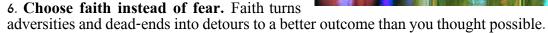
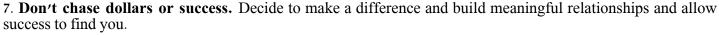
## 20 Tips for Being the Best You in 2015

Happy New Year

- 1. Smile. You're beautiful.
- 2. **Stay Positive.** You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith, courage, and discipline all things are possible.
- 3. **Zoom Focus.** Each day when you wake up in the morning ask: "What are the three most important things I need to do today that will help me create the life I want?"
- 4. Take a **morning walk or jog** of gratitude. Call it a "Thank You Walk."
- 5. Talk to yourself instead of listen to yourself. Feed encouragement to your subconscious rather than allowing your fears and subconscious weaknesses guide you in the wrong direction.





- 8. **Don't waste your precious energy** on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in your purpose, people, and the positive present moment.
- 9. Build your life and career with the greatest success strategies of all. Love and Serve.
- 10. Every day focus on your purpose. **Remember why you do what you do.** We don't get burned out because of what we do. We get burned out because we forget why we do it.
- 11. Remember there's no such thing as an overnight success. **Patience and faith** are the glue that hold it all together. Celebrate the little victories along the journey.
- 12. Expect good things to come out of challenging experiences.
- 13. **Rest**. You can't replace sleep with caffeine.
- 14. No whining. No complaining. No excuses. If you're complaining, you're not leading.
- 15. **Read more** books than you did last year.
- **16**. **Live with passion and purpose.** Get connected to what's most important to you so you can find clarity in your vision. Lifestyle design is standard for people we admire.
- 17. Think about what you "Get to do" rather than what you "Have to do." Life is a gift not an obligation.
- 18. Be systematic about **increasing your positivity.** Each night before you go to bed complete the following statements: I am thankful for \_\_\_\_\_\_. Today I accomplished\_\_\_\_\_.
- 19. Smile and laugh more. They are natural anti-depressants.
- 20. **Enjoy the ride.** You only live once. It's normal to notice what we don't have, so don't b normal. Life isn't fair and the good news is that overall, it's probably not fair in our favor. In fact, I believe I won the lottery when I was born!

Best wishes for making today your masterpiece.

-Aaron



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