

POWER PRINCIPLES

Compiled by Carl David Blake

PRE-PRINCIPLES

In order for the principles to work, you must apply them. However, you must be *ready* to apply them.

Principles

Comprehensive and fundamental laws that govern your conduct. Principles are all laws of nature, like gravity. It does not matter if you believe in them. It is a choice, and this choice is the *The Way*.

Attitude

Attitude is more important than facts. It is more important than the past, than education, money, circumstances, failures and success, and what other people think, say, or do. It is more important than appearance, giftedness, or skill. It will make or break a friendship, a church, a home, a business. The remarkable thing is I have a choice every day of what my attitude will be. I cannot change my past. I cannot change the fact that people will act in a certain way. I cannot change the inevitable. The only thing I can change is my attitude. Life is ten percent what happens to me and ninety percent how I react to it. We are in charge of our attitudes. —Charles R. Swindoll

Choose Your Attitude

Your *attitude* determines the quality of your life. Did you know that you can choose your attitude? Thoughts are powerful. Don't underestimate the power of your thoughts and attitudes. What you believe is what you achieve in your life. In order to bring positive changes and improvements into your life, use a positive attitude throughout the day. Think "I can," "I am able," and "I will succeed. —Georgia Department of Labor

Positive Thinking

Effective positive thinking requires focus on positive thoughts, positive emotions, and positive actions. Your thoughts determine your behavior or emotional reaction to change, whether positive or negative. Take responsibility for how you process thoughts. This positive attitude will supply strength and control during times of change. Life is not about what happens to you, it's about how you respond. Your attitude, whether positive or negative, also affects the job search process. Many employers say attitude is more important than experience or education. They often use attitudes as a tiebreaker between equally qualified candidates. " —Georgia Department of Labor

Positive Posture

Keep head straight, neither hanging down, nor looking up, nor twisted. Your forehead and the space between your eyes should not be wrinkled. Keep the line of your nose straight with a feeling of slightly flaring your nostrils. Hold the line of the rear of the neck straight. Lower both shoulders and, without the buttocks jutting out, put strength into your legs from the knees to the tips of your toes. Brace your abdomen so that you do not bend at the hips. Maintain good posture always. Do not to be distracted by insignificant movements or topics. Remained relax but focused. Smile often. Be big. Be bold.

Decide What You Want

Just decide and the universe will get out of your way. —Will Smith

Envision

You spend your whole life imagining ghosts. Worrying about the pathway to the future. But all that will ever be is what's happening here. The decisions we make in this moment is based on love or fear. So many of us choose our path out of fear disguised as practicality. What we really want seems impossibly out of reach, is ridiculous to expect, so we never dare ask the universe for it. I'm the proof that you can ask the universe for it. So you might as well take a chance doing what you love. —Jim Carey

Believe

Believe that things will work out. Follow your intuition and curiosity. Trust your heart even when it leads you off the well-worn path. You have to trust that the dots will somehow connect in your future. The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. — Steve Jobs

Manifest

- Our subconscious minds have no sense of humor, play no jokes, and cannot tell the difference between reality and imagined thought or image. What we continually think about eventually will manifest in our lives. — Robert Collier
- I keep telling myself over and over and over, I so believe in manifesting things, that I wouldn't even entertain the idea that things would not work out. — Ronda Rousey
- All nature loves an honest person. He need not run after things; they will run after him. ~Sri Swami Satchidananda
- You need to let things come to you, and they will with your talents. ~ Russell Simons
- Fear of failure is mankind's biggest obstacle. Every great accomplishment has been done by conquering fear just enough to get the job done. Life is too short to play it safe. Not achieving your goal is spiritual suicide. The only thing to really stop you from your goals is cynical thoughts. ~Bandhu
- To the mind that is still, the whole universe surrenders. ~ Lao-Tsu
- We operate most of our lives in a distracted state, reduce your distractions. ~ Russell Simmons

Courage

- Courage is going from failure to failure without losing enthusiasm. ~Winston Churchill
- People say to me all the time, 'You have no fear.' I tell them, 'No, that's not true. I'm scared all the time.' You have to have fear in order to have courage. I'm a courageous person because I'm a scared person. ~Ronda Rousey

Let Universe Handle Results

Control is a form of fear. Everything we desire to accomplish is a good thing, so no need to control it. Surrender the idea of control and know if it's meant to be, it will. There's no denying a calling, or a divine purpose. If it calls to you, it will never leave you. So relax and do the work. Good results is on your side. Everything is perfect when things move in their own timing. Your job is to envision it and do the work. Let the universe handle the results. —Bandhu

Giving Back

"Everything good that has happened to me has happened as a direct result of helping someone else."
~Danny Trejo (Famous Actor)

PRINCIPLES

John Wooden

1. Good values attract good people — If you conduct yourself in an ethically sound manner with everyone's best interest at heart, that integrity will absolutely show through. That solid character will allow you to attract others with the same level of integrity, which can only be good for your business or team.

