

GOOD HABITS FOR A SUCCESSFUL LIFE #1

IT'S A CHOICE ONLY YOU CAN MAKE

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Professional Sporting Teams have trainers but on Game Day. It's the "Coach" in the box calling the plays and coaching the Team to the next WIN!!!

If you get one or two tips out of this list it has been worth your while to read.

I have always believed in the old saying "You are never too old to learn".

- Wake up early
- Show respect
- Get a mentor
- Learn to forgive
- Embrace learning everyday
- Maximise every minute in the day
- Be kind to others
- Share your experiences
- Keep working on it
- Don't say "I can't", Prove yourself wrong
- Don't Procrastinate
- Keep your confidence high
- Have established boundaries
- Look after your health/take care of yourself
- Smile
- Focus on the positive
- Be confident, not arrogant
- Be curious
- Be on time
- Be realistic
- Be yourself
- Make eye contact
- Embrace failure as a learning curve
- Display confident body language
- Keep your energy high
- Ask questions that show you are listening
- Be sincere in your interest of other people
- Focus on positive things
- Win in your mind first
- Be enthusiastic

Your onsite and online Business Mentor and Professional Sales & Leadership Coach