



THOUGHTS**PROJECT**

Daily Thoughts for Leading Yourself

MARK FRITZ



WELCOME TO THE BOOK

Daily Thoughts for Leading Yourself is a compilation of thoughts from Mark Fritz's Thought Project: <https://www.markfritzonline.com/thoughts-project/>

THE GOAL

TO PROVIDE THOUGHTS TO INSPIRE ACTION IN YOU

ONE HINT

As you read each thought, ask yourself the following question:

How do I apply this to my own life?

This is the first most important action you can take while reading this book. Asking yourself "How do I apply this to my own life?" moves you to thinking about the possible Action you can take.

Very often we read books and say to ourselves "That's interesting". However, if we keep our thoughts at only a "That's interesting" level, we never get to thinking about the Action we can take from what we learned.

When we move from "That's interesting" to "How do I apply this", we start to make changes in our lives.

Why? When we think about how we can apply the learning, we are thinking in an "Action Mode" and basically wiring our brain for action. The next time a situation comes where we could possibly use this learning, our brain then serves it up to us.

Remember, after each Theme – Ask yourself:

HOW DO I APPLY THIS TO MY OWN LIFE?

JANUARY THOUGHTS

WHAT YOU SAY IS WHAT YOU GET – 1st jan

This is a nice little saying, but it is also very powerful. What we say to others and ourselves is a powerful focus for our actions. You could say that we are sort of brainwashing ourselves by what we repeatedly say. That being so...why not Brain-Focus yourself in the right way by saying positive things. Remember, what you say is what you get.

YOU GET THERE IN YOUR MIND FIRST – 2nd jan

To achieve great things for our life, you need to have it in your thoughts first. They say that whatever your mind can conceive, you can achieve. Your thinking is always the first step to make anything happen. So, remember that you get there in your mind first.

OPEN TO QUESTIONING YOUR ASSUMPTIONS – 3rd jan

If you think about it, it is your assumptions that guide many of your decisions and actions. However, are your assumptions always correct? Do they ever change when you get more information or feedback from others? The successful people are always open to questioning their assumptions, as they know wrong assumptions could be limiting their future success. Be open to questioning your assumptions.

IN WHATEVER YOU DO – 4th jan

Some people have it and some people don't. It is that excellence mindset. Everyone seems to have that excellence mindset on things they love doing, as they want to do them well. However, people with a true excellence mindset, have it with whatever they do (even those necessary tasks that they don't like). Remember, in whatever you do.

ADDING DISCIPLINE TO OUR PASSION – 5th jan

The secret ingredient to having great success is something that we all can add to our own lives. It is a simple concept, but difficult to do. Everything begins to happen for us when we add discipline to our passion. This creates the desire and sense of urgency to reach our success.

DISCOVERING THINGS YOU ALREADY KNOW – 6th jan

Whenever you hear a motivational speaker, you are almost always hearing things you already know. In fact, what's needed for success is quite simple, and you already know it; just don't do it. Why not make a list of what you already know and don't do. Then, take the most important item on the list and concentrate on making it a habit.

ASKING THE RIGHT PEOPLE FOR ADVICE – 7th jan

There's always a time in our lives when we could really use some advice. However, most of us ask for advice from the wrong people. When you have a problem, don't always go the easy route and ask someone close to you. Seek out an experienced person related to your problem and get the best advice possible. Great advice drives great actions.

HOW WE ACT WHEN THINGS DON'T GO WELL – 8th jan

Character is revealed to others when things are not going well for us. It is sometimes so easy to let circumstances impact the way we behave. However, we all should strive to show the world the best &us; even when we find ourselves having a challenging day.

A FEELING YOU ARE UNWILLING TO FEEL – 9th jan

When you think about it, anything you try to do for the first time you will not do well. Very often people avoid trying new things because they don't want the feeling of making mistakes (not doing something well). Basically, it is the feeling that they are unwilling to feel. Your growth comes when you are willing to feel the feeling.

WHAT DO YOU BASE YOUR CHOICES ON? – 10th jan

We all have choices to make each and every day. These are from how we chose to use our time during the day, to those major choices that determine our life's direction. The question is: On what basis do you make these choices; based on what criteria?

MAKE YOUR MOVE BEFORE YOU ARE READY – 11th jan

Many people wait too long to take action. They think that everything has to be totally thought through in order to make their move, and often they may be too late for the opportunity. When you see an opportunity, make the move before you are ready, and adjust your path along the way.

CHALLENGES TO TEST YOUR LIMITS – 12th jan

Just think of a life with no challenges. How would you know how good you are (or that potential that is inside you), if there were not any challenges to test that potential? Inside the challenges you face is the power to release your potential.

START WHERE YOU ARE NOW – 13th jan

Many people tell you, if only I started years ago!; The past is gone and the only way things will change for you is if you start where you are now. Decide to live your life your way; from today, and each day from now on.

ENERGY IS A PRODUCT OF INTEREST – 14th jan

Your energy in any particular activity is a product of your interest in it, and your interest is really providing the fuel behind that activity. If your energy is low, the first thing to do is to build up your interest in getting it done. When you build the WHY behind it, the energy always follows.

SECURITY COMES FROM TAKING ACTION – 15th jan

People often look for security in their lives, with the biggest one being job security. In looking for security, people often start to avoid risks, play it safe, and this results in them taking less and less action. In life, more security only comes from the actions we take, than the actions we avoid. Remember, security comes from taking action.

LOOKING FOR EVIDENCE OF OUR THOUGHTS – 16th jan

There is tremendous power that either works for you or against you. Whatever you constantly think about goes into our sub-conscious mind and is treated as a blueprint for what we want. Then, as you go about your day, your sub-conscious mind looks for ways to create that blueprint. Therefore, use your power in the right way by constantly thinking of what you want (versus what you don't want).

ACTIVITY CAN BE YOUR ENEMY – 17th jan

Everything happens when we take action. However, it is what we take action on that produces something of value or not. There are far too many people who are just focused on being busy, and just being busy is really your enemy. Focus on outcomes, your achievement, and activity will never be your enemy.

GET SOME HELP ON YOUR BLIND SPOTS – 18th jan

We all have some problem parts of our personality and ways of communicating that we just can't see - our blind spots. Ask a trusted friend on how you could improve yourself, and often they will point out those blind spots to you. Addressing your blind spots could be the breakthrough for you to achieve even greater success.

IS IT REALLY A SACRIFICE? – 19th jan

There are many people who don't invest the time to develop themselves. They often look at others who develop themselves during their free time as they are sacrificing that free time. But is it really a sacrifice? People who develop themselves accomplish more and gain even greater freedom in the future as to how they can use their time.

RUNNING AWAY OR RUNNING TO – 20th jan

The majority of people go through life without goals. These are the people who can give you a long list of what they don't want, versus what they do want. They are running away from what they don't want and in all different directions. The better approach is to run towards what you do want and set the goals to focus that direction.

FINISH YOUR THINKING – 21st jan

Everyone is constantly thinking all day long, with their mind bouncing from one idea to the next. However, our thinking is never really finished until we define the action that will progress it. Your thinking is a preview to your future, but only action can make it a reality.

IT'S WON BEFORE THE GAME IS PLAYED – 22nd jan

For many of the successful sports stars, the game is won even before the game is even played. The player's mindset or expectation before the game creates the intensity at which the star then plays the game. Building the winning belief then builds the drive to deliver it.

AN HONEST ASSESSMENT OF WHERE YOU ARE – 23rd jan

All our progress starts with where we are today, and taking an honest assessment of that (our strengths, weaknesses and our desires). By being honest about where we are today, we can focus on the key actions that will get us moving forward faster.

COURAGE TO TEST YOUR TALENT – 24th jan

Most people have gone through life in sort of a cruise mode. They have found an approach to use their abilities in an easy way to get the job done, and have left their potential inside them. It's really because they have lacked the courage to test their talent. If this sounds like you, why not find a way to test your talent this week.

EVERY MIND IS A MAGNET – 25th jan

What we think about tends to show up in our lives. That can be good things or bad things, and it depends on what we are thinking. Therefore, your mind is really a magnet, and it either has a negative or positive power depending on what you fill it with. Focus on filling your mind with the positive and attract the right things into your life.

CHIP AWAY WHAT IS NOT IMPORTANT – 26th jan

A sculptor will chisel the final shape of his art from a block of marble. In order to reach the finished piece, he has to chip away everything that is not what he wants. It is the same with our lives, we need to constantly chip away those activities that are not helping us achieve our potential.

YOU EARN YOUR REPUTATION EVERY DAY – 27th jan

Our reputation is something that is based on both who we are and what we do. Therefore, we can either gain or lose our reputation on what we do each and every day. Those with great reputations think about earning it every day.

CONFIDENCE = FAITH IN YOURSELF – 28th jan

Confidence is really our faith in ourselves. When we are confident, we show to others that we believe in our abilities, and that they can then believe in us as well. It's the faith in ourselves that drive use to take the risks in our lives and enable us to grow.

DISCIPLINE IN THE FACE OF PRESSURE – 29th jan

Pressure is what really separates the successful and unsuccessful. While the unsuccessful tend to become confused on what to do, the successful raise their focus and become even more disciplined on doing the necessary and fast. Pressure is best met with discipline.

REFLECT ON WHAT YOU LEARN – 30th jan

People who grow faster invest the time to reflect on what they learn each day. They are constantly asking themselves how can they apply what they have learned to their life. Also, if things didn't work out well on a particular day, they are asking themselves, what can I do differently the next time. Reflect on what you learn.

WHAT OTHERS ARE NOT WILLING TO DO – 31st jan

Ask successful people what has made the biggest difference in them becoming a success, and often they will say a similar thing. They say that they were willing to do what others are not willing to do. It comes down to the discipline to do what's necessary, when it is necessary. Discipline is really the key to success in any area of our lives.

FEBRUARY

LOOKING INSIDE AND FORWARD – 1st feb

Everyone who has achieved success in their lives have looked inside themselves first. They understand that while others can help them, that they will only get the help when they help themselves first. So, they look inside and forward to the future, and decide the person they need to be to get what they want to achieve.

PREPARE AND LUCK COMES TO YOU – 2nd feb

People often look at others and say they were lucky. However, what these people don't see is all the preparation that has gone into positioning others to receive this luck. As with many things, your preparation is something that is invisible to others, but is what creates your success.

FOCUSED ON THINGS WE CAN CONTROL – 3rd feb

There's lots of personal productivity tips available to all of us. However, one tip is the hardest to implement, but its impact is huge. If we just focus our mind on only those things we can control, we would drive more focused action and get more done.

OWN YOUR BEHAVIOR – 4th feb

How many times have you heard people say, "Those people make me so angry." It is like we blame others for the way we then behave. The people, who get along with others and get ahead in life, take the view that they own their behavior, and it is their decision how they respond to others. You can too, when you own your behavior.

EVERYTHING WAS FIRST A THOUGHT – 5th feb

Everything that happens in your life was first a thought. That being so, it is only logical that you can change the direction and pace of your life by changing your thoughts. Thinking alone will not change things, but it is the thing that gets everything (your actions) started.

MAKE YOUR DECISIONS EARLY IN LIFE – 6th feb

Life is really about making decisions, and some decisions we make have the power to shape the rest of our lives. In order to get the most out of life, it is then important to make our key decisions as early in our life as possible. That way we get to enjoy the benefits of those decisions longer.

EXCUSES TO OURSELVES – 7th feb

Excuses are like a cancer in our lives, and it eats away at our ability to use our potential. The biggest trouble is when we start making excuses to ourselves. When we start making excuses to ourselves, it becomes far easier to make excuses to others; and suddenly there goes our reputation.

THE COMMITMENT MULTIPLIER – 8th feb

Very often, the people with the best skills and abilities are not the people that achieve the most success. Talent alone cannot create success, and the commitment to use whatever talents you have is the key. Commitment is what multiplies the impact you can make with your talents.

DOWNTIME IS REALLY UPTIME – 9th feb

Everyone is so busy these days and think that they can't really take a break. However, it is often our breaks that help us keep perspective and to refocus on what we want versus what others what us to do. This downtime has the power to create uptime by boosting our attitude and focus our action.

TO A SPECIFIC TIME – 10th feb

There's one big difference between successful and unsuccessful people. Unsuccessful people put off an action they need to do until just later. Successful people determine right away the specific time they will do it, and then discipline themselves to keep their own promise.

VALUE DRIVEN VERSUS EGO DRIVEN – 11th feb

People who achieve long lasting success have one thing in common. They are all value driven versus ego driven. Success to them is not about themselves, but about focusing on providing great value to others. Success is really measured by how much value you provide to others.

