

# 10

# THINGS

**you must give up to  
move forward**

~ Stephen Covey

## #1

**Letting the opinions of others control your life.**

- ❖ It's not what others think, it's what you think about yourself that counts
- ❖ You have to do exactly what's best for you and your life, not what's best for everyone else

## #2

**The shame of past failures**

- ❖ Your past does not equal your future.
- ❖ All that matters is what you do right now.

## #3

**Being indecisive about what you want**

- ❖ You will never leave where you are until you decide where you would rather be
- ❖ Make a decision to figure out what you want, and then pursue it passionately.

## #4

**Procrastinating on the goals that matter to you**

- ❖ There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.
- ❖ The best time to plant a tree is twenty years ago. The second best time is now

## #5

**Choosing to do nothing**

- ❖ You don't get to choose how you are going to die, or when.
- ❖ You can only decide how you are going to live, right now.
- ❖ Every day is a new chance to choose.

## #6

**Your need to be right**

- ❖ Aim for success, but never give up your right to be wrong.
- ❖ Because when you do, you will also lose your ability to learn new things and move forward with your life.

## #7

**Running from problems that should be fixed**

- ❖ Stop running!
- ❖ Face these issues, fix the problems, communicate, appreciate, forgive and LOVE the people in your life who deserve it.

## #8

**Making excuses rather than decisions**

- ❖ Most long-term failures are the outcome of people who make excuses instead of decisions.

## #9

**Overlooking the positive points in your life**

- ❖ What you see often depends entirely on what you're looking for
- ❖ You will have a hard time ever being happy if you aren't thankful for the good things in your life right now

## #10

**Not appreciating the present moment**

- ❖ Too often we try to accomplish something big without realizing that the greatest part of life is made up of the little things.