101 LEARNINGS FOR A BETTER LIFE - FUTURIST JIM CARROLL

1. IF YOU AREN'T CHALLENGING YOURSELF, YOU SHOULD BE.

2. IF YOU DON'T KNOW WHAT COMES NEXT, LEARN MORE

3. IF SELF-DOUBT IS KILLING YOUR CREATIVITY, CONQUER IT.

4. IF YOU KEEP SEEKING THE STATUS QUO, STOP IT.

5. EVERYONE HAS A DIFFERENT BREAKING POINT MAKE YOURS STRONGER

6. FIND ONE THING TO DO THAT YOU THINK IS JUST, REALLY REALLY COOL TO DO.

7. IF YOUR SUCCESS IS BASED ON WHAT YOU DID YESTERDAY, REDEFINE YOUR IDEA OF SUCCESS

8. IF YOU WANT SOMETHING DIFFERENT, BE BETTER PREPARED TO ACCEPT CHANGE

9. REMEMBER THAT IT'S THE UNKNOWN AND UNFORESEEN THAT WILL GET YOU EVERY TIME

10. IF YOU AREN'T THINKING FAST ENOUGH, KNOW SPEED WILL GET YOU.

11. REMEMBER THAT IT'S NOT WHAT YOU KNOW, IT'S WHAT YOU DON'T KNOW THAT MATTERS

12. KNOW THAT OLD HABITS HOLD YOU BACK - AND YOU AREN'T EVEN AWARE OF IT.

13. CLINGING TO YOUR PAST IS PROBABLY THE WORST THING YOU CAN DO RIGHT NOW.

14. STOP TRYING TO APPLY OLD SOLUTIONS TO NEW PROBLEMS

15. JUST BECAUSE IT'S NOT HAPPENING RIGHT NOW DOESN'T MEAN THAT IT NEVER WILL

16. DON'T PRESUME YOUR CURRENT LIMITATIONS DEFINE YOUR FUTURE.

17. FIND THE THING THAT SCARES YOU THE MOST. CONQUER IT.

18. ALWAYS BE KIND TO THE LESS FORTUNATE. YOU ARE BUT ONE STEP AWAY FROM THEIR REALITY.

19. DON'T FEEL BAD ABOUT THE MISTAKES YOU'VE MADE - VIEW THEM AS STEPS TO SUCCESS

20. STOP SAYING IT CAN'T BE DONE - JUST DO IT ALREADY!

21. RECOGNIZE THAT MISTAKES ARE A NATURAL PART OF THE PROCESS OF SUCCESS.

22. MASTER THE SKILL OF MISTAKE-BASED LEARNING.

23. STOP FOCUSING ON REGRET FOR WHAT YOU HAVEN'T DONE - DO THINGS YOU STILL COULD DO.

24. DON'T PRESUME EVERY DUMB IDEA IS A STUPID IDEA SOME OF THEM ARE PROBABLY BRILLIANT

25. STOP MAKING EXCUSES, MAKE ACTIONS INSTEAD

26. KILL YOUR AGGRESSIVE INDECISION. COMMIT TO THE ART OF DECISIVENESS.

27. REMEMBER THAT IT IS OKAY TO MAKE MISTAKES, AND UNACCEPTABLE NOT TO LEARN FROM THEM.