MOVING FROM IF TO WHEN – 12th feb

Achievement is a real high, while wanting something and stopping short of that achievement is just the opposite. Very often, our achievements are powered by our language, and just changing the IF to a WHEN can set the expectation in our minds that we will make it happen.

THE VERY THING YOU ARE AVOIDING – 13th feb

Breakthroughs in our lives come from changes, and often those changes are driven by disciplining ourselves to do the very thing we have long been avoiding. What are you currently avoiding? It is the very thing that is preventing you from growing and achieving more.

MAKING BETTER CHOICES – 14th feb

Where we are in our lives is the result of the choices we made so far, and where we will be in the future will be the result of the choices we make today. A better life is driven by our actions. However, as our choices determine the direction of those actions, we could all benefit by investing more time in making better choices.

BEING WHO YOU REALLY ARE – 15th feb

Everyone is acting from time to time, and trying to portray someone else in order to fit it. However, the most successful and happiest people do this far less than others. They know that being the best; themselves will take less energy and be more productive than trying to be anyone else.

THE DISTRACTIONS YOU ACCEPT – 16th feb

Productivity is often more about keeping your focus on something than it is about how you do it. For us, one of the key factors is the distractions we accept, as they take our time away from what's important. When you decide what distractions you will accept, you say no more and keep your focus on the important.

FLEXIBLE ON THE HOW – 17th feb

Once we have defined what we want and why we want it, we then need to focus on how to get there. However, there is never a straight path to anything in life, and we need to be flexible on how to achieve what we want. When one way doesn't work, we just need to find another way.

OUR SWEET SPOT – 18th feb

Everyone is the happiest when they are doing what they love and that it is also something that they are very good at. You could call it a sweet spot. When we live in our sweet spot, we are using our unique abilities to deliver value that others can't.

OUR HABITS PREDICT OUR FUTURE – 19th feb

All of us predict the future in some way, as what we do each day, our habits, is creating our future. That's why we need to make sure that our habits are consistent with our dreams. A great question to ask ourselves each week is: Have my actions this past week been consistent with my dreams.

WHAT YOU CHOOSE TO ABSORB – 20th feb

Everything that we experience (see, listen to, participate in) has an impact on us. Sometimes we don't realize this as we can only consciously bring back certain memories. However, our sub-conscious mind has access to all our experiences and uses them to guide our behaviors AND habits. Be careful what you choose to absorb!

THAT ONE THING – 21st feb

We have heard it so many times, about the need to focus. Take a minute to study successful people and you will notice that they have all focused on one thing, and that was the key to their success. They say that the toughest decision in the world is for each of us to make the choice on what that one thing is for us.

THE POWER OF MENTAL REHEARSALS – 22nd feb

As they say, practice makes perfect, and the people who are the best at anything are practicing all the time. Wherever they are, they have the ability to do their mental rehearsals. They make faster progress and keep that progress with the mental rehearsals they do throughout their day.

WHAT WE ARE GRATEFUL FOR – 23rd feb

Gratitude is a powerful feeling, and most people don't realize just how powerful it can be. Those who do, understand that what they are grateful for always multiplies in their lives. Since most people focus on what they don't have versus what they are grateful for, they miss this power. Don't you.

THE INTENTION/ATTENTION GAP – 24th feb

There's a great expression, He or she has good intentions, which usually means that they would like to do it, but don't. That means there is a gap between their intention, and the attention needed to take action on it. Successful people have eliminated that gap, and make sure all their intentions get attention (AND action).

LIFTED BY THE CHALLENGES – 25th feb

Our view on challenges are determining how much we grow and what we accomplish. It's really the challenges we face that drive us to lift our performance, and that drives us to grow and be the person who can take on those challenges successfully. Our challenges become our greatest lifters of our performance.

WHEN OUR BEST IS NEEDED – 26th feb

The top performers in both sports and business have one trait in common...they all are able to do their best when their best is needed. Our best has roots in our preparation, and in building the confidence to perform under any circumstances. In every area of life, this is what separates the top performers from the rest.

DO SOMETHING ABOUT IT EVERY DAY – 27th feb

Progress is really about action, and there's a great way to keep making progress. For whatever you would like to progress faster, why not make it a focus to do something about it every day. Actions taken every day (AND tracked) will create progress and build the momentum for even faster progress.

THE ABILITY TO SUPPRESS YOUR EGO – 28th feb

Confidence is what powers us to achieve great results. However, in some people that confidence turns into an ego that prevents good teamwork with others. People who have achieved long-term success have learned to suppress their ego by adding humility to their confidence.

USING FAILURE TO MAKE YOU BETTER – 29th feb

Failure to successful people is an opportunity to rethink their approach and make significant changes to get better (AND much better). While the unsuccessful freeze and just stay disappointed, the successful focus on what they will change to get better and by when.

MARCH

WILLING TO FEEL THE FEAR – 1st mar

Everyone experiences fear, no exceptions. People who have achieved great things were able to feel the fear and keep going until they succeeded. Others were stopped at the first step - not wanting to feel the fear. To achieve anything great in your life, you need to be willing to feel the fear (get in the game).

CHOOSING WITH A BROADER VIEW – 2nd mar

Many of the problems we face in our lives are the result of the poor choices we have made. Sometimes, we make choices taking a far too narrow view and miss the implications that taking a broader view would have enabled us to see. A good saying to remember is the bigger the choice, the broader the view that is needed.

THE PROMISE TO YOURSELF – 3rd mar

Keeping our promises with others, builds our integrity with others. However, keeping our promises with ourselves, builds the foundation AND character to keep those promises with others. The way we both interact and treat others has roots in the way we interact and treat ourselves.

WHEN NOBODY IS LOOKING – 4th mar

Our character is visible to others, but the foundation of it is not. How we act when nobody is looking provides the foundation and the strength for us to act in the right ways when they are there. The very best leaders act the same, whether their people are looking or not.

THE ABILITY TO SAY NO – 5th mar

There's always more to do than we can do, and we never get to do everything that is on our to do list. However, that's ok, because there are always things on our to do list that we shouldn't be doing in the first place. Success comes faster when we have the ability to say No to what we shouldn't be doing.

DRAWING CHARISMA FROM THE CAUSE – 6th mar

Charisma is comes in many flavors, with some people having it and others not. The most charismatic people draw their charisma from a cause that lights up their life. With a big cause it brings the ALL of them in front of others and that makes an impact. Consider who you think has charisma, and you will often see a powerful cause behind it.

ACKNOWLEDGE YOUR FEAR AND THEN MASTER IT – 7th mar

Everyone has their fears, and some people try to put them aside...never addressing them. The first step to effectively manage our fears is to acknowledge them, as you can never master something you don't acknowledge first. Then, it is about understanding why you have the fear, and then defining it in ways that enables you to keep taking action (for what it is and what it is not).

ALWAYS BE MEASURING YOUR PROGRESS – 8th mar

The old saying goes: What gets measured, gets done. That's really true and measuring progress has two benefits. First, it keeps us focused and taking more action and when we see the progress, it makes us feel good about what we have accomplished. Are you measuring your progress?

TRANSFORMING WITHIN YOUR VALUES – 9th mar

Everyone needs to transform and change themselves as they go through life. In fact, if you are never changing, it means you are not really growing. The people who change in positive ways do it within their values. It is when you stray from your values that life becomes more of a struggle and not as rewarding as it should be.

STOP OTHERS HIJACKING YOUR MIND – 10th mar

Our mind either is helping us or hurting us, and very often it is the influence of others that drives our mind to hurt us. Far too often when let the opinions and comments of others drive our thinking and the replaying of those thoughts are really hijacking our mind. We have allowed others to take our mind away from our goals and onto the opinions and comments of others. We have lost the driver's seat.

DON'T WAIT FOR OTHERS TO COME TO YOU – 11th mar

People who move ahead in life are not passive, but proactive. They don't sit around waiting for others to come to them...they go to others. When you have an idea, see out people right away to help make it better and to help move it forward. Don't wait...go talk to someone (the right one).

YOU JUST GOT TO MOVE ON – 12th mar

We may encounter people who make our experiences with them very difficult ones, and then we just can't put the experiences out of our minds. Dwelling on anything negative too long has long-term impacts on our energy and drive. We need to look for the learning from those experiences, and then we just got to move on. Moving on means moving forward.

IT IS EASY AND DIFFICULT AT THE SAME TIME – 13th mar

You can say that many of the actions to be successful are both easy and difficult at the same time. Because they are easy to do, they are also easy not to do, and that's the difficult part. All successful people have created the discipline within themselves to keep it easy, and have created the key habits that enabled their success.

SOMETIMES IT IS GOOD TO LOOK OUT THE WINDOW – 14th mar

They say that people looking out the window are not really working. However, when you are feeling stressed or stuck on something, looking out the window can be just the right thing to change your perspective. Often taking a break will bring you back to the task with a different perspective, and suddenly you see a way forward you didn't see before.

LESS CAN BE MORE – 15th mar

In the world today, everyone wants more. We are constantly buying things we don't even use, and then wondering where to put it all. Also, we are bombarded with information every day and most of it we can't even make use of. In these cases, more is not necessarily good. When we focus on what we really want, we always understand that we can achieve it with less (less things and less information). Remember, less can be more.

FOCUS IS ABOUT LESS CHOICE – 16th mar

When you create a very clear focus, it will often create less choice for you. Your focus will help you narrow down the possibilities, and help you to invest your time in much more productive ways. Also, less choice means that you will be able to make faster decisions, and faster decisions means faster action.

A HEALTHY OBSESSION – 17th mar

One of the differences between those who achieve success and those who don't is that successful people have a healthy obsession. They are doing what they love and think about it all the time. This helps them to see opportunities that others miss, and create their success.

TYPE OF PERSON YOU WANT TO ATTRACT – 18th mar

If you want to get more out of life, you will need to put more of you into your life. The key is to grow yourself to be the type of person that you would like to attract. What type of person would you want to attract? The answer becomes a powerful goal that focuses your personal growth actions and attracts the people into your life that can help you the most.

THE BEST REVENGE IS GREAT SUCCESS – 19th mar

Too many times people want to take revenge on others when something wrong has been done to them. However, when you take revenge, you put the focus on the other person and not on yourself. It is better to focus on all your energy on being the best you can be and create your own success. The best revenge is your great success.

PREPARE HARD, DELIVER EASY – 20th mar

Everything we accomplish and do well has the roots of success in our preparation. One of the most significant factors of success is the discipline to do the right preparation, and when you do the preparation, delivering the results then become easier. Take a look at how you do your preparation and ask yourself the question: Am I investing the right amount of time in preparation?

LIMITATIONS ARE ONLY IN OUR MINDS – 21st mar

Everyone has some limitations, and the most damaging ones are not real, but just imagined in the mind. Even before we consider the possibilities, we often discount them with an imaginary limitation. When you remove the limitations from your mind, it is amazing the possibilities that will appear.

STRONG CONVICTIONS PRECEDE GREAT ACTIONS – 22nd mar

People who achieve more than others have strong convictions that drive more action. If you don't have a belief or drive in what you want to accomplish (the difference to make), then you will never put in the effort to overcome the obstacles and challenges that always come when attempting anything big.

HONEST WITH YOURSELF – 23rd mar

Honesty with others begins with being honest with yourself first. It helps you to be yourself in more situations, and to focus your discipline to be a better you versus trying to be someone you are not. Honesty with yourself brings the real you into all your interactions with others.

HOW WILL YOU REMIND YOURSELF? – 24th mar

Everyone doesn't have a perfect memory, but there are people to remember to do things they promised far more often than others. It's not that they have a better memory, but that they have a better system of reminding themselves of their promises. What do you do to remind yourself?

PLANNING IS THINKING AT A HIGHER LEVEL – 25th mar

When you invest in planning ahead, you often take your thinking to a higher level. This higher level helps you to see more opportunities than you did before, and maybe even more focused and faster ways to make things happen.

WHAT YOU ARE GRATEFUL FOR INCREASES – 26th mar

Gratitude is something that is sort of a magnet, as whatever you are grateful for tends to increase in your life. In a world that always wants more, it is important to always be grateful for the core things in life that make the biggest difference.

THE WHY AND THE WILL CREATES THE WAY – 27th mar

Two of the most powerful words are WHY and WILL. Success is powered by having a very strong WHY (a purpose), and then a strong WILL (a discipline) to do what is necessary when it is necessary.

BEING TOUGH AND COMPASSIONATE – 28th mar

In life, success is all about the AND, and an important AND is to be both tough and compassionate. Great leaders are tough because they want their company and their people to use their potential. However, they understand that emotion drives everyone and know when to be compassionate with their people when compassion is needed.

