

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. Remember that outside circumstances and events have no power over you. You create your world from the inside-out.
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 words of truth and encouragement you need to keep moving forward.
6. Post a sign that says "No Energy Vampires Allowed". Gandhi said, "I will not let anyone walk through my mind with their dirty feet."
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. You don't have to be great to serve but you have to serve to be great. Look for opportunities to Love. Serve. Care.
11. Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.
12. There's no such thing as an overnight success. Anything worthwhile takes time to build.
13. Trust that everything happens for a reason and expect good things to come out of challenging experiences.
14. Implement the No Complaining Rule. If you are complaining, you're not leading.
15. Read more books than you did in 2015. 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.
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. The next time you "fail" remember that you aren't failing, you are becoming. You aren't failing, you are growing.
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.