28. DON'T HIDE FROM PROBLEMS - LEARN FROM THEM.

29. SEEK OUT INTERESTING THINGS - WASTE TIME WITH THEM

30. DON'T ALLOW YOURSELF TO GO FROM FEAST TO FAMINE WITH YOUR PERSONAL KNOWLEDGE

31. NEVER THINK YOU'VE GOT TOO MUCH INFORMATION - DROWN YOURSELF IN IDEAS

32. USE AGGRESSIVE FEAR OF CHANGE AS YOUR PERSONAL MOTIVATOR

33. DON'T TAKE ON TOO MANY ACTIVITIES, TAKE ON TOO MANY IDEAS

34. TURN YOUR LACK OF COURAGE INTO A SURPLUS OF ENTHUSIASM

35. NEVER SAY "WE TRIED THAT, IT DIDN'T WORK"

36. AVOID TRIVIAL DISTRACTIONS. EMBRACE GENUINE GROWTH.

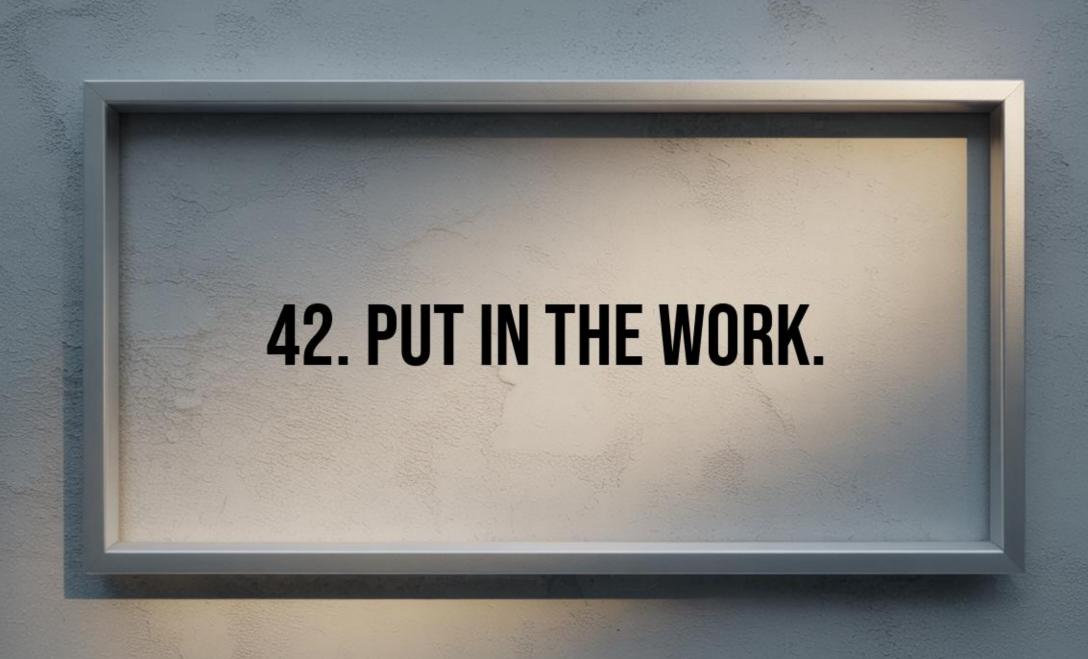
37. STOP TRYING TO FIND THE RIGHT WAY – JUST FIND A WAY

38. DON'T LET UNCERTAINTY CLOUD YOUR VISION



40. NEVER STOP LEARNING. ALWAYS KEEP EXPLORING.

41. STOP SEEKING AN EASY WAY OUT. THERE ISN'T ONE.



43. SPEND EVERY DAY TUNING YOUR ROADMAP FOR HOW YOU PLAN TO LIVE YOUR LIFE.

44. DON'T ALWAYS PRESUME YOU ARE RIGHT - AVOID BEING OBSTINATE.

45. CONSIDER THAT IGNORANCE IS A CALL FOR ACTION,

46. DON'T BE SELFISH -BE MAGNANIMOUS

47. STOP BEING SURPRISED AT SURPRISES

48. TRY NEW THINGS - MAKE YOUR MIND A SHIP OF EXPLORATION

49. AVOID ANGRY PEOPLE. SURROUND YOURSELF WITH OPTIMISTS.

50. QUIT QUITTING. START MORE STARTING.

51. MAKE THE BEST OF THE WORST MOMENTS

52. ENHANCE YOUR GRATITUDE EVERY MOMENT YOU CAN

53. REGULARLY NURTURE YOUR OPTIMISM - ITS FERTILIZER FOR YOUR SOUL

54. TAKE MORE TIME TO **ENJOY WHAT YOU ENJOY**

55. WORK HARD TO AVOID THE TRAP OF BOREDOM

56. CULTIVATE YOUR COMPASSION

57. REMIND YOURSELF YOU DON'T NEED TO LOVE EVERY WAKING MOMENT - IT'S OK TO GET DOWN

58. LIGHTEN YOUR MOOD -**AVOID THE HEAVY**

59. DON'T REGRET THE THINGS YOU HAVEN'T DONE ANTICIPATE WHAT YOU HAVE YET TO DO.

60. MOVE ON FROM BAD THINGS FASTER

61. KEEP IN MIND THAT HESITATION IS WHERE GREAT IDEAS GO TO DIE.

62. ACT FASTER TO **ACHIEVE MORE**

63. REMIND YOURSELF IT **COULD BE WORSE**

64. REMEMBER IT'S OK TO FEEL DOWN SOMETIMES – BUT WORK HARD TO CHASE THE 'UP'