A GOOD ATTITUDE IS FREE – 29th mar

A good attitude costs you nothing, but has tremendous value when shown each and every day. The foundation of our ability to influence begins with our attitude, and that's something that all successful leaders never forget. Build a strong foundation for your influence by maintaining a great attitude.

KNOWING WHEN YOU DON'T KNOW – 30th mar

People often get in trouble because they think they know what they are doing, and then never ask for advice or help...but, they don't know. One trait in successful people is in knowing what they don't know. This drives them to seek out advice and help early on in attempting something new, and this is very likely the reason for the success with it.

FINDING TIME TO THINK – 31st mar

Today's life is at such a fast pace, with everyone trying to fit in as much as they can into it. However, if we are only doing, and not also thinking; we might not find the better ways to do more, and more importantly achieve more. Achieving more with less effort and time is driven by the quality of our thinking first. Find the time to think.

APRIL

POWER OF BEING SPECIFIC – 1st apr

People who achieve success are far more specific in their goals than others, and they realize that their creativity kicks in much stronger when they have a specific target to focus on. Some think there is a danger in getting too specific, as they may miss opportunities...but that's usually the opposite. Taking action on a clear goal moves you forward faster to see even more opportunities.

MAKING PRESSURE YOUR FRIEND – 2nd apr

Pressure is something that is both good and bad, and we get to determine this on our own. Pressure drives us to perform and achieve more, but only if we view pressure as something that will drive us to use our potential. Some people can never see pressure this way, and view it as something negative and to be avoided. The successful view it as something to be embraced.

WE LEARN MORE WHEN WE LISTEN – 3rd apr

When we do the talking, we are only reinforcing what we already know. However, when we are listening, we have the opportunity to learn something new. With that being true, one of the keys to our own personal development is to set a goal to listen more. This way we will be learning more and faster, and from each person we meet.

MOST ANSWERS ARE IN THE MIRROR – 4th apr

There are many people who constantly look to others to solve their problems, when the person who is best to solve it is right in the mirror. Success and happiness is often in direct proportion to the level of responsibility we take for our own lives, and to the level we first look to ourselves before looking to others.

DETERMINE THE VALUE YOU BRING – 5th apr

In life, we always end up receiving to the level of value we deliver. You can anticipate what you will receive by first determining the value you bring. That's a key trait in all successful people...they know very well the value they bring to others. Why not invest a little reflection time today, and think about the value you bring (and how to bring even more value).

FAILURE IS ONLY A DETOUR – 6th apr

You can tell a great deal about others by how they view and respond to failure. To some, failure is an stop sign, and to others it's just a detour. Take a look at the backgrounds of every successful person, and you just don't see one failure, but many. Success is all about viewing failure as only a detour.

WILLINGNESS TO TAKE A PERSONAL RISK – 7th apr

The people who get ahead in life are usually risk takers. They stick their necks out and take personal risks that can often go either way (to success or failure). People who take these personal risks have a mental strength and conviction that they have the ability to deliver (and will address successfully any challenges in their path).

HOW YOU VALUE YOUR TIME – 8th apr

People who get the most out of life usually value time more than others. There's one thing you will never hear from someone with a great life...It's "that was a great way to kill time". There's no such thing as killing time, it has to be about time that lives on (time with a value to it).

WITH A BEGINNER'S MIND – 9th apr

A great way to learn more and faster is to approach something new with a beginner's mind. Far too often we make quick assumptions on what we think we already know, and actually that's not really accurate. It's important to listen with a beginner's mind to fully understand the foundations of something new.

RUN A COMPETITION WITH YOURSELF – 10th apr

There are times when you just don't want to do something you have to do. It might be something boring or not fun work, and at these times you need a little incentive. Why not run a competition with yourself by setting a time limit, and seeing how much you can do in that limited time. It makes the boring...competitive, and more fun.

ALWAYS OPEN TO NEW IDEAS – 11th apr

When some people achieve a level of success...they begin to get arrogant and think they always know what is best. However, the people who achieve success year after year are always open to new ideas, and seem to reinvent both themselves and their companies to succeed in an ever-changing world. Are you open to new ideas?

STOP CONFUSING EFFORT WITH ACHIEVEMENT – 12th apr

You often hear people say that you need to work hard. However, just putting in the effort (working hard) does not ensure success. It's about how you work, and where your focus is...on the effort or on the achievement. When you focus on the achievement, it drives you to look at better and more effective ways to make it happen.

LEVEL OF INTENSITY – 13th apr

People who make an impact on others often have an intensity with what they are doing. The concentration and energy they put to a particular goal attracts the energy of others around them too. Intensity is like a magnet, drawing others to help you achieve your goal faster.

YOU AS A BUSINESS – 14th apr

One of the best ways to bring a focus to your life is to think of yourself as a business. Would a business live each day without any goals or a plan of action? The best businesses have CLARITY on their goals and that clarity drives more action...so do the best people (the more successful people).

COMPLAINING KEEPS US IN THE PAST – 15th apr

Have you noticed that people who complain the most are also the least successful. Complaining in something that keeps your mind in the past, and not focused on the present or the future. Complaining is like a heavy weight that is always holding you back, so why not get rid of that weight forever.

TELLING YOURSELF THE RIGHT STORY – 16th apr

People often create their own problems in the minds. They encounter a situation, and create a story about how it happened, and why someone else acted that way. Then, by constantly telling themselves that story, it becomes so real in their minds...that's exactly what happened. Everyone tells themselves stories, with the happiest people telling themselves the right ones.

SET YOURSELF UP TO GET STARTED – 17th apr

The biggest barrier to accomplish what we want is often just getting started. Successful people break through this barrier better than others, as they are constantly setting themselves in the position to get started. They know what triggers their action, and they create the environment drives them to get started.

HAPPINESS IS FREE FROM WANT – 18th apr

Everyone wants to be happy, and some always say I will be happy when..... However, if we take that view, we might always be chasing happiness for the rest of our lives. Happiness is living in the moment, and free from a want that takes us out of that moment. Also remember, happiness is simply a decision, our decision.

THE MAGIC IS IN THE FUNDAMENTALS – 19th apr

What is often overlooked in many areas of life or business are the fundamentals. If you study any successful sports team or business team, you will see that they do the basics (the fundamentals) with a skill and excellence far above others. When that's in place, the magic happens.

SEEING WITH NEW EYES – 20th apr

People who get the most out of life are always seeing everything with new eyes. Their constant personal development is always helping them to observe more of their world, and it is also drives their curiosity to know more and see more. Why not create a life around seeing with new eyes.

HAVING THE BELIEF NO MATTER WHAT – 21st apr

Successful people have the belief in themselves that is far greater than others. It is so strong that they believe they will accomplish what they set out to do no matter what. Also, they do everything they can to keep that belief strong, and always surround themselves with people who believe in the same way.

UNDERSTANDING THE ONE THING – 22nd apr

Take a look at very successful people, and you will notice that they built their success around that one thing they were both great at and was also unique. Investing time to understand your one thing could be the best investment you could ever make.

PRACTICE MAKES PERMANENT – 23rd apr

There's no magic to becoming good at something, but everyone is always trying to find the shortcut. It is only after we practice what we learn, that we make it part of our habits AND behaviors - making it permanent. If you learn something important, then it is also worth doing the practice to make it permanent.

GIVE YOUR DREAMS A DATE – 24th apr

Everyone dreams of something better for their life. However, not everyone puts a date on those dreams (the by when they want them to become true). You never get the right sense of urgency on taking action unless you put a date to something, and the most powerful something is a DREAM.

YOU MOVE TOWARDS WHAT YOU FOCUS ON – 25th apr

Life is what we make of it, and that is based on what we choose to focus on. Our focus is really determining our direction, and we move in the direction of what dominates our focus. What is dominating your focus?

RESULT OF HOW YOU THOUGHT – 26th apr

Your thoughts are like life's travel agent, as your thoughts are always taking your life in a certain direction and experiences. The direction and experiences you have today is a result of your past thoughts, and your current thoughts will determine where you go in the future. Where are your current thoughts pointing you?

UNDERSTANDING THE OPPORTUNITY IN THE PROBLEM – 27th apr

Successful people became successful by solving problems for others, and in this way, adding value to them and their lives. Therefore, there are always opportunities in every problem, and by solving problems you create the foundation for your success.

DIFFERENT RESULTS REQUIRE DIFFERENT ACTIONS – 28th apr

We all do it, and expect different results even though we haven't been doing anything different. Different results are driven by different actions, and these different actions are driven from different thoughts. Bottom line, to get something different, do something different.

OLD BELIEFS NEED TO BE REPLACED – 29th apr

Our beliefs drive our behaviors, so if we want to make significant behavior change, then our beliefs must change as well. Just as it is better to replace a behavior than to adapt one, it is the same for our beliefs. To drive a change in behavior, we need to focus on replacing an old belief with a new one.

KEEPING THE HORIZON IN FRONT OF US – 30th apr

Life is really about realizing our potential and enjoying the pursuit. We do this by living our life with feet firmly on the ground, but always with the view of the horizon in front of us. The only way to realize our potential is to keep our focus on the future (the horizon in front of us).

MAY

MAKE TODAY COUNT – 1st may

People who achieve great things in their lives have the future (their dreams) in their minds all the time, and it's providing their life a direction. However, they can only move in that direction by taking action each day towards it. They make each day count by taking at least one action towards their dreams. You can too.

BREAK AWAY FROM THE CROWD – 2nd may

People like to fit in, and will do things that everyone is doing to not appear different. However, not being different is being the same as everyone else, and by default - that means being average. Successful people are not afraid to be different, and break away from the crowd in order to achieve that success.

WHAT WE ALREADY KNOW – 3rd may

The key habits and disciplines necessary for our success are not something we need to learn, but something we need to do. We already know the right habits, so knowing more is not the answer to what makes the difference. The answer is in us determining which one or two habits are key for us, and then making the decision to implement them.

PASSION = FOCUSED ENERGY – 4th may

Focus is one of the most powerful words, as what we focus on grabs our attention and our actions. You could say that passion is really focused energy. Whenever we give something our focus and add the energy behind it, achievement always follows.

FORGIVE OTHERS FOR YOUR SAKE – 5th may

You sometimes hear people say, They don't deserve to be forgiven! When we don't forgive others, we are always carrying along a burden with us, and it slows us down. Forgiveness is not about lightening their load, but our load. Forgiving others is not for their sake, but for our sake.

UNDERSTANDING THE FILTER TO YOUR WORLD – 6th may

What we consider important, our focus, is really a filter by which we see and understand our world. Some of this is done consciously, but the majority is done sub-consciously. We can change our sub-conscious focus by reconfirming consciously the important each day.

YOU MUST DEFINE IT FOR YOU – 7th may

Many people go through life not really understanding what they want, and then are constantly listening to others as to what they should do. For these people life seems a struggle, as they have been letting others define their life for them. The best person to define your life is you.

ABILITY PLUS THE WILLINGNESS – 8th may

People with the ability are everywhere, and in some cases, there isn't much difference in the ability among co-workers. Willingness is something else, and this is the key difference between the people who achieve and those who don't. Ability starts you on the road to success, but only the willingness will get you there.

ASKING FOR HELP MAKES YOU STRONGER – 9th may

There are many people who are afraid to ask for help, thinking it makes them look weak. However, it is really just the opposite. We always grow faster when we get the help and support from others. Look at every successful person and you will see a person asking lots of questions (continually learning).

ANXIETY IS FEAR BEING EXPRESSED – 10th may

Whenever we are anxious about something, it is often coming from a fear we have not thought through. People who are calm do not really have any less fears than others. It's just that they have thought through and beyond their fears to focus on what they can do. Their action creates the calm within them.

LEARN TO HANDLE AMBIGUITY – 11th may

A lived life is full of changes, and change means that everything cannot be perfectly clear at the beginning of the change. Successful people get successful by embracing change and the ambiguity that comes along with it at the start. They focus on removing that ambiguity and making things clearer for themselves and those around them.

WILLING TO LISTEN TO FEEDBACK – 12th may

The people who grow the fastest are those who are constantly asking for feedback. They want to improve, and know that constant feedback gives them a focus for their improvement. However, there are some people who avoid feedback, as they treat it as criticism versus their fuel for improvement.

HAVING THE COURAGE TO SPEAK UP – 13th may

Very often there are great ideas in the meeting room, but the people who have those ideas just don't share them. In fact, this slows down the growth in more companies than you think. Successful companies and their leaders focus on building their people's confidence AND courage, and encourage them to speak up and share their ideas.

