



1. Realise that it is vital to what you do in life
2. Be VERY selective with the media you watch, read and listen to.
3. Be HYPER sensitive of the people you spend time with.
4. Read some inspiring material every night before bed.
5. Never listen to or read the news within 2 hours of bedtime.
6. Whilst driving, listen to some inspiring music or an educational audio-book instead of the radio (or else practice SHIFTS)
7. Seek out people who are focused on solutions and opportunities.
8. Spend time every night IMAGINING your future for fun, with no pressure, and bring up the good FEELINGS even stronger.
9. Use memory management to affect your state.
10. Realise that everyone has challenges, so seek help if needs be.
11. Develop the habit of meditation and/or relaxation.
12. Practice vigorous exercise at least 3 times a week.
13. Be wary of too many stimulants – they only give a high short term.
14. Practice ‘Outcome Directed Thinking’ for what you want.
15. Spend time weekly doing ‘Critical Thinking’ i.e. analyse your results & performance and reflect on your priorities in relation to your big picture.
16. If you’re feeling the pressure, do whatever it take to relax and clear your mind.
17. If all else fails, look up! It’s hard to be down when you’re looking up. Try it.