

#1 Take 100% responsibility for your life/#4 Believe Its Possible/ #5 Believe in Yourself

"You must take personal responsibility. You cannot change the circumstances, the seasons or the wind, but you can change yourself." –Rohn

"You can be anything you want to be, if only you believe with sufficient conviction...for whatever the mind can conceive and believe, the mind can achieve." –N Hill

- 100 % for everything
- Give up all your excuses, blaming, complaining
- If you don't like your outcomes, change your responses
- You create or allow everything
- Believing in yourself is an attitude and choice
- Give up on the "I can't"
- Worry less about what others think about you

#2 Be Clear Why You are Here/#38 Fuel your success with Passion and Enthusiasm/#64 Empower Yourself By Empowering Others

"Nothing great was ever achieved without enthusiasm. When you do a thing, do it with all your might." RW Emerson

"Each of us is born with a life purpose. The things that bring you the greatest joy are in alignment with your purpose." –Canfield

- Figure out what you were put on the earth to do
- Figure out your inner compass
- Stay on purpose
- Work to inspire others to live to their highest vision

#3 Decide What you Want (and what you want to accomplish)/#7 Unleash the Power of Goal Setting/ #8 Chunk it Down/#10 Release the Brakes

"The secret of getting started is breaking your complex, overwhelming tasks into small manageable tasks, and then starting on the first one." – Twain
"Believe as if it were impossible to fail." - Kettering

- Be clear on a goal vs. a good idea
- Create goals that will stretch you
- Create a book of your goals and reread them everyday
- Face the fears, obstacles and roadblocks
- Figure out action steps to reach your goals
- Everything you want to achieve is just outside your comfort zone
- Don't live other people's dreams
- Don't settle for less than you want
- Don't let anyone talk you out of your vision

#13 Take Action/#14 Just Lean Into It/#15 Experience the Fear and Take Action Anyway/#22 Practice Persistence

"You can't cross a sea by merely staring into the water." –Tagore

"You can never learn less; you can only learn more. The reason I know so much is because I have made so many mistakes." – B Fuller

"Progress always involves risk. You can't steal second base and keep your foot on first." –F Wilcox

- Don't be afraid to fail forward
- Quit waiting for perfection, inspiration, permission, reassurance...
- Nothing happens until you take action. Talk is cheap.
- Become action-oriented
- Be willing to feel the fear and start without seeing the whole path
- Taking a leap can transform your life

#20 Commit to Constant and Never Ending Improvement/#16 Be Willing to Pay the Price/#19 Use Feedback to Your Advantage

"We have an innate desire to endlessly learn, grow and develop. We want to become more than what we already are. Once we yield to this inclination for continuous and never-ending improvement, we lead a life of endless accomplishments and satisfaction." - Gallozzi

"You have nothing to lose and everything to gain by asking." -Canfield

- Pain is only temporary
- Be willing to practice, practice, practice and put in the time
- Don't be afraid to ask
- Listen to feedback
- The process/the journey is the key
- Improve in small increments
- Go the extra mile and exceed expectations

#31 Embrace Change/#30 Face What Isn't Working/#32 Transform Your Inner Critic to Your Inner Voice

"Our lives improve only when we take chances—and the first and most difficult risk we can talk is to be honest with ourselves." -W Anderson

"Change is the law of life. And those who look only to the past or present are certain to miss the future." -JFK

"All meaning is self created." -V Satir

- Know when to hold em; know when to fold em
- Talk to yourself like a winner
- Work to focus less on the negative
- Remember change is inevitable, but it can be used to make your life richer, easier, more fulfilling