WHAT MAKES YOU UNIQUE? – 14th may

Everyone has a unique talent or a group of abilities that forms a unique talent. When people realize what their unique talent is and focus on it, then their &magical; life begins to happen. That being true, one of the best investments of your time could be in getting clarity on what exactly your unique talent is.

GET HELP TO SEE YOUR BLIND SPOTS – 15th may

Some of the most important growth areas for our personal development are not very visible to us. They are those blind spots in our behaviors that we don't see, but others do. Ask a trusted friend on what they see as your key growth areas, and you will always uncover at least one area you couldn't see for yourself.

CHIP AWAY WHAT IS NOT YOU – 16th may

Your focus (the important) is key as it drives how you use your time, which is really your life. Also, that focus should be on using your strengths and in those areas of your passion. When you do that, the real you is in action. When you begin chipping away from your life the unimportant, you bring more of the real you into your life.

PAIN MEANS YOU ARE IN THE GAME – 17th may

The experts say that we always look for pleasure and avoid pain. However, avoiding pain can mean that we are not fully in the game of life. To accomplish anything worthwhile, we will always have challenges (AND maybe some pain) equal to the size of what we want to accomplish. Remember, pain means we are in the game.

SETTING YOUR EGO ASIDE – 18th may

Success breeds success, but it can also breed an ego. Once people experience success, they take two routes to further success, with one achieving more success in the future than the other. One will look for praise of what was accomplished, while the other will achieve more by looking to praise the people who accomplished it.

ADVERSITY IS A TEST FOR SUCCESS – 19th may

Take a closer look at successful people, and all of them have experienced adversity in the lives. The reason they became successful is the way they treated their adversity. The successful treated it as something that will help them grow versus an excuse for a lack of action.

STEPPING OUT OF YOUR COMFORT ZONE – 20th may

Being comfortable is a good feeling, but it's not a feeling that helps us to grow and use our potential. To use our talents, we need to be trying new things, and that always puts us out of our comfort zones. Therefore, for more success, it's important to make it a habit to step out of your comfort zone regularly.

CONSISTENT UNDER PRESSURE – 21st may

Our best is often needed when the pressure is on, and the people who succeed in this type of environment have a strength of character. Only people of character and living to strong values can be consistent under pressure. Being consistent means that they can maintain a calm, even while those around them are losing theirs.

SUCCESSFUL AT THE UNCONSCIOUS LEVEL – 22nd may

Successful people have an invisible strength that's even invisible to themselves. Their sub-conscious beliefs are what power them to make successful conscious decisions AND actions. Deep within them is the strong belief that they will be able to do it, regardless of the circumstances. With a belief this strong, they were destined to be a success.

BE SPECIFIC WITH YOUR ASSUMPTIONS – 23rd may

Our assumptions drive our actions more than we think, and think is the key word. Very often, we have created assumptions that aren't really correct, as we never invested the time to understand why we think that way. For assumptions to help us get what we want, we need to get specific on what they are (AND why).

LEARN FROM THE EXPERIENCES OF OTHERS – 24th may

To achieve our goals, we cannot grow fast enough with our own life experiences, and need to learn from the experiences of others. We grow faster from the learnings of the people we surround ourselves with and the new people we meet, as well as from the books we read. Power your success with the experiences of others.

CLEAR ABOUT WHO YOU ARE – 25th may

There are many people who go through life trying to be someone else. They are not really themselves, and are not really the others whose life they are trying to emulate. Basically, they are then nowhere. All successful people know who they are. They stay themselves, and study others in order to be a better me.

AMPLIFY YOUR STRENGTHS – 26th may

People often talk about improving weaknesses, but our success is really driven by our strengths. The successful invest time daily to continually grow their strengths, and only focus on the one or two critical weaknesses that will help them amplify their strengths even more.

GETTING OTHERS INVOLVED WITH YOUR DREAM – 27th may

No one really becomes successful on their own, and those who achieve great success have received a great deal of support and guidance along the way to their success. For them, it was all about getting others involved in their dream, and in the process, helping others achieve their dreams as well. Get others involved in your dream today.

YOUR THOUGHTS ARE YOURS TO CONTROL – 28th may

Everything YOU do and achieve is driven by your thoughts. That means that the direction and pace you are able to make towards your goals is directly related to how well you can control your own thoughts. Thoughts drive actions, actions drive achievement; and YOU are the driver.

EVERY SUCCESSFUL PERSON HAD A SETBACK – 29th may

Take a look at autobiographies of successful people, and you will see that they all had a setback, and some even multiple setbacks. A successful life is never a consistent climb, and how these successful people dealt with their setbacks have given them the internal power to climb even higher in their lives.

EXPANDING YOUR LACK OF UNDERSTANDING – 30th may

The more we try new things, the more we understand what we don't know. Therefore, an interesting view on a full life is to keep expanding our lack of understanding...which means we are constantly trying to learn something new each day. A full life is also a life that is constantly expanding.

DOING THE LITTLE THINGS WELL – 31st may

Everyone remembers their big successes, and others remember them too. However, if we reflect on how we achieved them, we will always remember that it was the practice and perfecting the little things that created an instinct in us (AND doing them well without thinking). When we do the little things well, success in the big things just happens naturally.

JUNE

ACTION PREDICTS YOUR FUTURE – 1st jun

People need a direction in their lives...a destination where they are heading. However, a direction is only one part that's needed, and nothing is achieved without taking action. We achieve more by taking action and correcting our mistakes along the way, than by avoiding mistakes and not taking any action at all. Action predicts our future.

BELIEF IN YOURSELF CHANGES EVERYTHING – 2nd jun

Two people can have the same talents, and yet achieve very different results. What makes the difference is the level of belief that one has in his or her ability to use those talents. Think of it as a probability factor. The successful go through life with the 100% belief that they will make it happen, versus the unsuccessful at 50% or below.

PERFORMING IN THE MOMENT – 3rd jun

In whatever field you are in, there are always people with very similar skills. What becomes the major difference between people is not their skills, but their ability to use them at the highest level in life's critical moments. The top professionals in any field perform at their best when it really counts.

UNDERSTAND YOUR CONFLICT HOT BUTTONS – 4th jun

It can be a comment or a topic, but people often have something that's a hot button to them. These things turn up the heat and can create conflict with others (and sometimes out of nothing). The people who understand their hot buttons are much better at controlling their BEHAVIOR when they get turned on. As with many things, it's important for you to understand you.

FOR SOMEONE OR SHOW SOMEONE – 5th jun

The motivations behind our goals can vary depending on the goal. Sometimes our goals are to add value to others (for someone motivation), while at other times we want to prove to others that we can really do it (to show someone). Either of these motivations will drive you to the result you desire.

OUR VIEW ON PROBLEMS – 6th jun

What we accomplish in life has a lot to do with how we view problems. Some see problems, and their first response is to avoid the responsibility for them. Others embrace the responsibility and look for the opportunities that arise from the solutions to the problems. Focus on the solutions, and you always see the opportunities.

MERITOCRACY IS FROM A LACK OF BELIEF – 7th jun

Everyone has talents and skills that can make a difference in their life and in the lives of others. People become average or even below average not from a lack of talent or skill, but from a lack of belief in themselves that either they have it or that they can use it. Remember to believe that you have it and you can use it.

THE QUALITY YOU DEVELOP – COURAGE – 8th jun

You hear about people who demonstrated tremendous courage in particularly difficult circumstances. Courage is not something you are born with, it is something you develop. Also, it's not developed overnight, but in taking on each day with goal of making a difference.

A REALISTIC OPTIMIST – 9th jun

An optimist always seems to get more done than the pessimist. However, a realistic optimist is able to achieve more of what really matters the most. Realistic optimists are careful about over-committing themselves so that they can focus their time on the truly important.

WHEN THE ODDS DON'T MATTER – 10th jun

When people truly believe in what they are doing, the odds don't really matter. They will look for and find a way to accomplish what they believe in, and this strong belief will help them attract the very people and resources necessary to make it happen. A powerful belief is contagious.

FOCUS AND PERSISTENCE – 11th jun

All successful people have both, and it powers them to achieve more than others. The successful know what's important and focus the majority of their time on it. However, they are also challenging themselves to do what others don't want to do, so they need the persistence to carry on with their actions until they achieve what they want.

POWER OF COMPOUNDED ACTION – 12th jun

Too many people are looking for that magic big idea or big action that will change their life around (or create the success that they have been searching for). However, successful people have got successful through the power of compounded action...achieving success through taking the small consistent and constant actions until they achieved what they wanted.

STRENGTH OF YOUR BUSINESS JUDGMENT – 13th jun

People rise in organizations based on their ability to have good business judgment (making the right decisions for the direction of their organization and the company). It is our personal development and our experiences that enable us to build this ability, and our challenges help us to refine it.

WHEN YOU DON'T FEEL LIKE IT – 14th jun

Doing what's necessary, even when you don't feel like it, is the difference that makes the difference. Successful people have a strong inner drive (a strength of character) to take action while others let their feelings stop them. It is this action that can make ALL the difference at key moments in your life.

COURAGE TO FOLLOW YOUR OWN PATH – 15th jun

There are many paths our lives can take, but we never reach the most of our potential without following our own path. The successful people listen and learn, but follow their own passion to achieve their success. You can too...have the courage to follow your own path.

CHEATING OURSELVES – 16th jun

Some people are always trying to get away with just doing enough to get by, and never really giving it their best. They think they are cheating the system (others), but they are really cheating themselves. We can never really be happy by being less than what we are capable of. There will always be that uneasy feeling inside.

THE HARDEST PERSON TO LEAD – 17th jun

Leadership is influence, and the consistency of our behaviors is what keeps our influence with others high. However, the hardest person to influence is ourselves, as we often ask ourselves Why am I not able to do it. Successful leaders understand that the foundation of their success is built by leading themselves first.

TESTED IN DIFFICULT CIRCUMSTANCES – 18th jun

Many people go through life avoiding everything that is difficult...always taking the easy road. However, we never truly know our abilities until we are tested in difficult circumstances. That's why the successful view these circumstances as opportunities to help them grow, versus something to avoid.

PUTTING THE PAST BEHIND YOU – 19th jun

Thinking of the past slows down people far more than any problems they face in the present. Unless the past is behind us, it will always prevent us from seeing forward to the possibilities in our lives, as we are always turning around reliving the past. The road ahead is far more clear when we put the past behind us.

THEN I CAN TOO – 20th jun

We don't always think about it, but successful people were not always successful... and they all have created their success from many different starting points. When we realize this, where we are today is not as important as what we do from now on. If success can be created from any starting point, then we can start creating ours too (from today).

THE DRIVE TO ARRIVE – 21st jun

People who achieve more than others have the drive to arrive. They keep the result (the goals) they are after always in front of them, and focus their energy in the direction of the result they are after. It's the destination that powers the drive, and helps us to use more of our potential to arrive as fast as we can.

NOT WAITING FOR TOMORROW – 22nd jun

Many people are waiting for tomorrow, or when the time is right. If we look at getting the most out of life, then there aren't any tomorrow's...only today's. The best way to live a great life is to forget tomorrow, and live today to the fullest.

LEARNING IS REFLECTING ON DOING – 23rd jun

We learn a great deal from others, but we can also learn from ourselves. Some of our most important learnings come from reflecting on what we have done, and then thinking about how we could have done it better...and can do better the next time. Do you reflect on your doing?...because it creates a powerful learning to do better the next time.

NEVER SETTLING FOR AVERAGE – 24th jun

There are two words that never go together - Success and Average. Successful people never settle for average and are always looking to learn and grow every single day. It's not that they want to be better than others...it's that they want to be the best they can be.

THE HIGHROAD IS UPHILL – 25th jun

People with character problems take the easy way and avoid the difficult choices. Those who take the high road know that their character gets tested in difficult circumstances, and that taking the high road is never easy (it's up hill).

CONFIDENCE IS NEVER CONSTANT – 26th jun

People that can maintain their confidence high do not possess any type of magic, but actually work at keeping it high. They focus on two key things: 1) Celebrating what goes well, and being grateful for it...and 2) Surrounding themselves with people who will boost their energy (it's one of the fuels for maintaining our confidence).

ALLOW A NETWORK TO FORM AROUND YOU – 27th jun

Successful people aren't focused on who they know, but who knows them. By helping others become more successful, they attract the help to power their own success as well. It's the difference between allowing a network to form around you versus going out and building your own network.

SO YOU CAN'T AVOID IT – 28th jun

Everyone procrastinates, and it is something that everyone battles each and every day. However, the people who procrastinate less, create ways that make sure they can't avoid what they should be doing. This can be by making visible to others their commitments, and more importantly, keeping it visible to themselves until they do it.

