

## **REMINDERS FOR EXCELLING**

- **ONLY POSITIVE THOUGHTS** - Only positive thoughts help you to do the things you really want to do. So talk to yourself only in ways that will help you to live and perform to your true capacity.
- **ONLY POSITIVE IMAGES** - Only positive images of the things you want to accomplish help you to accomplish them. So imagine yourself doing the things you want to do, exactly the way you would like to do them - with full focus, precision and total confidence.
- **ALWAYS LESSONS** - In practice and performance situations there are always lessons. Look for the good things you have done, draw out the positive lessons and act on those lessons. This will ensure you continue to grow and excel.
- **ALWAYS I CAN** - There is no advantage in approaching performance or life situations thinking, "I can't", or "maybe I'll mess this up". Approach situations thinking only "I CAN". **Act** like you can, even if you are not really sure you can. This will give you your best chance of achieving your goals and dreams.
- **ALWAYS OPPORTUNITIES** - There are opportunities in everything to learn, to grow, to find something good, to know yourself better, to overcome challenges, to become stronger, wiser, more balanced or more consistent. So look for the opportunities in everything.
- **ALWAYS FOCUSED** - Only when you are fully focused on connecting with each experience and each performance can you perform to your true potential. So stay focused on the little things that free you to perform your best. This will give you your best chance of living and performing to your ultimate capacity.
- **STEP-BY-STEP** - Great things are accomplished by taking tiny little steps forward each day. There is only the step in front of you. Nothing else matters. You are always fully capable of taking that one little step. Take that step, and then the next, and the next. This is the path to your desired destination.