

11 Things To Help You Have an Amazing Year

1. Be comfortable feeling like you know less and less about what you know about.
2. Learn to adapt to constant never ending change and confusion
3. Learn how to turn your fear into fuel
4. Learn to be mindful and meditate. Stress can become overwhelming and prevent you from thinking clearly to achieve your goals.
5. Do less better to completion
6. Focus on the things that bring you the most joy and meaning in your life
7. Some people don't really care about you. You will know who they are by the way they make you feel, how they treat you, how they talk to you.) Focus on people, who make you feel good and people who genuinely care about you.
8. Trade your time for the things that make you feel alive and that you are passionate about.
9. Take time daily to get focused and set the sails of your ship. (Do small things daily toward achieving your goals)
10. Learn how your emotions become your guidance tools
11. Exercise and retrain your brain daily as part of your deliberate conscious evolution