CHARACTER IS REVEALED IN DISAGREEMENTS – 29th jun

They say that character is revealed in a crisis, but it is also revealed in disagreements. Character provides the foundation to respect one another, and even when you disagree. Lack of respect is one of the key factors in the increased time it takes to solve disagreements.

AN END MEANS A NEW BEGINNING – 30th jun

Something comes to an end, either in our professional or personal life, and we feel sad about it. However, an end often comes as a result of us getting too comfortable with that something, and not investing enough of ourselves in it. Remember, an end provides us a new beginning to fuel more energy in ourselves.

JULY

WHAT YOU DECIDE NOT TO DO – 1st jul

Everyone talks about the need to focus, and to work only on the most important outcomes. However, getting that focus into action requires two things. One - determining the important, and two - deciding what you no longer need to do. The "stop doing" makes more room for the important.

THINKING INSIDE & LIVING OUTSIDE – 2nd jul

Success is always an "AND". It takes an investment of thinking on the inside to gain a clarity of focus...but the thinking alone doesn't create value, and it's about living our focus on the outside too. (Thinking Inside and Living Outside)

CONVICTION ATTRACTS CRITICISM – 3rd jul

People with conviction are not afraid to state clearly their choices, and then live by those choices. It is this clarity that attracts the criticism of people who think differently. Therefore, criticism is not necessarily bad, as no criticism usually means a lack of conviction.

CAN DOES NOT MEAN SHOULD – 4th jul

When we think about our skills, we often think...I could do this. However, success in life requires making better choices, and that's done by understanding that can should not always mean should. The successful know that they should focus only on their most important skills (the ones that drive their success).

CHANGING HOW YOU FEEL ABOUT IT – 5th jul

Change is always difficult, and many people avoid it all the time. However, people who successfully change, often change how they feel about it before actually doing anything about it. What powers us to make the change, or blocks us from doing it, is usually how we feel about it.

YOUR BIGGEST DISTRACTION – 6th jul

People are always blaming others for all their distractions. However, your biggest distraction is you. Most people's lack of clarity on what they want (and clarity on the important) invites the distractions of others.

THROW ALL OF YOURSELF INTO IT – 7th jul

There is a key difference in those who achieve great success and those who don't. The successful throw all of themselves into what they want to accomplish, and that's possible when you make the right choices to lead your life within your passion. Passion brings all of you to whatever you do.

WE LIVE OUR BELIEFS – 8th jul

We all have a guide in our lives that keeps wanting to steer us in a certain direction. It's our beliefs, and their power (although often a quiet one) is very strong. To move in a different direction for your life, first make sure your beliefs are pointing in that direction too.

THERE ARE REALLY NO TOMORROWS – 9th jul

Successful people seem to have eliminated future words like tomorrow, next week, next month, etc. Their future is their vision and goals, and know that they create their vision and reach their goals faster by what they do right NOW (today).

HAPPINESS IS BEYOND THE MONEY – 10th jul

Many people make money their goal, and believe that when they have the money...they will be happy. However, happiness is beyond the money. The happiest people have a goal (a WHY...a Purpose) that drives their happiness, and view money as a magnifier that helps them make their goal even bigger.

FRAME A NEGATIVE AS A POSITIVE – 11th jul

Some people look at everything in a negative way, and only see problems. There are others who are more positive. They still see the problems, but also see the opportunities within those problems and the actions they can take. They frame a negative as a positive.

GETTING OUT OF YOUR OWN WAY – 12th jul

In life, you can either blame others, or you can take 100% responsibility for your own life. Most people think it is others who are in their way, but the truly successful people know that their success is based on how much they get out of their own way.

YOU CAN'T MAKE PROGRESS LOOKING BACKWARDS – 13th jul

When driving a car, it's very difficult to drive forward when we are looking backwards. It's the same with our life...to make progress we have to keep our focus on the future versus the past. The past is only for learning, as it's the future that drives the doing in the present.

GOALS WORTHY OF YOU – 14th jul

People understand the importance of having goals, as it provides a strong focus for your life and what you do each and every day. However, there are two types of goals. One type, it focuses you, but doesn't challenge you...and the second type, it challenges you to use to the fullest your talents and abilities. These second type of goals are worthy of you.

ACT LIKE YOU BELONG THERE – 15th jul

To get ahead in life, we need to be constantly reaching out to people who are more successful than we are, and that means networking above our current status. The people who network above...grow faster and achieve more, and get comfortable doing it as they act like they belong there (because their actions will get them there soon anyway).

BEING PRESENT IN THE MOMENT – 16th jul

There is a key difference between a focused mind and an unfocused mind. The unfocused mind is constantly wandering in and out of the moment (thinking of other things than the current discussion), while the focused mind stays present and gives 100% to the current moment (full attention to the discussion).

BEFORE YOU HAVE ALL THE ANSWERS – 17th jul

To achieve success in a fast paced world, we can't wait to have all of the answers to move forward. We have to have a belief (a faith) in what we want to achieve and that we have the knowledge, drive, and determination to find the right answers on the way. Success in today's world is about making a commitment before you have all the answers.

QUIET YOUR MIND TO REFLECT – 18th jul

Reflection is often what turns a learning into action faster, but most people are so busy that they just can't stop and quiet their minds to do any reflection. Successful people understand the power of reflection to drive change and action, and have the courage to just stop, quiet their mind, and reflect on what they are doing.

DISCOVERING WHAT REALLY MATTERS – 19th jul

A successful life (a rewarding one) is one of discovery, and it's the mindset to experience life to the fullest. However, the most important discovery in every life is understanding what really matters. When you know what really matters, you start putting those "people" in your life first.

GOING TO THOSE WHO KNOW – 20th jul

Ask any successful person, and they will tell you about the people who helped them become successful. They became successful because they sought out the best people to ask. Unsuccessful people ask the people they know, while the successful people investigate and ask the people "who" know.

ACTION BUILDS BELIEF IN THE IDEA – 21st jul

Belief drives action, but very often it is action that drives the belief too. Successful people are always focused on action, and it's action that builds their belief that they will achieve whatever they set their sights on. Belief builds action, and action builds belief.

VERBALIZING IT BRINGS CLARITY – 22nd jul

When we are clear, we tend to take more action. Very often, it is when we share what we are thinking, that we get more clear on those thoughts. By verbalizing it, we are forced to complete our thoughts, while just thinking it...when tend to think of things in fragments.

JUST DOING WHAT WE KNOW – 23rd jul

Many people often give the excuse "I just don't know enough to start". However, that has never stopped very successful people, as they know they always have enough knowledge to start...and will learn much faster by taking action than not taking action.

PUTTING SOMETHING DOWN TO REACH UP – 24th jul

Many people keep to do lists, and are constantly adding more items to their list each day...but unfortunately, not taking items off at the same rate. To achieve our goals, we can't do everything, so if we add something to our to do list; it's only logical that something must come off it too.

ALWAYS A WORK IN PROGRESS – 25th jul

Everyone has unlimited potential, and a successful life is about using as much of that potential as you can. Therefore, nobody has actually "made it", and we all are a work in progress. Listen to any successful person, and they will always contribute their success to their constant personal development (and refer to themselves as a work in progress).

THE REASONS WE HIDE BEHIND – 26th jul

Many times when opportunities come, people will say no to them, and say things like "the timing is not right" or "I don't feel I am ready". Those are the reasons they tell others, but there are others that they are hiding behind. When we begin to stop hiding behind our real reasons, our action begins to grow.

COURAGE TO DO THINGS DIFFERENTLY – 27th jul

To truly make a difference...to stand out from the crowd...to lead..we must have the courage to do things differently than others. Some will get excited and help us make that difference, while others will tell us all the reasons why it shouldn't or can't be achieved. Remember, to make a difference, we need to do things differently.

BASE INGREDIENT OF SELF-CONFIDENCE – 28th jul

Everyone with strong self-confidence has built it on a foundation of self esteem. To many, feeling good about yourself, and what you can accomplish seems too much like having an ego. However, self-confidence and ego are not the same, and nor is self esteem. Self esteem is really about having the feeling that you can always be your best.

COMPOUNDING YOUR ENERGY – 29th jul

Think about this...you never seem to see a lonely person with lots of energy. The way we compound our energy is through the people we surround ourselves with. When we have positive business and personal friendships, we always have a ready source of energy available to us (and energy we can provide to others too).

A BROAD PERSPECTIVE – 30th jul

A perspective, just like knowledge, provides a foundation for our actions and habits. People with a broad perspective are able to view change in proactive ways versus reactive ways, and don't get overly excited in the process. The more we broaden our experiences, the more we broaden our perspective.

THINK DIFFERENT TO ACT DIFFERENT – 31st jul

We can act our way into a new way of thinking. However, to drive significant change, we need to change our thinking first. Very often, the first step is to question why we think what we think, and what is the thinking that can move us forward faster.

AUGUST

HAVING THE COURAGE TO SAY NO – 1st aug

The quality of our life is more driven by what we say no to, versus what we say yes to. Every step forward in our lives has been powered by making the difficult choice of saying no to one thing that enables us to say yes to other.

STORIES WE TELL OURSELVES – 2nd aug

Everyone's reality is different, and we always think ours is the correct one. However, everyone's reality is based on the stories we tell ourselves, and that means we can change our reality just by telling ourselves different stories. It's about how we tell ourselves it is that makes it so.

TIME WILL TELL – 3rd aug

You reveal a great deal about yourself by the way you use your time. People notice more than you think, and by how you use your time, you reveal both your priorities in life and also the values you live by. As the saying goes, "time will tell", and what would how you use your time say about you?

WE HAVE IT - WHATEVER IT TAKES – 4th aug

Far too often people are saying that they are missing something to get started on what they really want. They are saying, "I will start when...". "When" is a procrastination word, and you don't hear successful people use it unless they are adding a "by" and asking themselves "BY WHEN?".

STEALING OUR FOCUS – 5th aug

Our focus is our criteria for making all our yes and no decisions each day. People who achieve more than others have a focus strong enough to not let others steal it. Their focus allows them to say "NO" more often, and not allow others to divert their focus. How strong is your focus?

DREAM ONE SIZE BIGGER – 6th aug

Many people don't achieve great things in their lives simply because they don't think about it or dream about it. Their thoughts and dreams are small, and therefore their achievements are small. The best way to get started on a different approach is to always dream one size bigger, and you will always stretch yourself to use more of your abilities.

UNDERSTANDING WHAT MOTIVATES YOU – 7th aug

Everyone is motivated by different things and in different ways. You can't copy someone else's motivation, so the beginning of building the life you want starts with you understanding what motivates you...and then doing something about it.

LISTEN & CHOOSE – 8th aug

Everyone who has attempted something different has always heard those negative voices that it couldn't be done. However, there are often some good learnings in those negative voices. So, it's good to listen, and then choose what you should pay attention to and also what you should forget immediately.

DEVELOPING EMOTIONAL SELF-CONTROL – 9th aug

Emotions are powerful, as they can power you to achieve things you didn't think possible. However, something with such positive power can also have an equally negative power too. Success comes faster and stays with you when you have the control to use your emotions in productive (positive) versus destructive (negative) ways.

THE POWER OF DELAYED GRATIFICATION – 10th aug

To achieve anything big, it is never something you can do in a week. It takes time. For people who achieve those big things, they have the ability to motivate themselves to keep at it, even when the gratification and applause of others is not there yet. For these people, progress is their fuel until the gratification comes along.

WHAT DOES THE SITUATION REQUIRE? – 11th aug

You don't see successful people make excuses. The unsuccessful look at a situation, and make excuses of lack of time or not having the right people. The successful look at what the situation requires, and then focuses all their energy in pulling together whatever is required.

IF YOU SPEAK IT, DO IT – 12th aug

There's a strong connection between say and do in successful people. What they say they will do is something they consider important, and thus will do it too. For them, words are not something just to throw around, and they are careful in what they say...as for them, it is a commitment for their action.

OPEN TO WHAT OTHERS CAN TEACH US – 13th aug

With every person you meet, there is always something you can learn from them, and that can come from gaining some knowledge or experiencing a different mindset that you need to learn to adapt to. When you are open to what others can teach you, you are more likely to see the learning faster.

BY DELIVERING WHAT YOU PROMISE – 14th aug

Credibility has value, and when you have it, your words and actions have more impact on others. To gain this credibility it always starts by delivering what you promise to others. If you cannot keep your word, and link your words to your actions, you will never gain the credibility with others that you desire.

WHEN WE ARE UNCOMFORTABLE – 14th aug

Change is something that people either love or hate, and most people hate it. Why?...because it makes us uncomfortable, and the people who hate change view that as bad. However, the reason some people love change is that they know they grow faster when they are uncomfortable. You do too!

