

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.

Create an *intention*.
Make a *commitment*.
Notice what happens.

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.

Connect.

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!**★

