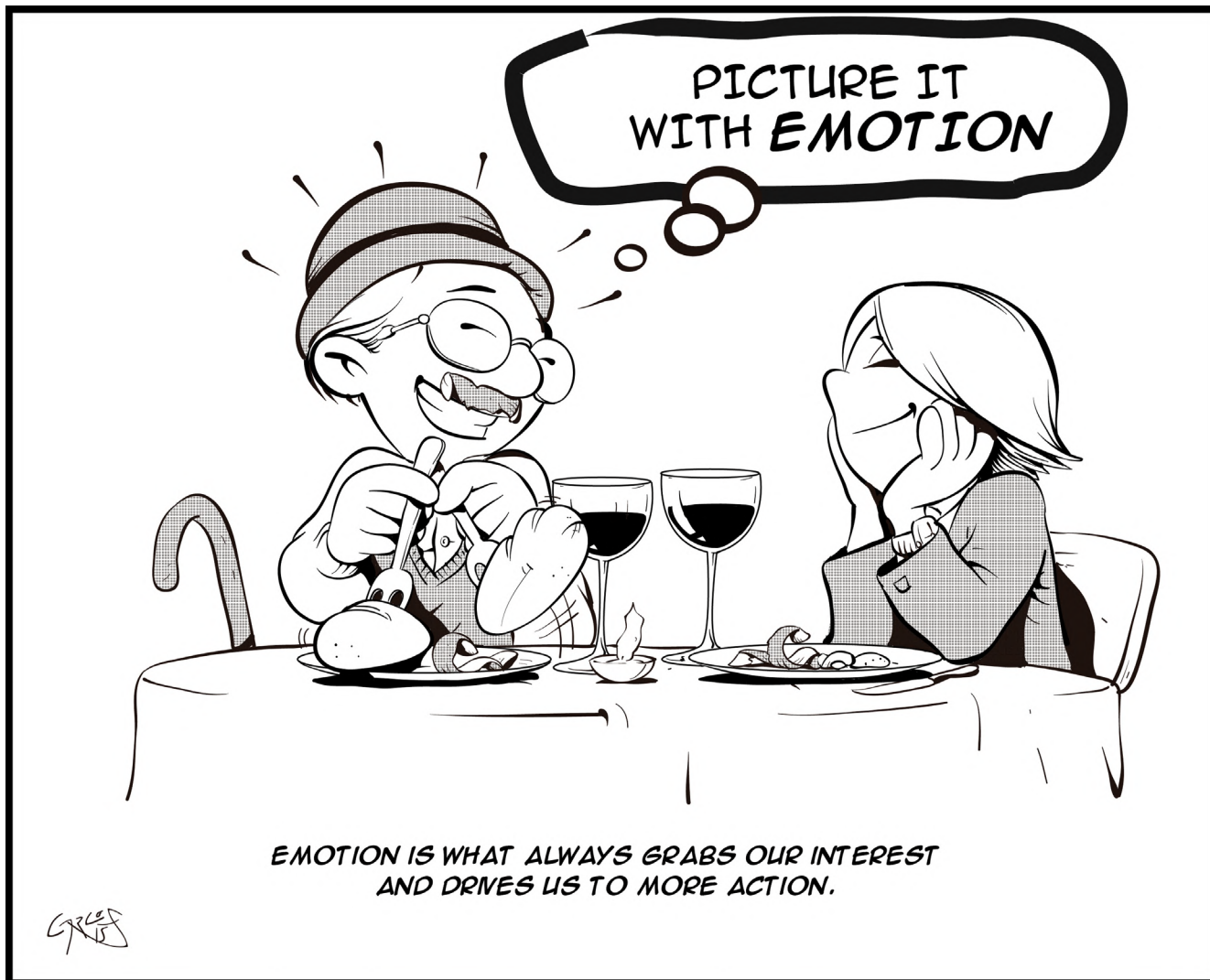


*THE SUCCESSFUL NEVER LEAVE A PROBLEM WITHOUT
FINDING THE LESSON WITHIN IT.*

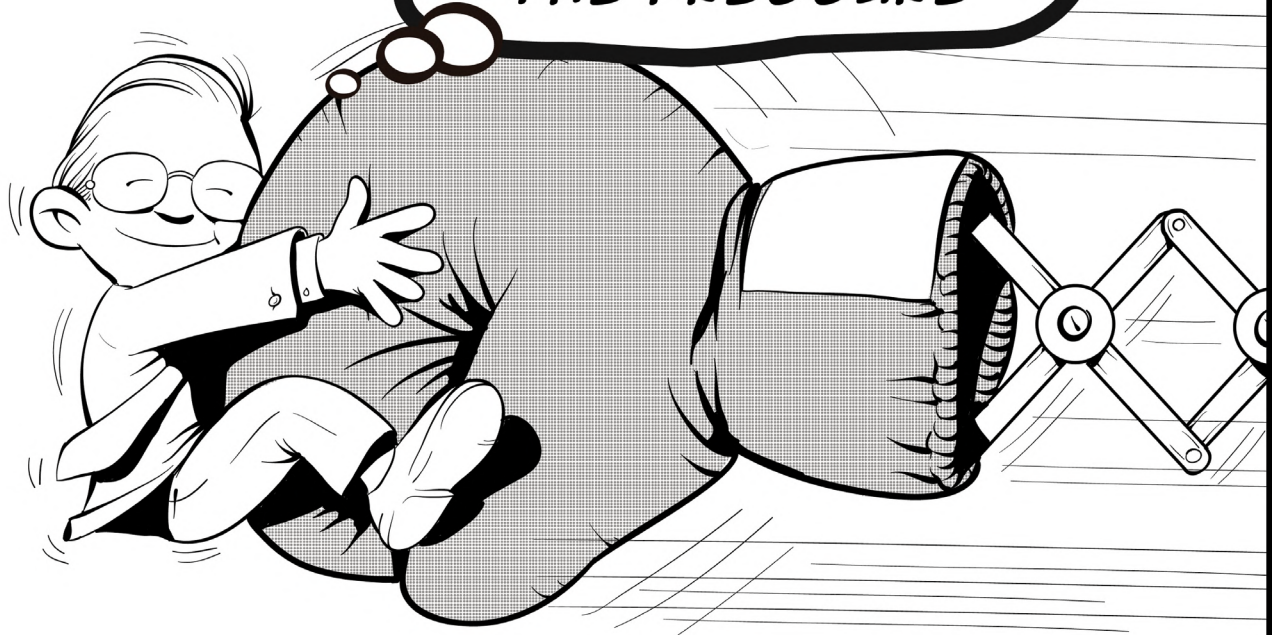
GRK 16



**INVEST THE TIME TO HELP OTHERS,
AND IN RETURN, THEY WILL THEN HELP YOU.**



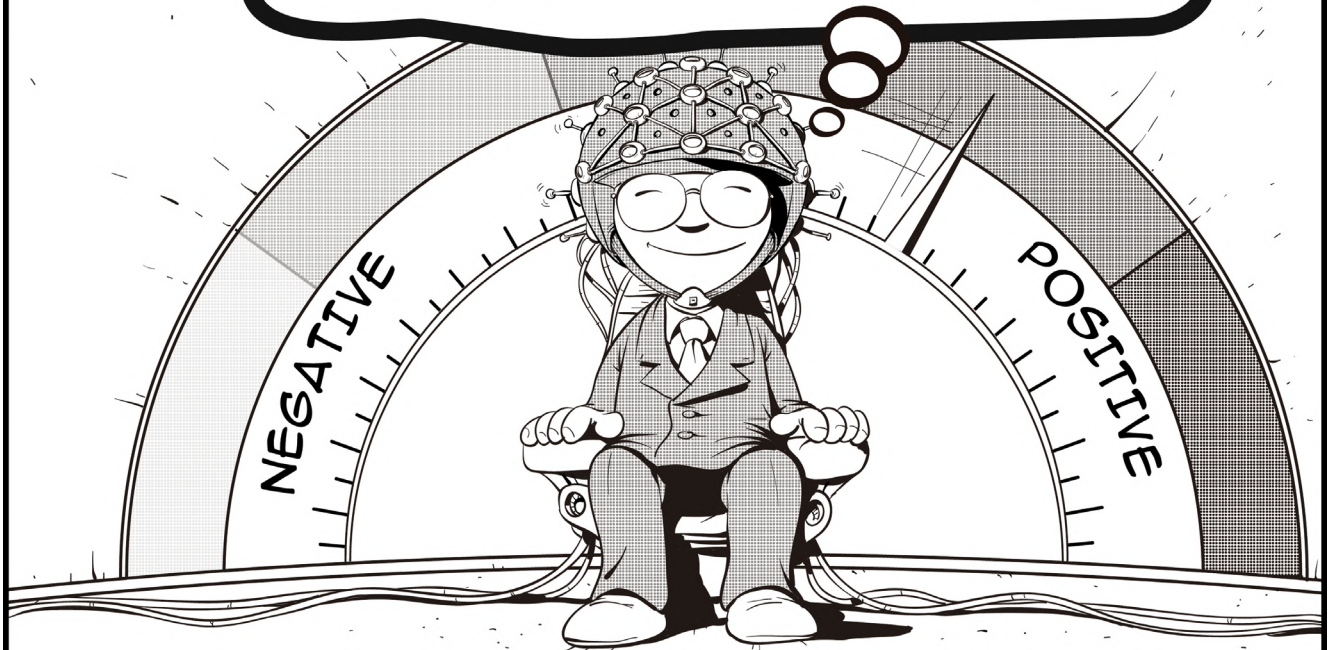
**EMBRACE
THE PRESSURE**



**MOVE TOWARDS WHAT YOU WANT AND EMBRACE THE PRESSURE
TO REACH IT FASTER.**

GRAS 16

