



Leveling-Up Your Personal Development Thoughts and Insights

Responsibility

- ◆ You are primarily responsible for all aspects of your life. Take responsibility for everything.
 - ◆ Your health
 - ◆ Your wealth
 - ◆ Your spiritual journey
 - ◆ Your relationships
 - ◆ Your social and community life
 - ◆ Your emotional state
 - ◆ Your personal development

Accountability

- ◆ Say what you mean and mean what you say
- ◆ Show up everyday - on time and ready to go
- ◆ Plan your work - work your plan
- ◆ Do the work, do it the best you can, NO whining and complaining
- ◆ Bring value, add value

Discipline

- ◆ Doing what has to get done, when it has to get done, the way it has to get done without excuses
- ◆ Live a life of integrity - have a full and undivided purpose, being honest with yourself and others
- ◆ Be Reliable / Dependable
- ◆ Be present at all times / be awake
- ◆ Push yourself to take the needed uncomfortable actions
- ◆ Give 100% in all you do
- ◆ Keep moving forward, always!
- ◆ Celebrate your successes. Use them for fuel. Keep moving forward.
- ◆ Embrace your failures. They are valuable lessons for moving forward.
- ◆ Take massive action. If it doesn't work, adjust and try something else with massive action
 - ◆ Repeat until you get the desired result
- ◆ Pay the price required to go from where you are to where you want to be