BECOMING MORE VALUABLE – 15th aug

Everyone wants to grow in their lives, but not all growth has the same impact. Those who make a big difference with their life are focused on making themselves more valuable...meaning, always growing their ability to add more value to others. Also, being valuable is a money magnet too.

THERE'S NEVER AN ARRIVAL POINT – 16th aug

A life never really has a final arrival point, as that would say that you have stopped challenging yourself to grow. As you grow, you always see more opportunities to go after and thus you never really arrive.

RISKY TO NEVER TAKE A RISK – 17th aug

People often don't like taking risks, but in a world that is moving so fast; you have more risk not taking any risks! So, look at what you are doing today, and where might you be missing some opportunities if you were willing to take a bit more risk in your actions.

YOU PAY THE PRICE IN ADVANCE – 18th aug

Successful people know that their success always comes from an advance payment. It is about putting in the focused effort now in order to reap the rewards of this effort later on. It takes time to build the solutions that deliver value to others and the reward to you.

EMBRACE WHAT YOU ARE RESISTING – 19th aug

It is usually the thing we resist the most that is holding us back the most. That could be something that we are scared to do, and if we would do it; it might open doors to everything we want. Why not embrace what you are resisting today...and keep the vision of the doors opening as a motivator to do it.

START WHERE YOU ARE NOW – 20th aug

Everyone has said this expression: "I'll get started when...". We all seem to be looking for the perfect conditions in order to get started, while the people who are making things happen begin don't wait at all. They know that the faster they get started, the faster they create their own conditions that enable even more action.

PASSION BUILDS WHEN YOU EXPRESS IT – 21st aug

One of the best ways to build the passion within you is to share it with others. The more we share what our passion is, the clearer it gets in our mind and our heart, and that magnifies the passion within us.

IDEAS BIG ENOUGH TO CHALLENGE OUR POTENTIAL – 22nd aug

It is really impossible to use our potential if we don't think big enough ideas that force us to use it. For many successful people, their first question becomes "Is this idea big enough?". Increase the size of your ideas to use more of your potential.

WHAT YOU PRACTICE YOU BECOME – 23rd aug

To be good at anything, we need to put in the hours (the practice). When we practice something, we begin to do the basics without thinking, and each time we practice; we can then add more sophistication and expertise to what we do and how we do it.

HAVE LESS THOUGHTS & BE MORE SUCCESSFUL – 24th aug

Would you believe that the successful people have less thoughts? It is not that they think less, but that their focus on their goals help them to stay more focused with each thought and think longer on the thought than others. The unsuccessful mind is bouncing from one thought to another without seeing an action to move it forward.

MOVING BEYOND THE PAST – 25th aug

Most people don't get what they want because it is difficult to create the future from the past...as the future only gets created from the present. It is no longer what you did, but what you are doing today, and every day after this one that will determine your future.

YOUR THOUGHTS TAKE YOU THERE – 26th aug

Everything starts in our thoughts, and it is our chain of thoughts the provide the road for our actions. Where are your thoughts taking you and do you like the destination? Remember, a change in destination starts with a change in our thoughts.

IT SHOULD SCARE YOU FIRST – 27th aug

Goals are what powers us to use our potential and achieve more of what we want. The right goals should not make us comfortable, and in fact, should scare us a little. Why?...because they should challenge us to grow to the size who can deliver those goals

REGARDLESS OF THE CIRCUMSTANCES – 28th aug

People who lead themselves well are the same person regardless of the circumstances they have to face (both real and imagined). Those who can't lead themselves well seem to be a different person depending on the circumstances and you end up wondering which person is going to show up.

BECAUSE OF THE DECISIONS WE MADE – 29th aug

Where we have arrived in our lives is based on the decisions we have made up to this point. Therefore, to change the direction of our lives, it starts with the decisions we make, and it is not only the big ones that make the biggest influence. It is often the accumulation of our daily decisions that change the direction of our lives.

COMFORT CAN BE DANGEROUS – 30th aug

Comfort is something everyone seeks, as we feel better when we are comfortable. However, being comfortable doesn't mean we are growing. It is during those times when we stretch ourselves out of our comfort zones, that we learn more and grow more. Too much comfort stops growth.

GIVE IT SOME DEDICATED TIME – 31st aug

Life moves at a fast pace these days, and it becomes difficult to give anything a great deal of time. However, the people who get more accomplished than others have one habit that helps them the most. They give dedicated time for their most important goals. Do you?

SEPTEMBER

RAISING YOUR INTERNAL STANDARDS – 1st sep

Our level of achievement, and what others see, is driven by the internal standards we set for ourselves...what others don't see. To change our level of achievement, it always begins with raising our own internal standards first...and that is often powered by a new belief in ourselves.

YOU FIND STRENGTH IN ADVERSITY – 2nd sep

Think about it, your strength isn't required as much in the good times, it is required in the difficult times. You will always learn more about yourself and see the strengths you have when you encounter adversity. In this way, adversity can be positive in revealing the powerful you

WHEN OPPORTUNITIES COME – 3rd sep

Step changes in our success are often driven by how we respond in those key moments when opportunities come. It is about being prepared when the opportunities come, as this puts us in a position to perform at our best and exploit the value to us that this opportunity provides. Are you ready for your next opportunities?

THE ABILITY TO CHOOSE – 4th sep

Our life and the direction it takes is based upon the choices we have made up until now. Some embraced their key choices and made them for themselves, while others avoided their key choices and let others or circumstances decide for them. Remember, your ability to choose keeps you in the driver's seat of your life.

BELIEFS ARE REALLY ASSUMPTIONS – 5th sep

Our beliefs are really assumptions on what we can and cannot do. As assumptions are the starting point for everything, you could say our beliefs (our assumptions) either take us on the right or wrong road from the very start; and it's difficult to reach our goals if we start on the wrong road.

MAKE TIME TO THINK – 6th sep

Everyone is living their lives at a fast pace, and feel they always need to be doing something. Action is good, but we also need to time to think! This is the time when we get clear on our priorities, and are able to see ideas to take action in more productive ways. When is your best time to THINK?

NEVER SETTING LIMITS ON YOURSELF – 7th sep

You see this problem in so many people, but never in the very successful people. The successful people never set limits on what is possible for them or the people around them, and in this way they and others around them will have a better chance of using our potential. The most dangerous limits are the ones we put on ourselves.

DAILY ACTION BUILDS HABITS – 8th sep

Our most important habits are our daily habits, so if you are not taking that specific needed action on a daily basis, you will be behind the people who do. It is amazing what you can accomplish, and who you can become; just by focusing on doing that specific needed action every single day.

YOU FIND WHAT YOU FOCUS ON – 9th sep

What are the chances of you finding something you are not looking for? Chances are probably not good, and that's why they call it a chance. It is the same with your focus, because a strong focus has the power to help you find what you are looking for. They call it the power of attraction.

SURROUNDED WITH PEOPLE WHO CHALLENGE YOU – 10th sep

We grow faster when we are out of our comfort zone, and this is why long-term successful people surround themselves with people who will challenge them (their thinking, behaviors and ideas). Without the challenge, we stay in our comfort zone and never break old patterns of thinking and habits.

LOOK INSIDE YOURSELF FOR THE SOLUTION – 11th sep

Personal responsibility is an enabler for many things, and there are many people who are avoiding it. They blame others and look to others for solutions when they should be starting by learning inside themselves first. Very often you have the solution and only need to invest the time to think through.

ALIGN YOUR BEHAVIORS TO YOUR TARGET – 12th sep

The majority of people align their behaviors to their feelings, and that means they have to feel like it to do the right thing. However, the successful people align their behaviors to their targets (what they want), and this powers them to do the necessary even when they don't feel like it.

REFUSE TO BECOME AN OBSERVER – 13th sep

Life is really a participation sport, and that means we all need to refuse to be an observer. We may gain insights from observing others, but we gain true learnings (the experience) when we putting ourselves right in the middle of the action. Refuse to be an observer.

PASSION FUELS YOUR RESOURCEFULNESS – 14th sep

Resourcefulness is one of the most important traits to look for in people. This is really the ability to find a way to make it happen with whatever resources you have at the time. Passion plays a big role, as it creates a clear target and a focused mind to see solutions others often miss.

CHALLENGES INTRODUCE YOU TO YOU – 15th sep

The challenges you face in life always come with a great side benefit. They always help you to learn more about yourself. That's powerful, as the more you know you, the more you will be able to adapt your behavior and that always provides you more influence in your relationships with others. Remember, challenges introduce you to you.

SHARED SKY, DIFFERENT HORIZONS – 16th sep

The same world is out there for everyone, but not everyone sees the opportunities that are always there. They share the same sky, but have very different horizons...the goals they are shooting for and the opportunities that come into view.

CONTINUALLY NARROWING OUR FOCUS – 17th sep

People who achieve successful faster than others often have a broad view, but a narrow focus. They understand the world around them and the drivers impacting their area of focus, but when it comes down to taking action...they have a narrow focus that drives faster results.

WE NEED A KICK IN THE BUTT – 18th sep

We all have times when we know we need to do something and just don't have the energy or the motivation to do it. We need a kick in the butt, and the most successful people surround themselves with people who will provide it when they really need it.

FEAR REDIRECTED CREATES ENERGY – 19th sep

Fear has great power, and most people let that power stop them versus move them forward. Very successful people have redirected their fear from avoiding something to embracing something...as they have realized that fear can create a strong sense of urgency for action.

BE YOU AND THEN A BETTER YOU – 20th sep

Success comes easier when we live our passion and we are in an environment where we can be ourselves. That's important for you to be you, but it doesn't mean you stop growing and adapting. A great goal is to be you and then a better you.

CONTROLLING THE MOVIES IN YOUR HEAD – 21st sep

Everyone likes to go to the movies, as it drives strong positive emotions in us. However, that's not always the case with the movies we play in our head. Life always gets better when we gain more control over which movies we allow ourselves to play in our heads.

CREATES A PERCEPTION OF SKILL – 22nd sep

A well crafted image can often create a perception of skill in others that isn't always there. Also, if a great skill is there, an image can magnify it in ways where better opportunities will come your way to use that skill to its fullest.

AS FREE AS YOUR CHOICES – 23rd sep

Freedom is all about choice, so we can only feel free to the quality of the choices we have. That's why money provides more freedom as it opens up more choices. However, for the strong, choices = freedom; and to the weak, choices = frustration.

KEEPING THE IMPORTANT IMPORTANT – 24th sep

The single most powerful question in life to ask ourselves routinely is...What is the most important to me right now? It is the ability to keep both the important big and small things clear in our minds that delivers both today's commitments and builds our desired future.

YOU SEEK EVIDENCE OF YOUR THOUGHTS – 25th sep

We always move faster our goals when we are constantly thinking about them. That's because our brains are built to always seek evidence of our thoughts. So, the more we think about our goals, the more our brains seek out the very things that will help us deliver them.

STAYING IN THE MOMENT – 26th sep

What does it take for you to lose your attention? When you have the ability to stay in the moment, you have more chances to influence that moment over others who can't keep the same focus and attention. When you are totally engaged, you gain more control over conversations and circumstances.

YOUR RECOMMENDATIONS REVEAL YOU – 27th sep

The recommendations you make to others (both on people or experiences you had) reveal a great deal about you. Recommendations reveal a great deal about both your character and your judgment, and these are the foundation of trust in all relationships.

THE WAY YOU FILE IT AWAY – 28th sep

We all have both good and bad experiences in our lives, and how they impact us is based on how we file them away in our memory. The best approach is to magnify the emotion on the good experiences, and focus on the learning only from the bad experiences.

WHAT YOU WILL NOT DO – 29th sep

Character is expressed in our actions. That's true. However, our character is defined more by what we are willing not to do. In key situations in life, character is expressed by our choices and whether we take the higher road in difficult circumstances...and avoid the wrong path.

LEARN AND MOVE ON FROM MISTAKES – 30th sep

Mistakes are part of life, and if we keep trying to do new things and improving ourselves; then we will always be making mistakes. The key is to learn from the mistakes, move on, and then use our learning to do better the next time.

OCTOBER

YOUR BELIEFS TRAIN YOUR PERCEPTION – 1st oct

Everyone views their life with unique perceptions and how they initially gained their perceptions is through their beliefs. Beliefs are so strong that they can either amplify or diminish the very things right in front of us. To question your perceptions, question your beliefs.

SMALL ACTIONS DONE AT THE RIGHT TIME – 2nd oct

Think through your days, and you will see it is just a series of small actions. The most talented and successful people know this and focus themselves to keep taking those small actions and focus on doing them at the right times for the largest impact on others.