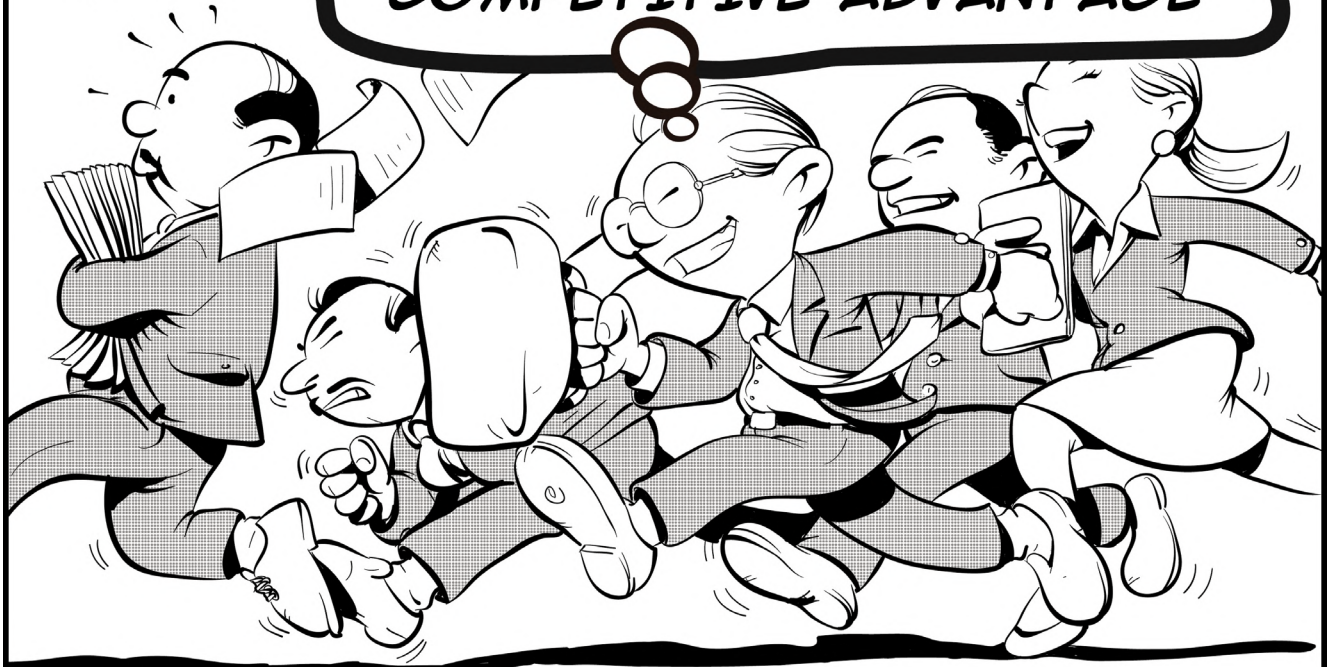
**YOU CAN *THINK*
ANYTHING YOU WANT**



**YOU HAVE THE CHOICE TO THINK POSITIVE OR NEGATIVE...
SO MAKE THE RIGHT CHOICE!**

GK16

PEOPLE CREATE THE
COMPETITIVE ADVANTAGE



**YOUR PEOPLE AND THEIR IDEAS BECOMES THE COMPETITIVE
ADVANTAGE FOR YOUR TEAM.**

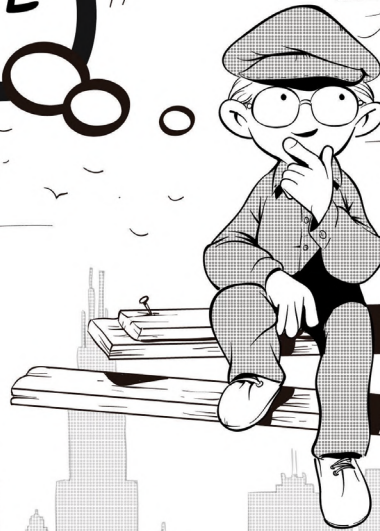
GRAS 16



GRAY₁₆

WE MUST STEP OUT OF OUR COMFORT ZONES TO USE OUR
STRENGTH S FURTHER.

