



- If where you are is not where you want to be you need to do something different.
 - Believe differently – Think differently – Feel different – Take different action
- If you want something bad enough, you will find a way to get it
 - Where there is a will there is a way
- You are not going to reach the next level if you just think it's a good idea you have to need it
- Be more result/outcome focused
- To level up you need to develop proficiencies, overcome / vanquish/ defeat your enemies (fear doubt family friends self), creatively deal with your challenges, receive training.
- Close and open. Close the past being your future. Open the future to incredible possibilities.
- Be present in reality. This will greatly reduce depression and anxiety.
- The past can, but doesn't have to, equal the future.
- Own your past. Learn from your past. Forgive your past. Release your past.
- Own your future. Be hopeful and optimistic about your future. Release all worry, doubt and fear about your future.
- You cannot go where you cannot see. Unless you see by belief.
- Your belief creates your reality. Not what you think you believe, not what you say you believe, but what you actually believe.
- You get in life what you tolerate. Your level is the lowest level that you will tolerate.
- Acquiring the skills that you need is a psycho-emotional challenge not a competency challenge.
- Excuses justify a "won't or don't want to." Reasons explain a can't.
 - Dig down and look to see if your "can't" is being caused by a "won't or don't want to."
- Do tasks in this order: Needs first, wants second.
 - First do that which needs to be done. Begin with what you least want to do.
 - Then do that which you want to.
- Make incremental progress
 - Moment by moment, hourly, daily, weekly, monthly, annually, 5-years, 10 years, 20 years
- You need to push yourself out of your comfort zone to reach the next level – take uncomfortable action
- Fail big and fail often
- Full ownership – own all/every aspect of your life – take full responsibility for everything
 - Give 100% in all you do
 - Keep moving forward and up
- You need to be broken down and rebuilt. You can choose to do this yourself.
- Is what I am currently doing, or about to do, going to make a positive difference in the situation? Is it likely to get the result I desire? You must be honest when answering these questions.
- Most people dream but are unwilling to do.
- Are you ready to pay the price of leveling up? If not, you will pay the price of staying where you are.
- Always be the authentic you