



# A BLUEPRINT FOR YOUR BEST YEAR EVER

**1** When you show the same respect to every person you meet, magic happens. You start showing the same respect to yourself.

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There are 24 hours in every day. The people who achieve the most are those who waste the least of those hours. **2**

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**3** Decision making becomes easy when you know your brain is hard-wired to make every decision a good one.

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Motivation is a myth. Stop trying to use it to break bad habits. Develop new and better habits instead. **4**

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**5** You don't need Chuck Norris courage to take on your fears. You need only the smallest amount of wobbly courage.

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The best human interaction occurs when we can see each other's eyes. Interact offline as much as you can. **6**

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**7** Stop letting other people write the story of your life. The only person who gets to choose what kind of person you are ... is you.