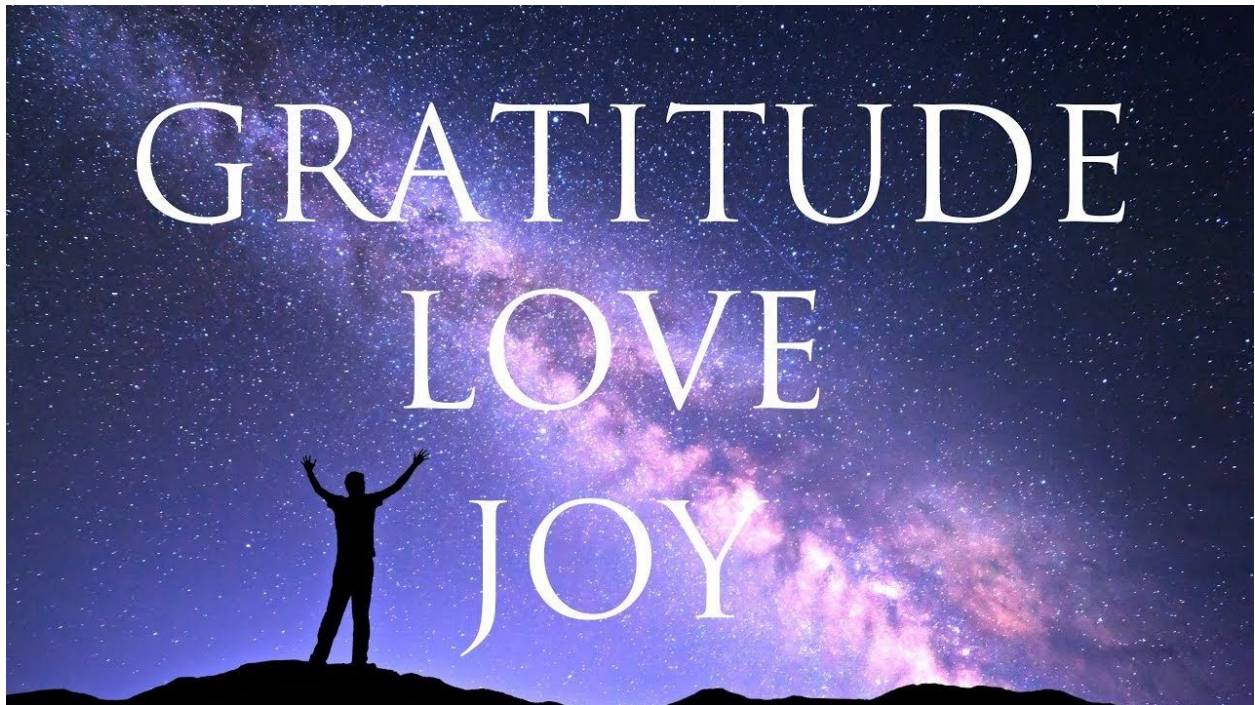


To review daily



Own your experience.

Your time is limited. Use it wisely. Spend it only on positive thoughts, images, people, actions and activities. Take lots of pauses. Slow it down. Enjoy the process. Explore the character and quality of each moment because you don't get to redo any of them. It will be tonight again in the blink of an eye, and tomorrow, and next week. Then it will be December 31 again. And then you're 50, 60, 90. Just like that. Think of your deathbed, and the things you'll wish you did and didn't do today, think and didn't think today. It's the journey, not the destination. At the same time, don't be discouraged by setbacks because today is one small yard in a lifelong game. Enjoy this yard. Be mindful, grateful and positive in every moment.

You become what you give your attention to... If you yourself don't choose what thoughts and images you expose yourself to, [and which thoughts and images you think and see in any moment,] someone else will. Epictetus

Every action you take is a vote for the type of person you wish to become (James Clear); you are forming habits whether you intend to or not, just by thinking, doing and saying, and by not doing those things, then repeating.

Confidence is one of the greatest skills an entrepreneur has. Dan Sullivan (Another is gratitude. Go into every action with confidence and gratitude).

Things that matter most must never be at the mercy of things that matter least. Johann Wolfgang von Goethe (Constant prioritization is absolutely critical. What matters most?)