STOP TALKING YOURSELF OUT OF IT – 3rd oct

The loudest voice against what you really want doesn't come from others, but from yourself. What you are telling you is far more powerful than what others are telling you. Changes begin with a change in your self-talk...so start your change there.

THE JOURNEY THAT NEVER ENDS – 4th oct

There is one journey that never ends...it's our personal development. Within us is an unlimited potential, and our goal is to develop ourselves to use as much of it as we can. Self development is the best way to keep expanding both our success and happiness in life.

THE DIMENSIONS IN WHICH YOU STRETCH – 5th oct

Everyone needs to stretch themselves to become better. Some only stretch in one dimension, and then struggle to become effective when their environment changes. Great leaders stretch themselves in many dimensions, as their adaptability is one of the keys to their leadership success.

WORKING ON OUR BLIND SPOTS – 6th oct

We all have areas of ourselves that need improving, and often the ones the need improving the most are the ones we cannot see. It is our blinds spots, and the only way to see them is to ask for feedback from others. You cannot improve what you cannot see.

DREAMS BRING POWER TO THE PRESENT – 7th oct

Without dreams, we never get the energy to use our potential in more creative ways. What we dream of tomorrow always brings more power to what we have to do today. Therefore, what are your dreams?...and are they big enough to bring power to what you have to do today?

OUT OF YOUR MOUTH AND INTO YOUR HEAD – 8th oct

Whatever we verbalize helps us to gain clarity on what we really think. It is not until we have to say it or write it that we are required to complete the thought. When we only think something we have a tendency to think in fragments and that stops us from gaining that clarity.

A MASTER OF THE FUNDAMENTALS – 9th oct

The fundamentals are very much like the foundation of a building. You can only construct a build so high depending on the quality and strength of it's foundation. Therefore, your potential is based on your ability to master the fundamentals...core habits that you use in everything you do.

ELIMINATING THE WEEDS IN YOUR MIND – 10th oct

Whenever we find ourselves slowing down, it is probably because we let too many weeds fill our mind and they keep taking all the energy from what we could be doing. When negative thoughts start to spread throughout everything we do, we begin to slow the action on all the important things in our life.

REFUSING TO BE AVERAGE – 11th oct

Anything average does not have real power. One of the keys to greater success is refusing to be average, and to focus your energy on getting better every single day. What are you doing to improve yourself and those around you every day?...to be more than average.

WE ARE THE CREATORS OF OUR REALITY – 12th oct

Many people think life is a series of chances. However, the successful people understand that their life (their reality) is within their control and is based on how they think and what they do. You are either in the driver's seat or the passenger's seat of life, and it comes down to your choice.

OUR PERCEPTIONS ARE LEARNED PERCEPTIONS – 13th oct

The perceptions we bring to each day didn't get there by accident...they were learned. And as with other things, what we learn can be unlearned too if it is not helping us to achieve what we want. As we grow in our lives, we always have to challenge our perceptions, as we might have grown beyond them where they are both of no longer use to us or can be even limiting us.

KNOWING WHEN TO AND WHEN NOT TO QUIT – 14th oct

The most important decision in our lives is knowing when to quit or not quit. Sometimes we need to persevere and carry on with something until we make it happen. Other times, the most important thing is to quit and try another way. This decision is driven by both our maturity and our passions, and it is often in keeping both in mind in the most productive ways.

COLLABORATION SHOWS SELF CONFIDENCE – 15th oct

People who are great collaborators and drive good collaboration are confident people. They are willing to be around people better than them and use other people's talents in unique ways and combinations to get the best from everyone's combined efforts. Are you confident to truly collaborate with others?

FORGETTING WHO YOU ARE – 16th oct

Sometimes our behavior goes in the wrong direction because we forget who we really are...we begin to lose the values that have been our foundation through the years. It is just as a building with a faulty foundation, it will be difficult to grow taller if the foundation of ourselves is not strong.

THE CHOICE BETWEEN GOOD AND GOOD – 17th oct

Everyone is great about making the choices between good and bad. The difference in the successful people is that they are also great about making the difficult choices between good and good. They have the ability to think in deeper levels and in the future in order to see more clearly and faster than others the right good option to take.

A CHANGE IN THINKING COMES FIRST – 18th oct

People don't really get to make big changes in their lives until they begin to change their thinking in a big way. A change in thinking always comes first, and it is the ability to keep those new thoughts long enough until you take action and make some progress.

FIND THE LESSON IN YOUR BIGGEST PROBLEM – 19th oct

Problems are also opportunities and even in the simplest problems there is always a lesson to be learned. Successful people never leave a problem without finding the lesson that is within in, and often will find someone else who could benefit from this lesson and share it on. Find the lesson in your biggest problem.

WITH PURPOSE YOU GO BEYOND FAITH – 20th oct

Everyone talks about the faith needed in an idea to make it a reality. However, the real power lies before the idea and with the purpose that drove the idea. A purpose has far more power than just faith, and the more powerful the purpose; the more energy it delivers both to you and everyone around you.

BREAK THE PATTERN – 21st oct

Habits when delivering the results we want are good. However, habits that are not delivering is the very thing that needs to be broken in order to create the right environment to deliver more. Our habits can have become fixed either consciously or subconsciously, and significant progress often starts by breaking the habits first...basically creating new ones.

PICTURE IT WITH EMOTION – 22nd oct

People who both create more of their own energy and get more energy from others always picture what they want with as much emotion as possible. Emotion is what grabs both ours and others interests, and if people aren't interested something; they never put enough action into it. Start by picturing it with as much emotion as possible.

USE YOUR MIND FOR WHAT'S IMPORTANT – 23rd oct

Too many people keep using their mind as a storage device, always keeping what they need to remember to do. That works to an extent, but not when your world becomes more complex and more demanding. When you write things done, you free your mind for more creative work than just being a place to store what you need to do.

EMBRACE THE PRESSURE – 24th oct

Pressure is something that succesful people embrace and unsuccessful avoid. Pressure is a call for action (or for a performance), and the successful always answer the call as they always get two benefits: They move faster towards what they want...through the pressure and they always grow faster along the way too. Embrace the pressure.

FOLLOW THROUGH IS A DISCIPLINE – 25th oct

People who make things happen have a discipline that other lack...they follow-through with the critical things that need to happen and when. Follow-through shows to others that you are committed to what you want to achieve, and that drives the commitment in those around you too.

IT'S ABOUT WHAT YOU SAY TO YOURSELF – 26th oct

What you say to others is not nearly as important as what you say to yourself. Before ever convincing others, you are always either talking yourself into something or out of something each day. The path to faster success always starts with bringing under control what you are saying to yourself, and creating self talk that always drives you forwards versus backwards.

DOING YOUR HOMEWORK BUILDS CONFIDENCE – 27th oct

Generally, people don't like homework, and that feeling started when we were children. However, doing our homework is one of the best ways to boost our confidence on a topic, and that confidence helps us influence others in our conversations about the topic. Look at your homework as a confidence builder and you will do more of it.

PAYING ATTENTION TO YOUR ATTENTION – 28th oct

One of the most important checks on your own self awareness is to pay attention to what has grabbed your attention. When your attention goes, so does your action. When others grab your attention and take it away from your important, they are really stealing your time (your life). Always be mindful of what has your attention.

SET THE BAR HIGH ON ATTITUDE – 29th oct

Our behavior is something that either attracts others to us or moves them away. We get the most support from others when we are great to be around, and that is done by always setting the bar high on our attitude. Our attitude is always totally within our control as it is within our control who we show to the world and how we respond to it.

LIFE GIVES YOU WHAT YOU EXPECT – 30th oct

They say: we get what we expect. That means that life gives us what we expect to happen. Our expectations are a magnet, and a magnet is a force that create movement in the direction of those expectations. When your expectations are big, then you create a powerful magnet that will power a lot more action to meet those expectations. What expectations are you creating for yourself?

DETERMINE YOUR PRIORITIES – 31st oct

Unless you determine your priorities, you often end up working on other people's priorities than yours. The most productive people determine their priorities before they engage the world, and that helps them to make better choices to keep focused on those priorities throughout the day. They don't let others take the driver's seat of where they apply their time.

NOVEMBER

SUPPORT DURING THE DOWN TIMES – 1st nov

Everyone experiences times when they feel down, and that's normal. What's not normal and a habit of the more successful people, is having people you can turn to for support when you feel down. When you have the right support around you, you can call upon the right person at the right time to help keep your perspective in the right place. Sometimes we just need someone else to lift us up.

THE MOMENT IT'S EASY TO QUIT – 2nd nov

There are often defining moments in our lives that make the biggest difference to both what we achieve and the direction our life takes. It is when it becomes easy to quit something, when if you just persevered a little longer you would have gone ahead to achieve it. It is those moments when it is easy to quit that we need to find extra strength to keep moving forward.

THE MOST IMPORTANT THINGS ARE NOT THINGS – 3rd nov

Some people are focused on things and gathering more things into their lives...while others view the important those key relationships that both fuel and enable their purpose and passion. They say that maturity begins when we view our relationships as something more important than our things.

COMPETING LIMITS OUR ABILITY TO CREATE – 4th nov

Competition is good for getting more from us, but not always for getting the best from us. Competing with others limits our ability to create. We end up trying to do better than them, but maybe we are not challenging ourselves to be creative enough to use our potential. Remember, competition can be good, but also can be limiting.

BEGIN WITH THE END IN MIND – 5th nov

People use this phrase often: Begin with the end in mind. When you have a clear picture of what you want to create, you always see more clear the actions you can take and the people who can help you. What also needs to be clear is the WHY behind it, as this becomes the emotional fuel for the action you need to take.

CREATE THE CIRCUMSTANCES YOU WANT – 6th nov

There are two views on circumstances. Some people view them as something they have no impact on and they just show up...with others seeing that their role is to create the circumstances they want. We move faster on our goals when we focus on creating the circumstances versus just dealing with them as they show up.

YOU DEMONSTRATE COURAGE BY TAKING RISKS – 7th nov

People with courage do not let risks stop them from taking action. They know that there are risks in everyone and often the biggest risks come from a lack of action. When you take risks, you are demonstrating the courage you have and people will always follow you stronger when they see that you the courage to act.

HAVING NO BOX IN THE FIRST PLACE – 8th nov

There's a great saying: Thinking outside the box. For the people who are very creative, they don't even see a box. They have the ability to think about the topic or issue with no constraints at all...only the possibilities. This helps them to see connections that others would never see.

YOUR ACTIONS CAN CONVINCE YOUR MIND – 9th nov

Our mind can drive our actions, but it is also true that our actions can drive our mind. The more we take action and get the right results, the more we believe that we can repeat it again and again. In that way action has changed our thinking and made it more positive...creating a positive expectation if we take action.

LEARNING FROM DIVERSE INPUT – 10th nov

We learn the most from people who are different than we are...both in their thinking and in their behaviors. That diversity often challenges us to question why we think a certain way and also to question whether we need to change our behaviors in order to achieve more. We never grow fast enough if we are always surrounded by people just like us.

SELF WORTH COMES FROM YOU, NOT OTHERS – 11th nov

People often look to others to reinforce their own self belief and self worth, as they feel that their self worth comes from others. However, strong and successful people do not look for others to reinforce their own self worth, they look to themselves and know that it is their own thoughts and actions that drive their own self belief and self worth.

A LIFE LIVED WELL IS A BALANCING ACT – 12th nov

We all have seen people who created successful businesses suddenly burnout. They put so much of themselves into their business that they had nothing left for anything else. True successful people understand that a life lived well is a continued balancing act. They keep all the key elements of their life in focus and make sure they keep the balance.

WRITE IT DOWN TO BE MORE CREATIVE – 13th nov

People who are the most creative never leave their ideas rolling around in their head. They write them down. The more they write down, the more they see even more ideas based on the linkages and synergies from what they already have written. Write your ideas down to get more creative.

FOCUS ON THINGS YOU CAN CONTROL – 14th nov

There's a really good test to see if you are being as productive as you could be. If the majority of your thinking and worrying time is on things out of your control, for sure you are not focused on what you could do. This results in you being not as productive as you could be. Focus only on things that you can control and see your productivity soar.

WE DON'T ASK FOR ENOUGH – 15th nov

Most people don't get all they can out of life because they are constantly playing it safe. You know, you can never get what you don't ask for. So, if you want more, you have to ask for more. However, the more you ask for, the stronger your personal development needs to be in order to become the type of person who can get it.

WHEN YOU ADD MEANING – 16th nov

Successful people and unsuccessful people manage pressure, stress and other factors that impact their performance in different ways. It all comes down to the meaning that they attach to the events in their lives. Successful people have a positive self-concept and attach more positive meanings to what hits them every day than unsuccessful people do.

