IDENTIFY WHAT YOU REALLY WANT. AND THEN CREATE IT.
Tune in to your self-talk; don’t let your drunken monkey mind run you.
You’re already creating your own story, so why not make it one YOU want to live? Don’t try to BE GOOD; try to GET BETTER.

Daydream. EMBRACE UNCERTAINTY.
CLEAR YOUR SPACE; CLEAR YOUR MIND. STOP RUMINATING.
Do what matters FIRST. Don’t put it off until everything else is done.
Create habits that support you; change the ones that don’t.

MAKE A DIFFERENCE.
Give up having to be right.
Let go of the ILLUSION of control.

DREAM BIG! TAKE BABY STEPS. WHEN YOU FALL DOWN, GET BACK UP. REMIND YOURSELF THAT PERSEVERANCE TRUMPS WILL POWER.

Give your brain a rest by including white space in your day.

Pay more attention to what you do than to what you think about doing.

Distinguish between being UNCLEAR and being UNCERTAIN.
Ask WHY forward instead of backward.
Take care of business.
Spend time in nature.

LAUGH AS MUCH AND AS OFTEN AS POSSIBLE. STAY CURIOUS.

To get better at something, practice often and deliberately.

FIND BIGGER PROBLEMS TO SOLVE.
If you want your brain to take you seriously, be persuasive and consistent. REWARD YOURSELF FOR GOOD BEHAVIOR. Those hits of dopamine will motivate you to keep at it. Maintain your equanimity. LOVE!

Write. Separate the FACTS from your STORY about them. Breathe.
Moving your body + exercising your brain = growing more neurons.
CREATE, ADJUST, REPEAT. You can’t read minds or predict the outcome.

LIFE IS A RISK. TAKE IT. You have Farther to Go!