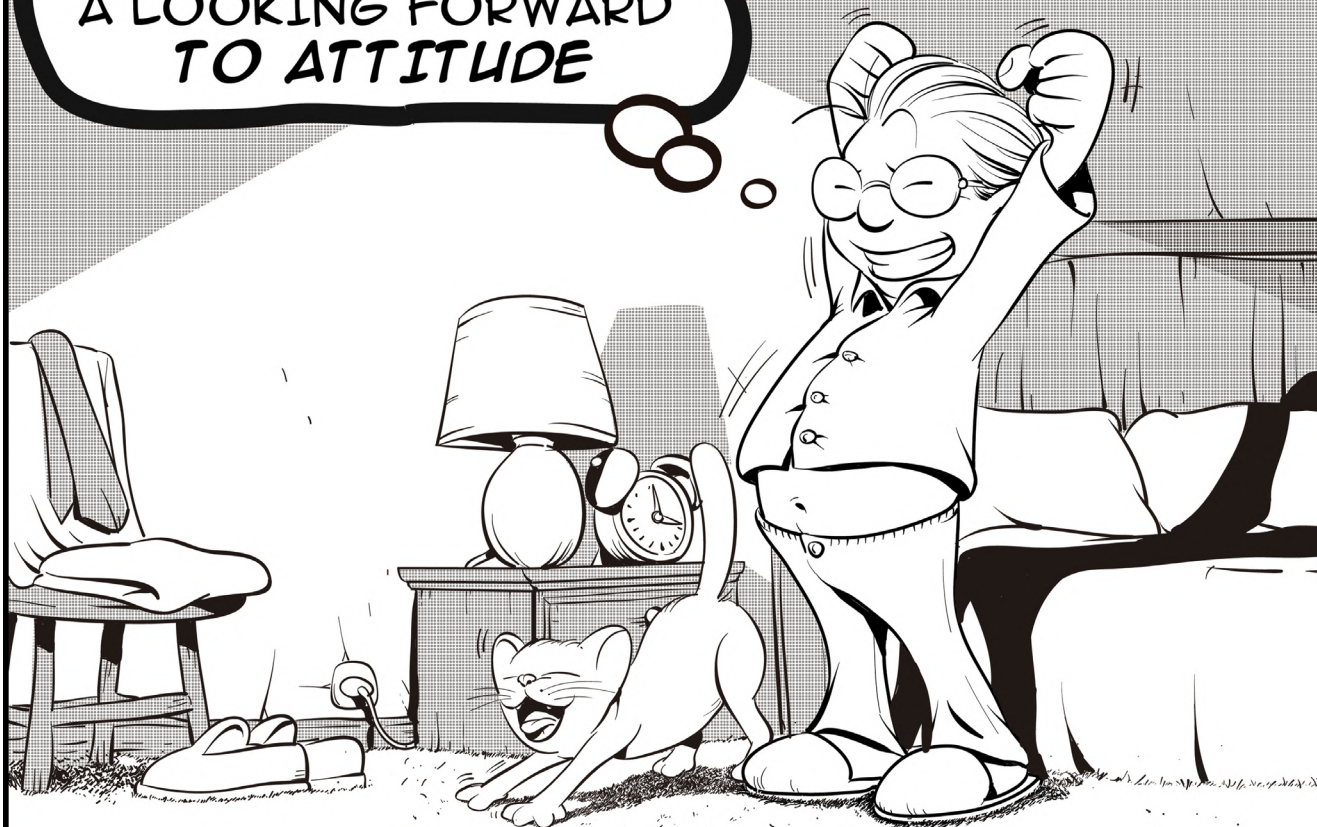
**THINKING AT A
HIGHER LEVEL
FIRST**



**LOOK AT YOUR PROBLEMS AT A HIGHER LEVEL TO SEE THE ROOT
CAUSES VS THE SYMPTOMS.**

GRAS 16

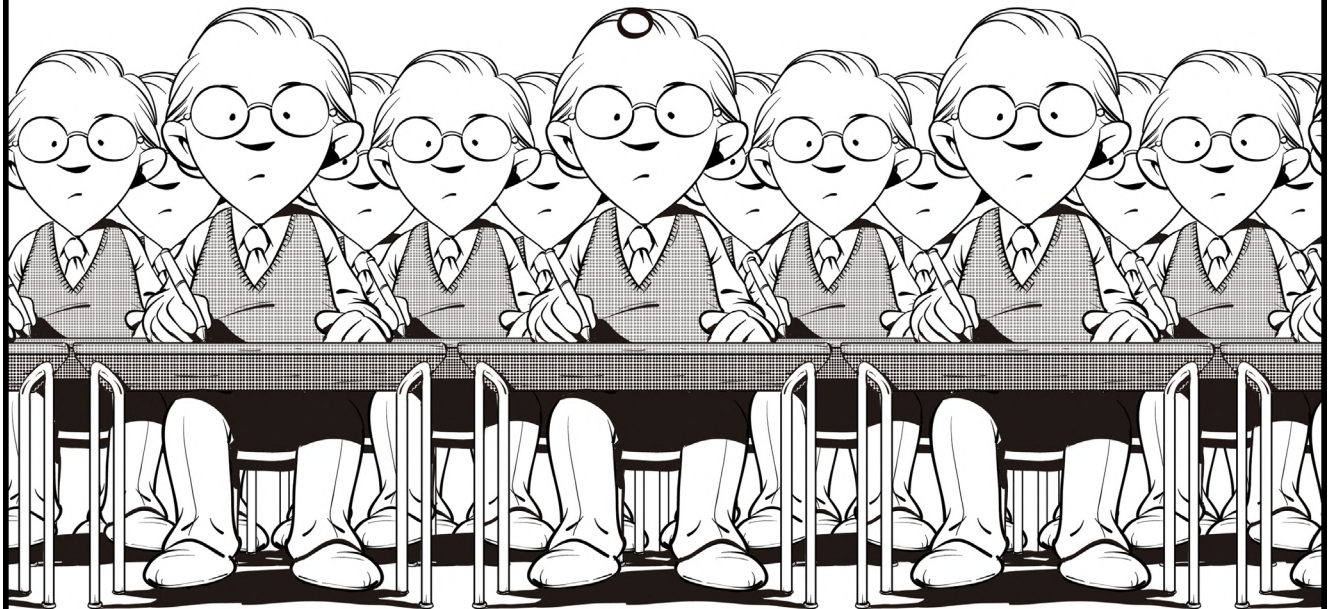
**A LOOKING FORWARD
TO ATTITUDE**



GARY 16

**THE SUCCESSFUL ALWAYS LOOK FORWARD TO THEIR DAY,
EVEN IN CHALLENGING TIMES.**

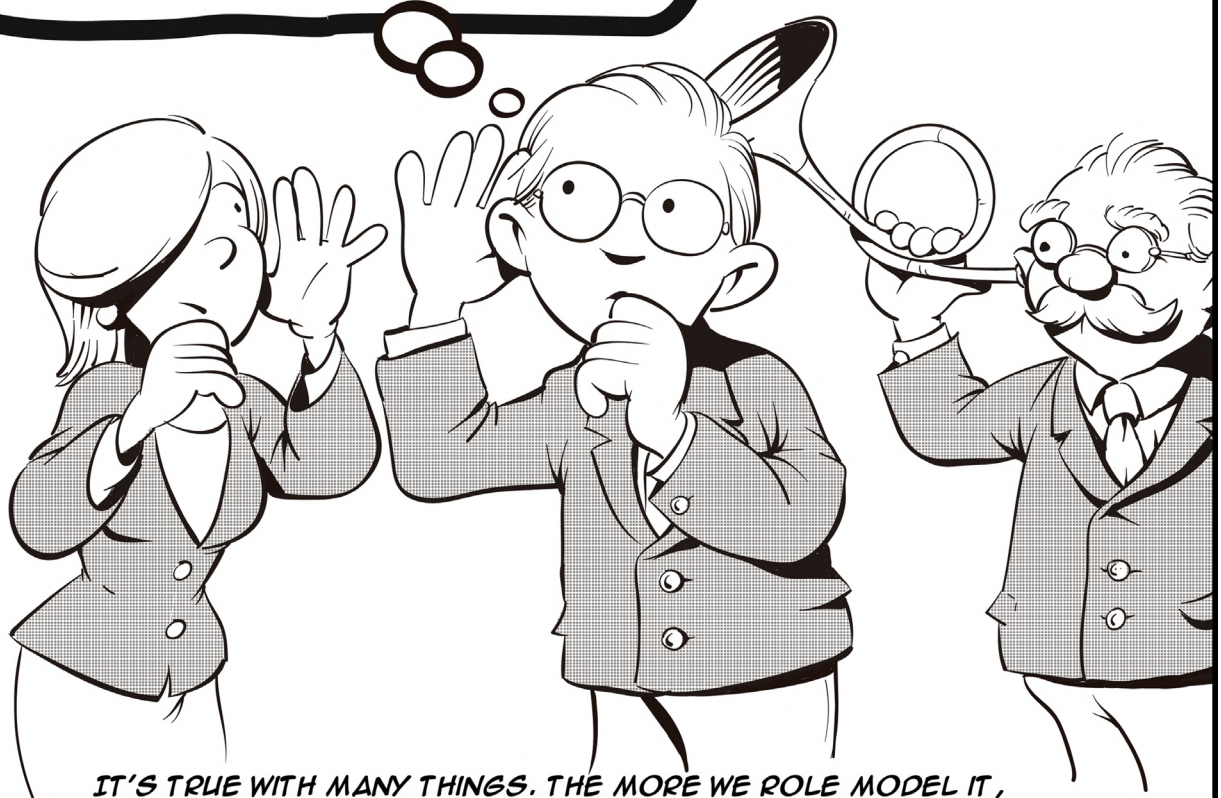
