

20 Tips for a Positive New Year

1. Stay Positive. You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.
2. Take a morning walk of gratitude. I call it a "Thank You Walk." It will create a fertile mind ready for success.
3. Make your first meal the biggest and your last meal the smallest. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
4. Zoom Focus. Each day when you wake up in the morning ask: "What are the three most important things I need to do today that will help me create the success I desire?" Then tune out all the distractions and focus on these actions.
5. Talk to yourself instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself and feed your mind with the words and encouragement you need to keep moving forward.
6. Remember that adversity is not a dead-end but a detour to a better outcome.
7. Don't chase dollars or success. Decide to make a difference and build meaningful relationships and success will find you.
8. Get more sleep. You can't replace sleep with a double latte.
9. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in your purpose, people and the positive present moment.
10. Mentor someone and be mentored by someone.
11. Live with the 3 E's. Energy, Enthusiasm, Empathy.
12. Remember there's no such thing as an overnight success. There's no substitute for hard work.
13. Believe that everything happens for a reason and expect good things to come out of challenging experiences.
14. Implement the No Complaining Rule. Remember that if you are complaining, you're not leading. www.NoComplainingRule.com
15. Read more books than you did in 2013. I happen to know of a few good ones. :)
16. Don't seek happiness. Instead decide to live with passion and purpose and happiness will find you. www.Seed11.com
17. Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
18. Each night before you go to bed complete the following statements:
I am thankful for _____. Today I accomplished _____.
19. Smile and laugh more. They are natural anti-depressants.
20. Enjoy the ride. You only have one ride through life so make the most of it and enjoy it.