---This is becoming more important as other things throughout the morning and the day, the bright shiny objects, creep into the habit-forming tasks like meditation and exercise and writing -- do those things first, or do them as scheduled but give them priority

Happiness is equal to or greater than your perception of the events of your life minus your expectation of how life should be. - Mo Gawdat, Solve for Happy (Have high, positive perceptions and low expectations; if you believe that the events in your life are positive, that events happen for you and not to you, and you're grateful for all of them, and you expect nothing different from life, that's when you are happiest)

Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.
Viktor Frankl

Take this one thought: I love myself. Add emotional intensity if you can—it deepens the groove faster than anything. Feel the thought. Run it again and again. Feel it. Run it. Whether you believe it or not doesn't matter, just focus on this one thought. Make it your truth.... [In difficult or negative times or emotions or thoughts] I ask myself, 'If I loved myself truly and deeply, would I let myself experience this?' (Love Yourself Like Your Life Depends On It by Kamal Ravikant)

Always... (From Dan Sullivan)

Forget about yourself; focus on others.

Forget about your commodity; focus on your relationships.

Forget about the sale; focus on creating value.

Forget about your losses; focus on your opportunities.

Forget about your difficulties; focus on your progress.

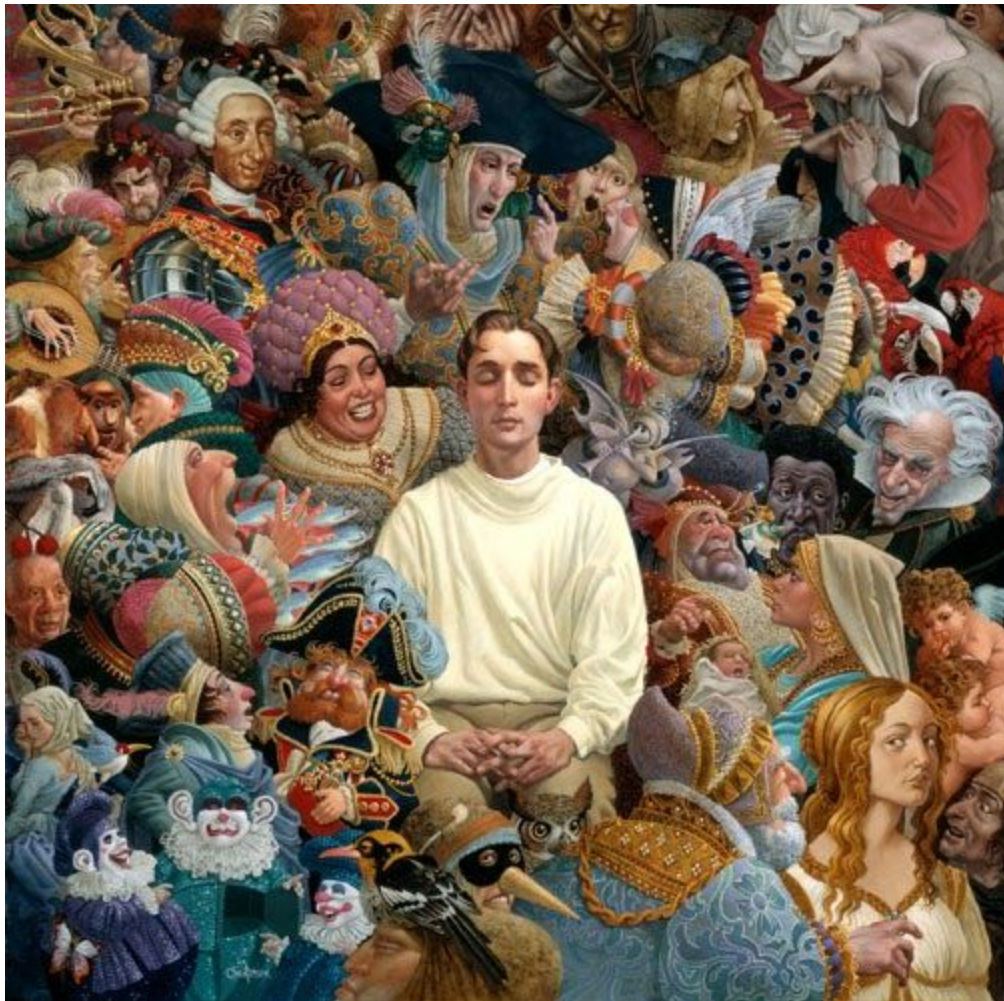
Forget about the "future"; focus on today.

Forget about who you were; focus on who you can be.

Forget about events; focus on your responses.

Forget about what's missing; focus on what's available.

Forget about your complaints; focus on your gratitude.



([The Listener](#), James C. Christensen)