

1. YOU CREATE YOUR OWN LIFE...

You are not a victim. You are 100% responsible for the life you have right now. If you are unhappy, you have the power to change your attitude and actions to begin making your life better. Always remember, whether you think life sucks or you think life is great, either way, you're right.

2. YOU MAKE YOURSELF FEEL THE WAY YOU FEEL...

Ever notice how some people are able to brush off insults, while others get furious and start throwing punches? Realize that nobody can "make" you feel anything. You are the one that "chooses" to feel good or bad about a particular event or action that occurs.

3. FAKE IT UNTIL YOU MAKE IT...

If you want to be more confident, happy, or positive, then "pretend" that you already are this way. Eventually, after practicing this long enough, you'll realize that you're no longer "pretending".

4. FOLLOW YOUR PURPOSE...

A purpose is what you enjoy doing that you never get tired of and you will do for the rest of your life. Is your purpose to write screenplays? Is it to help sick people? Write down on index cards a list of purposes and choose the one that speaks to you the most.

5. SET GOALS AND SCHEDULE YOUR DAY...

List out 5 to 10 goals that you want for your life. Break each goal up into smaller sub-goals and then break those sub-goals into individual tasks and action steps. Every night, plan the next day in advance. Create a daily "to-do list" with those tasks that you need to do to accomplish your goal.

6. LIVE IN THE PRESENT...

Regret and shame come from dwelling in the past. Worrying and anxiety come from living in the future. True peace of mind comes from living in the present. The more you become aware of being in the present, the more it becomes a part of your daily life.

7. THE POWER OF ATTRACTION...

The power of attraction is a powerful mental tool. The process works by focusing on something that you want while visualizing that you already have it. You then have a heightened level of awareness for recognizing opportunities that occur around you. These opportunities will then assist in bringing what you want into your physical reality.

8. EXPAND YOUR COMFORT ZONE...

Your comfort zone (what you feel comfortable doing) is always in a state of either expanding or contracting. The more you get out in the world and do what you feel uncomfortable doing, the less inhibited you become, thereby allowing you to live a richer and fuller life.

9. BE THANKFUL FOR WHAT YOU HAVE...

Every morning before you start your day, give thanks and appreciation for what you have. It's only when we are thankful for what we have that life gives us more blessings and abundance to be thankful for.

10. THE POWER OF ASKING...

Don't be afraid to ask for what you want. The squeaky wheel gets the grease. It's the reason that children ask their parents for the same thing over and over again, because they know mom and dad will eventually cave in. The same concept works in the real world. If there is something in the world you want, ask for it...or at least ask how to get it.

11. LEARN FROM THE PROS AND COPY THEM...

Find the successful people in your field and ask them for advice. Ask them what they do to be successful, take notes, and then copy them. A lot of people think that the pros don't want to share. The opposite is actually true. Most successful people are more than willing to share their knowledge if you ask them.

12. IGNORE THE TROLLS...

Trolls are people that will try to discourage you from your dreams. Don't listen to them. Realize that the only reason they are doing it is because by seeing you chase after your dreams, it's reminding them that they aren't chasing theirs. Misery loves company.