

21 TIPS FOR A POSITIVE NEW YEAR

2022

1 STAY POSITIVE

You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.

2 TAKE A DAILY "THANK YOU WALK"

You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.

3 EAT HEALTHIER FOODS

that grow on trees and plants and less foods manufactured in plants.

4 TALK TO YOURSELF

instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.

5 NO ENERGY VAMPIRES ALLOWED

Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet."

6 BE A POSITIVE TEAM MEMBER

Being positive doesn't just make you better, it makes everyone around you better.

7 DON'T CHASE SUCCESS

Decide to make a difference and success will find you.

8 GET MORE SLEEP

You can't replace sleep with a double latte.

9 DON'T WASTE YOUR ENERGY

Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.

10 LOVE, SERVE AND CARE

You don't have to be great to serve but you have to serve to be great. Look for opportunities to Love, Serve and Care.

11 REMEMBER YOUR WHY

Live 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.

12 LOVE THE PROCESS

Remember there's no such thing as an overnight success. Love the process and you'll love what the process produces.

13 HAVE TRUST

Trust that everything happens for a reason and expect good things to come out of challenging experiences.

14 NO COMPLAINING RULE

Implement the No Complaining Rule. If you're complaining you're not leading.

15 READ MORE

Read more books than you did in 2021. I happen to know of a few good ones. :)

16 DON'T SEEK HAPPINESS

Instead live with love, passion and purpose and happiness will find you.

17 FOCUS ON "GET TO"

Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

18 GET BACK UP

The next time you "fail" remember that it's not meant to define you. It's meant to refine you.

19 SMILE & LAUGH MORE

They are natural anti-depressants.

20 BOOST YOUR IMMUNE SYSTEM

and health-Eat wild salmon, turmeric, blueberries. Take vitamin C, D and Zinc.

21 ENJOY THE RIDE

You only have one ride through life so make the most of it and enjoy it!