



EVALUATE  
WHAT YOU'RE  
THINKING  
ABOUT

TAKE AN  
INVENTORY!

QUALITY OF  
YOUR LIFE  
= QUALITY OF  
YOUR EMOTIONS

YOU DON'T  
HAVE TO BELIEVE  
EVERYTHING YOU  
THINK

WHEN YOU HAVE A THOUGHT THAT DOES  
NOT SERVE YOU

ASK YOURSELF:

1. IS THIS TRUE?
2. IS BELIEVING THIS  
SERVING ME?

OBSERVE  
YOUR  
THOUGHTS

THINKING  
= THE PROCESS OF  
ASKING & ANSWERING  
QUESTIONS

EVERYTHING IS HAPPENING FOR YOU  
AND NOT TO YOU

WHAT IS THIS TRYING TO TEACH ME?  
WHAT'S THE MEANING?

WINNING IS  
AN INTERNAL GAME OF  
SELF-CONFIDENCE &  
SELF-WORTH

- WHO YOU SURROUND  
YOURSELF WITH  
SHAPES YOUR IDENTITY
- BE CONSISTENT WITH YOUR  
OWN IDENTITY

YOUR LIFE WILL  
BECOME A DIRECT  
REFLECTION OF THE  
EXPECTATIONS OF YOUR  
PEER GROUP

THERE IS A HIDDEN  
BLESSING  
FORCED  
INNOVATION  
IT'S A  
BLESSING

- RECALIBRATION  
OF WHAT'S  
IMPORTANT
- HELPING  
FAMILY  
FRIENDS
  - MATERIAL  
ACQUISITIONS
  - ACHIEVEMENTS
  - WINNING
  - WHAT WE LOOK LIKE

MORE UNCERTAINTY  
= MORE HAPPINESS

EARLY  
STAGES OF  
DATING

HAVING YOUR  
FIRST KID

TIP 1: MAKE SMALL PROMISES  
TO YOURSELF

→ STACK  
PROMISES

SELF-CONFIDENCE = THE PROCESS OF  
KEEPING THE PROMISES THAT  
YOU MADE TO YOURSELF

GIVE YOURSELF  
CREDIT FOR KEEPING  
THEM

START  
WITH SIMPLE  
SMALL PROMISES  
THAT YOU  
CAN KEEP

TIP 2: ONE MORE

RITUAL  
TO DO ONE MORE  
... MINUTE  
... E-MAIL  
... CONTACT

BEYONCÉ SONG  
→ I WAS HERE

YOU WERE BORN TO DO  
SOMETHING GREAT

HELP PEOPLE

ANTIDOTE TO  
HELPLESSNESS

GREATNESS IS NOT  
ALWAYS BIG THINGS  
→ IT'S THE SMALL THINGS

SMALL  
ACTS  
OF GREATNESS

IN LIFE, WE  
DON'T WIN WITH  
OUR HEAD,  
WE WIN  
WITH  
OUR HEART

GET BACK TO THE REAL YOU  
BY SERVING OTHER PEOPLE

YOU NEED STRUCTURE

- MINI DAYS TO DEAL WITH  
UNCERTAINTY
- THE MORE SCARCE, THE  
MORE VALUABLE
- 6 H MINI DAYS

6 AM - 12 PM = DAY 1  
12 PM - 6 PM = DAY 2  
6 PM - 12 AM = DAY 3

TIME