

Bits of valuable wisdom and nuggets of information gathered along the way gained from personal experiences and learning opportunities.



- Make sure to back-up your computer up at least once a week on an external hard drive or with an online service. Double check to make sure that all of your data has been backed up correctly. It will save you many hours of frustration and downtime in the event that you have major computer problems.
- Send out a handwritten personalized thank you notes to create a lasting positive impression and further opportunities to build a stronger relationships with people that are important to you.
- Focus on creating solutions rather than rehashing problems.
- Speak from your heart and organize your thoughts with your mind.
- Contribute your time to a cause or group that is meaningful to you and where your talents can be utilized
- Review your goals for the upcoming year on a monthly basis so that you can track your progress and see what areas you need to focus on.
- Make it a point to try something new on a daily basis. It could be as simple as driving home a new direction, trying a new activity or talking with someone you just met.
- Learn to accept compliments graciously by looking the giver in the eye and sincerely saying “thank you”.
- Set clear intentions about what you want to accomplish in your life and take steps toward them with confidence and determination.
- Clarify your core values and use them as a compass to make decisions about each area of your life.
- When problems occur....as they often will. Ask yourself what can you learn from the situation? What opportunities are available? What is great about it?
- Ask yourself these “Night, Night, Sleep Tight Questions” at the end of the day. What did you learn? What are you most proud of? What are you grateful for? What do you need to do differently? Who do you love?
- Keep your commitments to yourself and others.

- Save 10% of each dollar you make in order to create a financial freedom for your future.
- Look people in the eye with a sense of curiosity and interest; really connect with them instead of merely looking at them or through them.
- Express your appreciation frequently to people who assist you, no matter how small the deed.
- Spend time outside on a daily basis so that you remember your connection to the earth and to all that is living.
- Make meaningful memories.
- When you get upset, ask yourself if it will really be all that important 20 years from now, then respond and act in accordance with that insight.
- Hang out with people and situations that give you energy and fulfillment in your life.

TURNING POINT