**NORMAL MANY TIMES
MEANS AVERAGE**



GRS₁₆

**TRYING TO BE NORMAL IS KEEPING YOU AVERAGE AND FROM
USING YOUR UNIQUE TALENTS.**

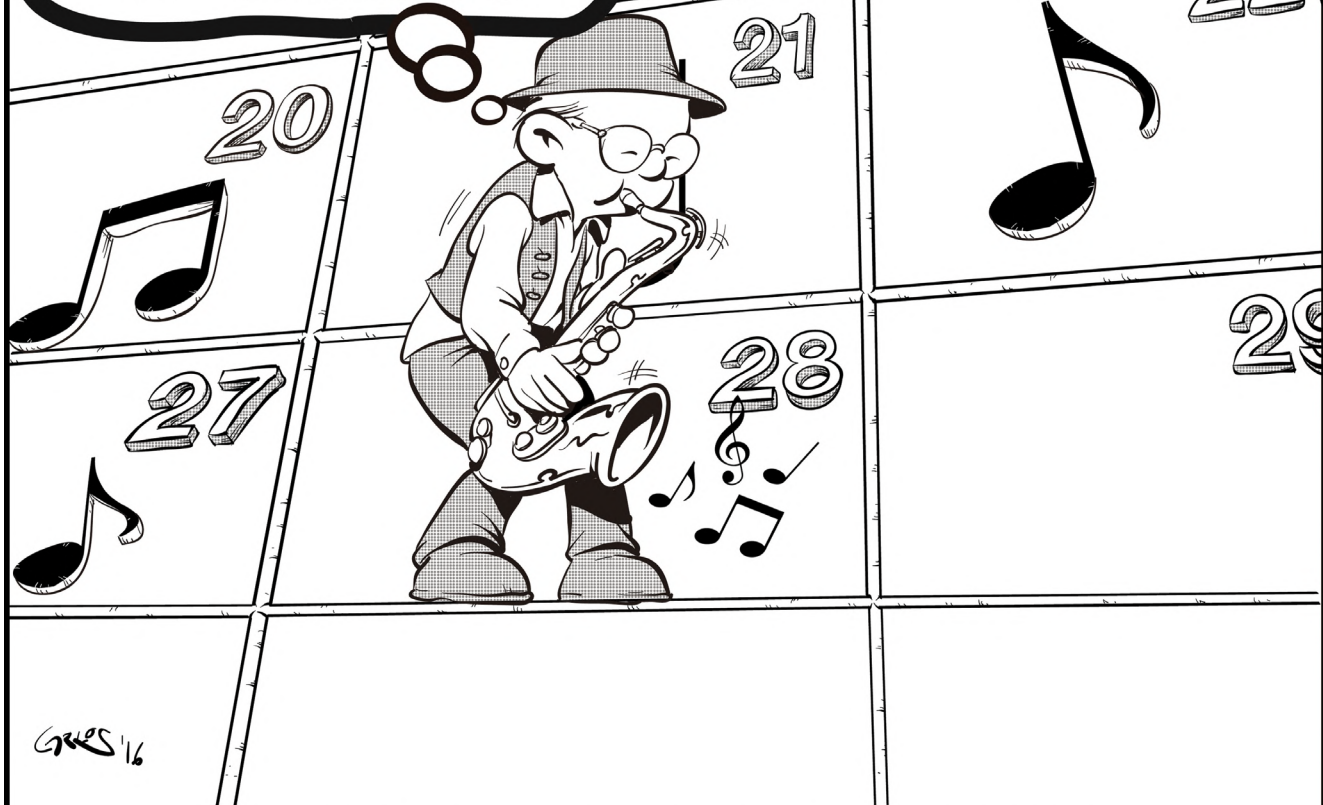
**THE MORE WE LISTEN,
THEY LISTEN**



**IT'S TRUE WITH MANY THINGS. THE MORE WE ROLE MODEL IT,
THE MORE OTHERS WILL DO IT.**

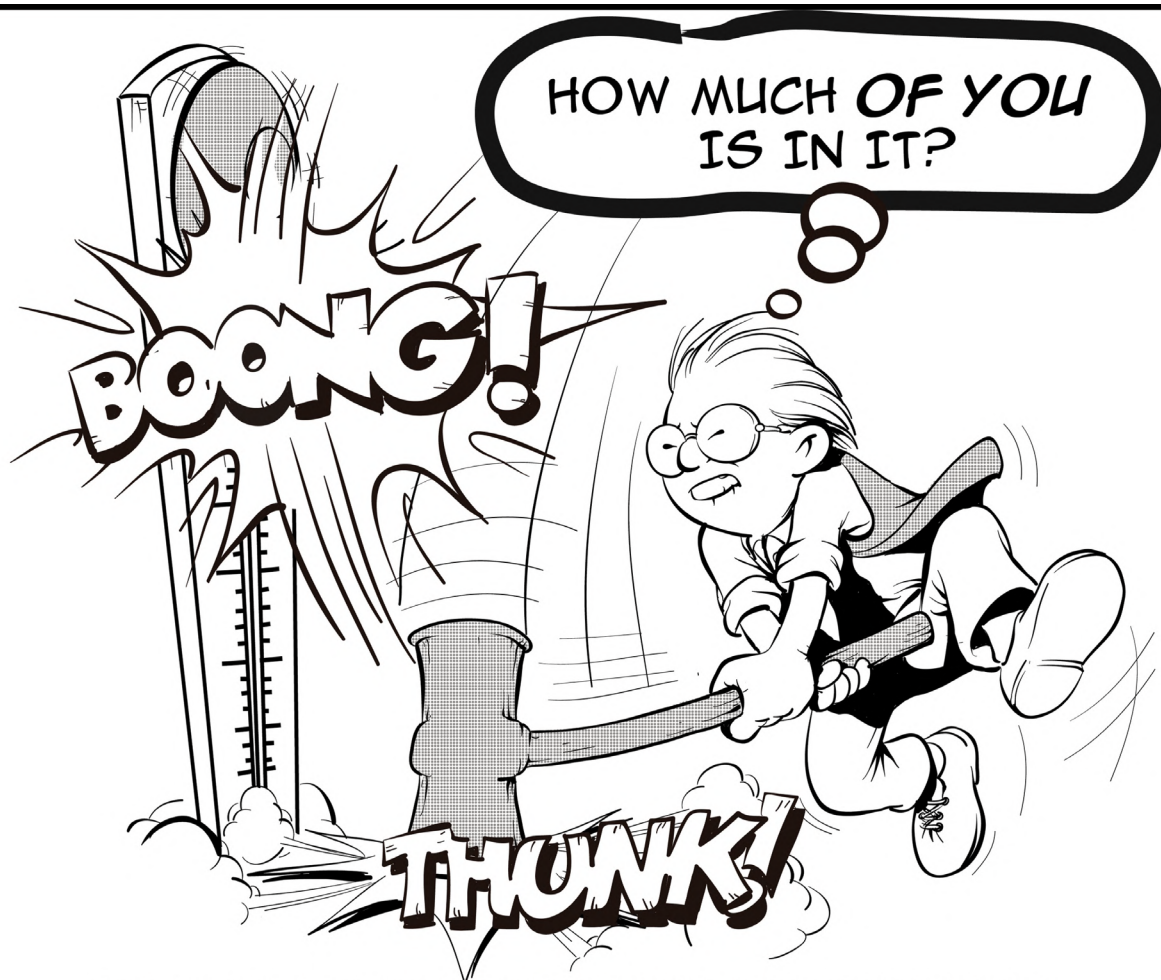
GK

THE TWO SIDES,
OF SUCCESS



Gues '16

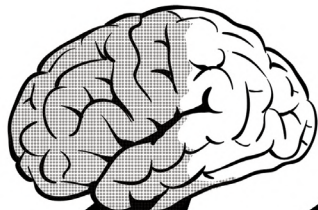
THE PASSION TO ACHIEVE WHAT THEY WANT AND THE DISCIPLINE NECESSARY TO GET IT.



OUR SUCCESS ON ANY TASK IS OFTEN RELATED TO WHETHER WE
ARE GIVING 100% TO IT.

G. R. 16

DEEP THOUGHT
SCARES SOME PEOPLE



EVER NOTICE THAT PEOPLE WHO CAN'T CONTROL THEIR
THOUGHTS TRY TO AVOID THINKING?