2. Love is the most powerful four letter word — When you start truly caring for other people and become concerned about THEIR success, you'll make a life-changing transition in your business and in your life. This idea is at the very essence of servant leadership, and you'll see astounding results in your relationships with others because of your new focus.
3. Call yourself a teacher — If you're going to be a leader, you have no choice but to be a teacher. Period. Leaders identify weaknesses in their teammates and help them improve upon them. Leaders empower those around them to be more than they ever thought they could be.
4. Emotion is your enemy — Everybody has bad days, and everybody gets frustrated. Leaders find someone to "vent" to in confidence, and then put on their game face to motivate their team. Leaders simply don't let their teammates see them down. This is imperative to keeping team morale at a high level and preventing frustration from overtaking the collective mood.
5. It takes 10 hands to make a basket — Although this is a reference to basketball, the underlying theme is of the importance of the team. It takes a team to succeed. Everybody has weaknesses, but a leader identifies his or hers own weaknesses and then finds team members with strengths in those areas. This delegation frees up the leader to concentrate on his or her strengths, and on leading the team to overall success.
6. Little things make big things happen — Success is a culmination of a bunch of little events. Focus on doing the little things right every time, and the big things will generally take care of themselves.
7. Make each day your masterpiece — It doesn't matter how good or bad yesterday was, IT'S OVER. Move on. You begin every day with a new, fresh start. You have the ability to either progress or regress, but the decision is yours. If you aim to make the best of each and every day, you'll be in a better frame of mind to attack the various obstacles that may pop up at any given time.
8. The carrot is mightier than the stick — People respond much more quickly to reward than they do punishment. People love to feel appreciated and cared for (see #2 above), and a leader can develop extremely intense loyalty simply by making people feel like they are an integral part of the team and have played an important role in the overall group success. Punishment and discipline may be necessary, but a proper reward system will greatly reduce the instances when punishment is necessary.
9. Make greatness attainable by all — People have to believe they have the chance at success. Not everyone has the ability or strength to remain positive and persevere. It's the leader's responsibility to help them visualize their success, and to keep them motivated and on the right track to get there.
10. Seek significant change — All of us have to change, regardless of our chosen path. The most successful in life didn't start out that way. NFL football players weren't that caliber of player when they started playing pee wee football. Those who have attained success in the business world didn't get their just by showing up. They've all had to develop skills to reach their success. John Wooden put it this way, "Failure is not fatal, but failure to change might be."
11. Don't look at the scoreboard — Stop looking at the scoreboard to see how you're doing compared to everyone else. Put your head down and focus on doing the little things well every day (see #6 above) and let the results take care of themselves. If you do this for a reasonable period of time, you'll be absolutely amazed at how far you've come.
12. Adversity is your asset — You have to face trials and tribulations. You have to fail at some level. These obstacles are absolutely necessary for you to learn important skills and abilities so you can gain success down the road. Adversity is the anvil on which our character and strength is forged.

Don Miguel Ángel Ruiz

1. Be Impeccable with Your Word — Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love. Impeccable means "without sin" and a sin is something you do or believe that goes against yourself. It means not speaking against yourself, to yourself or to others. It means not rejecting yourself. To be impeccable means to take responsibility for yourself, to not participate in "the blame game."

2. Don't Take Anything Personally — Nothing others do is because of you. What others say and do is a projection of their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering. We take things personally when we agree with what others have said. If we didn't agree, the things that others say would not affect us emotionally. If we did not care about what others think about us, their words or behavior could not affect us.
3. Don't Make Assumptions — Ask questions. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. When we make assumptions it is because we believe we know what others are thinking and feeling. We make the assumption that everybody judges us, abuses us, victimizes us, and blames us the way we do ourselves. As a result we reject ourselves before others have the chance to reject us. When we think this way, it becomes difficult to be ourselves in the world. Respect yourself and be honest with yourself. Stop expecting the people around you to know what is in your head.
4. Always Do Your Best — Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret. Doing your best means enjoying the action without expecting a reward. The pleasure comes from doing what you like in life and having fun, not from how much you get paid. Enjoy the path traveled and the destination will take care of itself.