GIVING YOURSELF A COMMAND AND FOLLOWING IT – 17th nov

A very interesting way to look at discipline is that it is giving yourself a command and then following it. We feel bad when we don't do what we promised ourselves, and get the same feeling when someone else does not follow-through on something they promised us. Follow your own commands (discipline yourself) and nothing will be beyond your reach.

YOU'VE GOT TO KNOW THAT YOU HAVE IT – 18th nov

Everyone has inside themselves the abilities for greatness. The successful people know what's inside them and this creates the expectation that they will achieve what they set as their targets or goals. It's not ego, just a strong expectation. Invest the time in yourself to create that expectation in you.

ALIGNMENT OF WORDS AND ACTIONS – 19th nov

There's a nice way to describe integrity. It is the alignment of a person's words and actions. The people you trust in life are the people who do what they say. To gain more trust from others, remind yourself daily to take strong action on anything you say you will do.

DISCIPLINE OPENS THE DOOR TO YOUR POTENTIAL – 20th nov

Think about the success of any person you admire, and you will see the discipline in them that enabled their success. That discipline opened the door so that they could use their potential, and it can do the same for you. Open the door to your potential by putting more discipline into your life and behind your dreams.

WE ACCOMPLISH TO THE LEVEL OF OUR BELIEFS – 21st nov

Where we are in our lives today is really based on the beliefs we have had in ourselves up to this point. Our actions are driven by our beliefs, so if we want a different life for ourselves; we need to start with what we "Believe". Our beliefs create who we are, and who we are determines what we accomplish.

LOOK INWARD BEFORE LOOKING OUTWARD – 22nd nov

Many people are always looking for others to change before ever looking at themselves. Successful people are just the opposite. They know that others change only after they change first, and that their behaviors will change the behaviors of those they interact with. Remember, to see the change in others, change yourself first.

OTHERS NEVER KNOWING THE DIFFERENCE – 23rd nov

No matter how you feel, it is always better to show to the world a positive and happy attitude. This type of attitude attracts the help of others, while a negative one has people wanting to avoid you. Which one helps you get more accomplished? A great goal to have is for others to never know the difference on whether you are having a good or a bad day.

MAKE PREPARATION PART OF THE PASSION – 24th nov

You see a trait in all successful people that you never see happening, but you always see the results from it. It is their preparation. People who do the preparation, make it part of their passion, and do the preparation with the same drive as for what they are preparing for. Make preparation part of your passion.

STICK TO YOUR OWN GAME – 25th nov

There are a great number of people who try to copy others in such detail that they change who they are. We all need to observe and use as learnings the good behaviors and ideas of others. However, we need to incorporate them into our lives in such a way that we stay consistent with our personality and values. Stick to your own game, along with a little help from others.

YOU PAY FOR EVERYTHING WITH YOUR TIME – 26th nov

All of what you do is really paid for with your time. Everyone has the same amount of time. However, it is mainly the people who put a value on it, that are the ones that make the most of it. Time is never free, so what is the value you place on your time?

COMMITMENT = NO EXCUSES ARE ACCEPTABLE – 27th nov

There's a big difference between successful people to others. To them, commitment really means no excuses are acceptable. They have the passion and commitment that drives them to do what's necessary for success, and understand that making excuses is simply really just breaking a commitment with themselves. In fact, "excuse" is a word that is not even in their vocabulary.

CONTINUOUSLY REVIEW YOUR FOCUS – 28th nov

Everything is changing so fast these days, and you often see new opportunities each and every day. However, you need to continuously review your focus so that you decide which ones to take action on. By reviewing your focus each week, you make those key decisions on what new opportunities you will action (say yes to), and what other things are no longer as important as you thought (say no to). Continuously review your focus to say "yes" to the "right" things.

PREPARED TO RE-LEARN WHAT YOU KNOW – 29th nov

Look at all the successful people who achieved continued success year after year, and you will see one common trait in all of them. They were all prepared to re-learn what they know. Our world is changing so fast these days that only those people with an open mind and prepared to re-learn what they know will achieve and maintain their success. How open are you to re-learn what you know?

THE HARDEST PERSON TO CONVINCE IS YOURSELF – 30th nov

When you think about it, the hardest person to convince is yourself. This is why changing old habits is so difficult. You haven't convinced yourself of the need to change. Your true power comes when you have convinced yourself on those one or two key habits that are the difference between where you are today and even greater success.

DECEMBER

SEPARATE YOURSELF FROM THE CROWD – 1st dec

There's one way to understand if you are average or not. It's whether you feel comfortable in the crowd or not. To reach your full potential in life, you need to really separate yourself from the crowd. Remember, what makes you unique is tied to you using your full potential and living the life that is possible for you. Go after it.

MAKING DECISIONS SHORT OF CERTAINTY – 2nd dec

To accomplish our dreams requires taking risks. Our dreams drive us to grow, and to do what we originally thought was impossible, and this always requires us to make decisions short of certainty. Be willing to take the risks and make those decisions that will make your dreams come true.

ABILITY TO DEAL WITH SURPRISES – 3rd dec

One of the best abilities you can have is the ability to deal with surprises. First, you have to have the confidence that you can deal with any surprise that comes your way. How you get that confidence is by constantly investing time developing yourself, thinking ahead and asking yourself the "what if" questions. How is your ability to deal with surprises?

WE ALL HAVE THE "CHOICE" – 4th dec

There are so many people going through life each day and thinking that what they have is only what is possible. These are the people who see their circumstances as fixed, and not something that they can change. Remember, we all have the "choice" on how we act and what we do. Those people who take the "choice" create their own circumstances and put themselves in the driver's seat of their life.

GET COMFORTABLE MAKING DECISIONS – 5th dec

Life is all about making decisions and taking personal responsibility. The more you focus yourself on making decisions and making them faster, the more confidence you grow in yourself. Almost always, your problems only get bigger when you delay the key decisions in your life. Therefore, for a happier and more successful life, get comfortable making decisions (and faster decisions).

GOALS GUIDE AND DIRECT YOUR ACTIONS – 6th dec

People without goals are like a driver setting out from home without a destination. Any road will do in this situation. You would not drive a car this way and certainly you should not drive your life this way either. Defining goals takes some time and thought power to create. However, goals guide and direct your daily actions and help bring more meaning to your life.

FOCUSED, BUT ALSO FLEXIBLE – 7th dec

To get what we want in life and to be productive, we all must be focused. However, life never goes in a straight line, so we need to be flexible enough to adopt new approaches when new opportunities are presented to us. Be focused, but also be flexible.

YOUR REASONS DRIVE YOU – 8th dec

Look at anything you want to accomplish, and the pace at which you achieve it is often based on the reasons you want to accomplish it. That's the WHY! If you are not achieving at the pace you would like, then look at your reasons first. Your reasons are what drive you and your behaviors.

DON'T LIKE TO FIX YOUR PROBLEMS – 9th dec

To get ahead in life, one of the biggest factors is always taking ownership of your own problems. Those who understand this are always more successful than those who don't. Remember, people above you don't like to fix your problems. Take ownership of your problems first.

YOUR ATTENTION: YOUR MOST PRECIOUS ASSET – 10th dec

Everyone likes to increase their assets (their money). However, your most precious asset - your attention - is what enables you to get those other assets. Your ability to focus your attention on what you want and what needs to be done is what powers your success. Remember, your attention is your most precious asset.

NEVER SETTLE FOR LESS – 11th dec

The word settle has a meaning that you have given up something that you really wanted. There are too many people who have settled for what they currently have in life. Those who don't settle are always focused on using their potential, and almost magically the opportunities always appear.

LOOK NO FURTHER THAN IN THE MIRROR – 12th dec

Many people are always looking for the answers in life from others. In many ways, they are not really willing to take responsibility for their own lives. To have the life you desire is all about taking personal responsibility and you need not look any further than in the mirror.

YOU PROVE IT EVERY DAY – 13th dec

What you do each and every day is important. You are actually proving to others how much they can trust you (you are showing your level of discipline and integrity). Take this view on life and you will ensure that your behavior is much more consistent than it is today.

KNOWING HOW TO TURN IT ON – 14th dec

The happiest people in the world have figured out one thing well about themselves. They have found their passion, that is, what turns them on. Focus on finding your passion and then build your life around it, and you will be guaranteed a happy life.

POSSIBILITIES BEGIN WHEN YOU BEGIN – 15th dec

This has been said and in so many ways. Nothing is achieved until someone begins and takes action. For you, your possibilities begin to reveal themselves when you begin to take action. The best investment during uncertain times is ACTION.

KNOWLEDGE DOES NOT HAVE POWER UNTIL USED – 16th dec

There are many people who read a great deal and may even have university degrees. You could say that these people had a thirst for knowledge. However, knowledge never brings you power unless it is used. Knowledge left unused is like a Ferrari that always stays parked in the garage.

THE ROAD TO SUCCESS IS THROUGH COMMITMENT – 17th dec

Every person who has achieved great success has had a strong commitment to make it happen. This strong commitment is needed to overcome the challenges that are always in the way to the success you desire. The way through all challenges is commitment, and on the other side is always success.

DECIDING WHAT TO LEAVE BEHIND – 18th dec

Every successful person can think back and tell you the very decision that started them on the way to their success. They will also tell you that the decision was not necessarily on what to focus on, but what to leave behind. Very often it requires you to stop something in order to create the room for taking action on what you really want.

HOW DID I CREATE THIS? – 19th dec

There are many people who encounter different problems and circumstances in their lives and wonder: How did this happen to me? They think it is always the fault of someone else. The people who turn problems into success always ask a different question: How did I create this? - and then take action to make a change in their behavior.

FORWARD LOOKING ALL THE TIME – 20th dec

There's a great reason to have goals, as they are always driving you to look forward all the time. Isn't it always easier to walk forward when you are looking forward? Why not face your life in the forward direction by setting goals and reviewing them regularly.

TAKE SOME TIME OUT FOR YOU – 21st dec

Everyone is running at such a fast pace these days, with so many obligations on how we use our time. It is important to take some time out for you. Everyone needs to re-charge the batteries and take time to reflect on our priorities. Remember, take some time out for you.

YOUR THINKING MAKES IT SO – 22nd dec

Everything in our lives is neither good or bad. Our thinking about it makes it so. How we view our world is our perception, with others possibly seeing it in a totally different way - their perception. As your thinking is your choice, your perception is within your control. Make it a good one.

START RIGHT NOW – 23rd dec

When is the best time to start something? Right NOW! Even if you cannot do the action right away, you can define it now and decide when you are going to do it. Whatever is needed, the time to start is always right NOW.

SET YOUR OWN EXPECTATIONS – 24th dec

Many people go through life trying to deliver the expectations set for them by others. In fact, a lot of people like this, as they don't need to feel as much responsibility for expectations set by others. However, not setting your own expectations is like giving the responsibility for the direction of your life to others. Set your own direction.

THE PAST GETS IN YOUR WAY – 25th dec

While we are always thinking about what we want in the future, we often evaluate the future based on the past. We ask ourselves, can I really do based on my past experiences;. A new future is always built on the accumulation of the present (today, and every day after). Focus on your todays', and you don't let your past get in your way.

USING THE MOST OF YOUR POTENTIAL – 26th dec

There are so many ways that people define success. However, there's one that covers it best, and personalizes it in the right way. Success is really measured by how much you use of the potential that is inside you. Why not set goals that will drive you to use as much of your potential that you can.

LEAVING THE UNIVERSE WITH A TRACE – 27th dec

Whenever you see someone making a difference, they are thinking something like I would like to make sure I leave something behind. That really means the future can have a trace back to the actions they have taken in their life. A great question, Will your actions create a trace in the future.

REFLECTION LEADS TO INNOVATION – 28th dec

People who run from one thing to another and don't take time for reflection are often the least innovative. Reflection often drives us to think that there must be a better way, and fuels the creativity inside us to find it. Invest in reflection time, as it is where breakthroughs often start.

OUR RESPONSE MAKES IT GOOD OR BAD – 29th dec

How we respond to what happens either makes the situation good or bad for us. We cannot always control what life brings. However, we can always control our response, and we can even turn a bad situation into something good.

REALLY WANT IT OR NOT? – 30th dec

We all have some things in life that we constantly think about and would really like to have. However, we don't seem to take action on it, or progress the action in the right pace. Maybe the best question to ask ourselves is: Do I really want this or not? It helps clarify if you have the emotion power to go get it or not.

DESIRE AND BELIEF – 31st dec

Desire is like a starter that drives us towards what we want. However, desire is not enough. We also need the belief that we can make it happen. Therefore, desire starts the effort, and belief completes it.