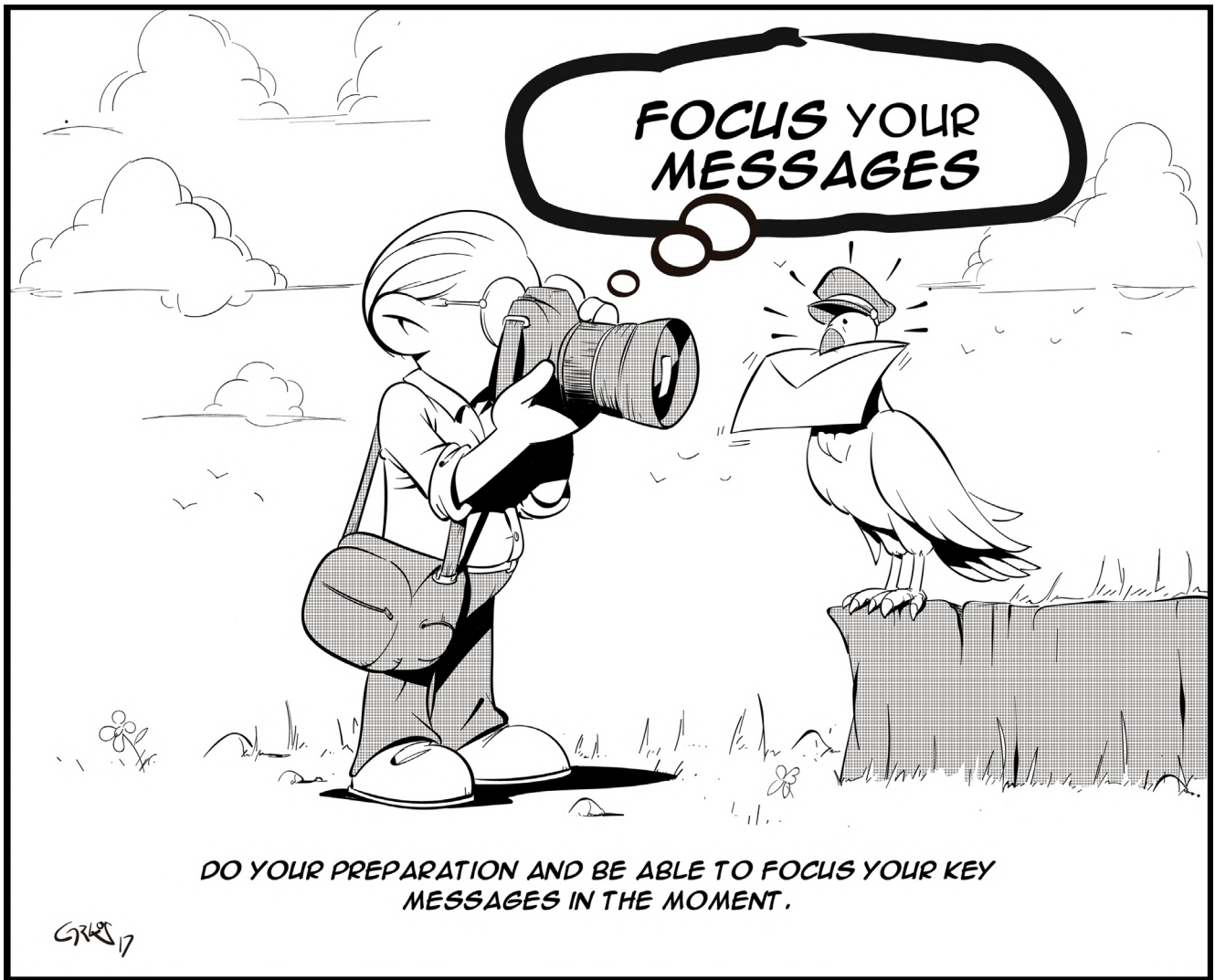
GRUB 16

SAY I DON'T KNOW



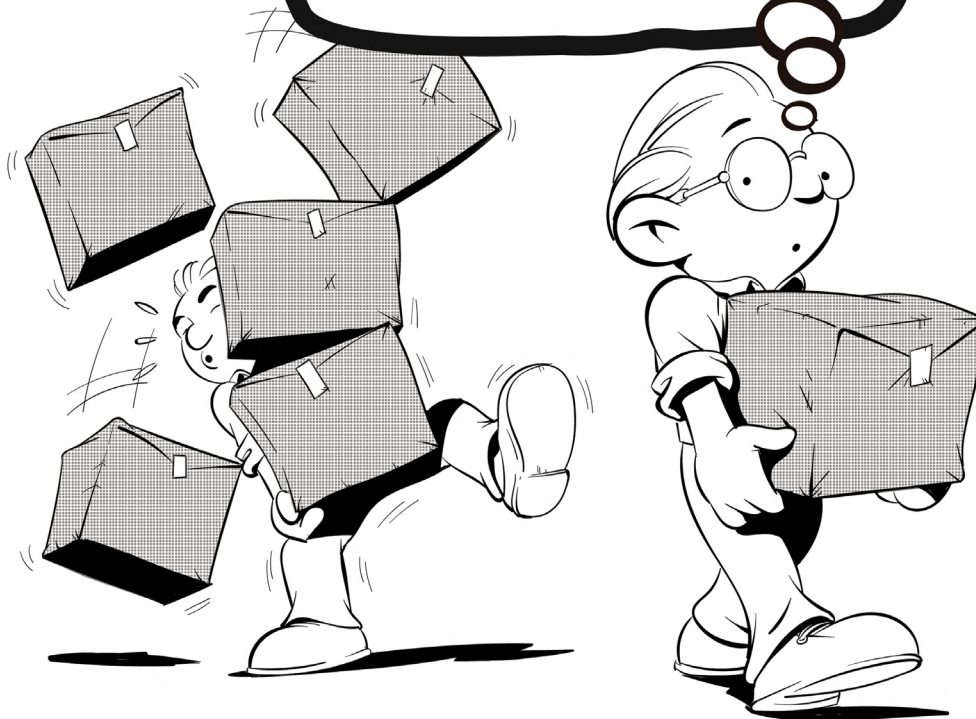
GRUB 16

*SUCCESSFUL COMPANIES HAVE CULTURES THAT ALLOW THEIR
LEADERS TO SAY I DON'T KNOW.*



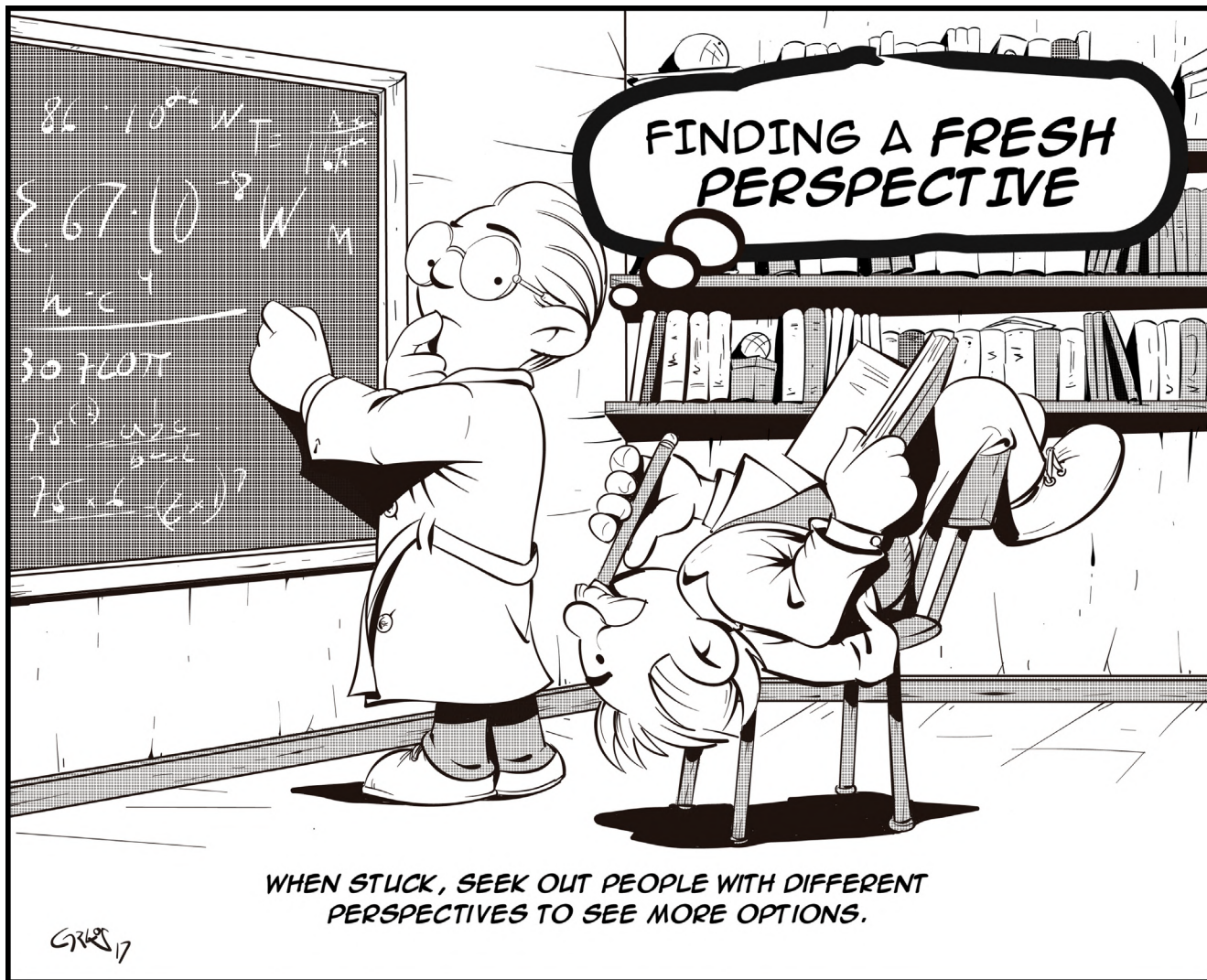
**DO YOUR PREPARATION AND BE ABLE TO FOCUS YOUR KEY
MESSAGES IN THE MOMENT.**

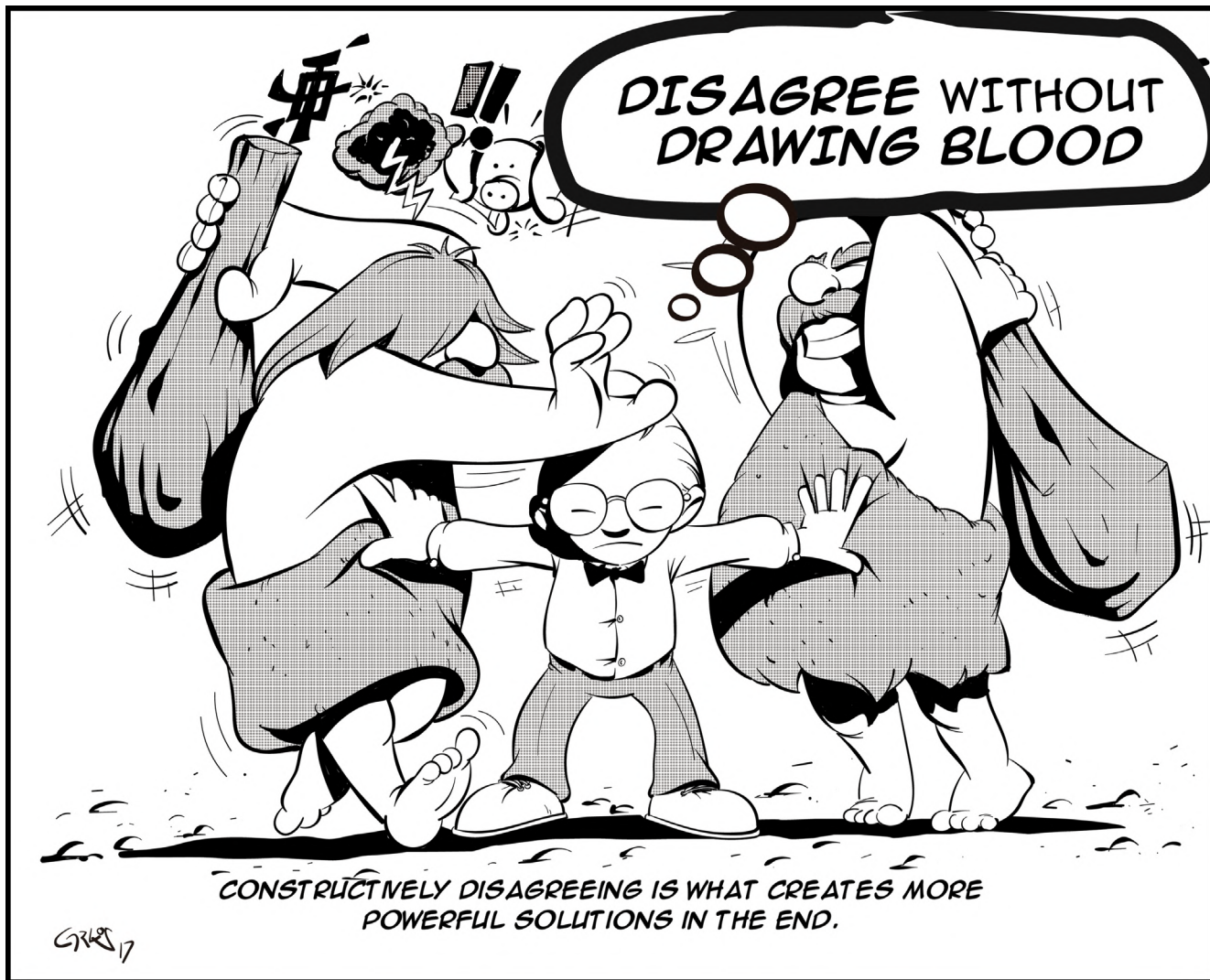
**SUBTRACT
RATHER THAN ADD**



**MAINTAINING A FOCUS IS MORE ABOUT WHAT YOU STOP
DOING THAN WHAT YOU WILL DO.**

GRLS 17





THESE THOUGHTS ARE THE FIRST
STEP TO HELP YOU BECOME YOUR
BETTER VERSION, BUT CONTINUOUS
EFFORT - NOT STRENGTH OR
INTELLIGENCE - IS THE KEY TO
UNLOCKING YOUR TRUE POTENTIAL.

**THINK
ABOUT IT!**





MARK FRITZ

Mark is a quiet man but a great speaker. He is modest yet significant and inspiring. He is capable of making the complicated simple. He has met a lot of people, able to connect with absolutely anyone.