65. RESIST THE ENERGY THAT LIES WITHIN YOUR ANGER

66. DON'T PUNISH PEOPLE FOR YOUR MISTAKES

67. BE PATIENT WITH DIFFICULT PEOPLE

68. PAUSE 10 SECONDS BEFORE YOU SEND AN ANGRY TWEET

69. NEVER ARGUE WITH **FALSE FACTS**

70. REMEMBER THAT ANY PARTICULAR DAY CAN SUDDENLY TURN OUT TO BE INCREDIBLY HARD

71. DON'T TRY TO FIGHT THE FUTURE - BECAUSE THE FUTURE ALWAYS WINS



73. KEEP IN MIND THAT FEAR IS NOT A STRATEGY.

74. REGULARLY INTERRUPT YOUR COMPLACENCY

75. ACT ON YOUR DREAMS, BEFORE THEY BECOME UNATTAINABLE

76. PURSUE BIGGER GOALS, BEFORE THEY BECOME OUT OF REACH

77. IGNORE THOSE WHO TELL YOU YOUR IDEA WON'T SUCCEED

78. AVOID THOSE WHO WILL TRY TO DESTROY YOUR OPTIMISM

79. REMEMBER THAT YOUR IMAGINATION IS YOUR MOST POWERFUL ASSET

80. FIND WHAT YOU LOVE, AND BUILD YOUR LIFE AROUND IT

81. REMEMBER THAT PERSONAL GROWTH IS FOR EVERYONE, NOT THE JOURNEY OF A PRIVILEGED FEW.

82. INDULGE YOUR CREATIVITY. SPEND MORE TIME 'IMAGINATING'

83. WASTE MORE TIME LEARNING THINGS COMPLETELY UNRELATED TO WHO YOU ARE

84. PLAY MORE. LEARN THAT WASTED TIME DOING FRIVOLOUS THINGS IS TIME WELL SPENT.

85. FRET LESS. ALWAYS REMEMBER, 'IT COULD BE WORSE.'

86. AVOID THE DANGEROUS DRUG OF DENIAL

87. ADMIT WHEN YOU ARE WRONG. KILL OBSTINACY IN IT'S TRACKS.

88. MOTIVATE OTHERS WITH YOUR ENTHUSIASM

89. REMEMBER THERE IS ALWAYS A CHANCE FOR A HOLE IN ONE

90. DON'T LET ANGRY PEOPLE BRING YOU DOWN.

91. GIVE BACK. YOU'LL LEARN YOU'LL GET MORE.

92. SHARE YOUR GRATITUDE. BE CONTAGIOUSLY THANKFUL.



94. MASTER THE ART OF LEARNING, NOT HIDING, FROM CONSTRUCTIVE CRITICISM

95. NEVER PRESUME THAT SOMETHING IS FINISHED

96. RESTART THAT THING THAT YOU ABANDONED

97. CHANNEL FRUSTRATION INTO MORE FOCUSED ACTION

98. FIND MORE HEROES. LEARN WHAT THEY ARE TELLING YOU.

99. BUILD YOUR IDEAS, DON'T JUST THINK ABOUT THEM

100. DO BETTER. DO IT OFTEN.



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