He has had many experiences, seen many places, worked across cultures thanks to his International business career. He has pushed himself constantly out of his comfort zone, willing to learn, curious and observant.

All this experience had to be shared, serve to a noble purpose and this is why his 18,000 thoughts Foundation was born in September 2005.





CARLOS GÓMEZ-MIRA SAGRADO

Carlos Gómez-Mira Sagrado was born in Salamanca, Spain in 1975. After working for 12 years in one of the most important TV channels in Spain, he founded with his partner in 2009 Thinkwild Studios, a production company under which he has developed all kind of projects related to production, from commercials, to motion graphics video to multimedia presentations for bidding cities to the Olympic Games as well as interactive experiences.

He is a engaged professional, an artist that has the talent and sensibility to get the message through whatever it is.

Deeply committed, never money-obsessed but endlessly dedicated, an incredible hard worker, that is passionate about each and every project. He has what it takes.



DAILYTHOUGHTS FOUNDATION

The goal of making a difference forever helping people self develop a powerful habit to keep growing, triggering action in their lives, reinforcing habits, building better routines, provided Mark Fritz with the emotional fuel to do the studying, and to write the daily thoughts inspired by what he learned each day.

Now that the daily thoughts are completed, his next goal is to produce illustration books such as this one as well as collections books grouped by theme. All the profits from the sale of these books will go to charities that help develop tomorrow's international leaders that will lead the difference and make of this world a better place.

You can signup to become a member of the Daily Thoughts Foundation and you will not only contribute to a worthy cause to change this world to a better place but receive an email each day with the day's thought to help you be your best.

Daily Thoughts Foundation Website
www.dailythoughtsfoundation.com