Six Toxic Behaviors

1. Taking everything personally — In *The Four Agreements*, Don Miguel Ruiz talks about the importance of taking nothing personally. People are toxic to be around when they believe that everything that happens in life is a direct assault on them or is in some way all about them. The reality is that what people say and do to you is much more about them, than you. People's reactions to you are about their filters, and their perspectives, wounds and experiences. Whether people think you're amazing, or believe you're the worst, again, it's more about them. I'm not saying we should be narcissists and ignore all feedback. I am saying that so much hurt, disappointment and sadness in our lives comes from our taking things personally when it's far more productive and healthy to let go of others' good or bad opinion of you, and to operate with your own heart, intuition and wisdom as your guide. Don't take anything personally.
2. Obsessing about negative thoughts — It's very hard to be around people who can't or won't let go of negativity — when they dwell on and speak incessantly about the terrible things that could happen and have happened, the slights they've suffered, and the unfairness of life. These people stubbornly refuse to see the positive side of life and the positive lessons from what's transpiring. Pessimism is one thing — but remaining perpetually locked in negative thoughts is another. Only seeing the negative, and operating from a view that everything is negative and against you, is a skewed way of thinking and living, and you can change that.
3. Treating yourself like a victim — Another toxic behavior is non-stop complaining that fuels your sense of victimization. Believing you're a victim, that you have no power to exert and no influence on the direction of your life, is a toxic stance that keeps you stuck and small. Working as a therapist with people who've suffered terrible trauma in their lives but found the courage to turn it all around, I know that we have access to far more power, authority, and influence over our lives than we initially believe. When you stop whining, and refuse to see yourself as a hapless victim of fate, chance or discrimination, then you'll find that you are more powerful than you realized, but only if you choose to accept that reality.
4. Cruelty (lacking empathy/putting yourself in others shoes) — One of the most toxic and damaging behaviors — cruelty — stems from a total lack of empathy, concern or compassion for others. We see it every day online and in the media — people being devastatingly cruel and destructive to others just because they can. They tear people down online but in a cowardly way, using their anonymity as a weapon. Cruelty, backstabbing, and ripping someone to shreds is toxic, and it hurts you as well as your target. If you find yourself backstabbing and tearing someone else down, stop in your tracks. Dig deep and find compassion in your heart, and realize that we're all the same.

5. Excessive reactivity — An inability to manage your emotions is toxic to everyone around you. We all know these people – men and women who explode over the smallest hiccup or problem. Yelling at the bank teller for the long line, screaming at your assistant for the power point error he made, or losing it with your child for spilling milk on the floor. If you find that you're overly reactive, losing it at every turn, you need some outside assistance to help you gain control over your emotions and understand what's at the root of your emotionality. There's more to it that appears on the surface. An outside perspective – and a new kind of support – is critical.
6. Needing constant validation — Finally, people who constantly strive for validation and self-esteem by obsessing about achieving outward measures of success, are exhausting to be around. Those men and women who get caught up in the need to prove their worth over and over, and constantly want to “win” over their colleagues or peers, are toxic and draining. Overly-attaching to how things have to look and be, and to achieving certain milestones and accomplishments rather than going with life in a more flexible, easy manner, can wear you out and bring everyone else around you down . There is a bigger picture to your life, and it's not about what you achieve or fail at today. It's about the journey, the process, the path - what you're learning and applying, how you're helping others, and the growing process you allow yourself to engage in. Stop stressing over the particular outcomes like, “I need that promotion now!” or “My house has to be bigger and more beautiful than my neighbor's.” Your desperate need to prove your success and build your self-esteem through outer measures of success is (sadly) apparent to everyone but you, and it's pushing away the very happiness outcomes you're longing for.

Louise Hay

How to Love Yourself: top three things you must do.

1. Stop all criticism. Stop criticizing yourself. Stop criticizing other people.
2. Stop scaring yourself.
3. Be gentle and kind and patient with yourself.
4. Be kind to your mind. Doing positive affirmations.
5. Stop all regrets and resentment.

Bill Maher

Bill Maher is making people think and breaking old habits that are forcing people out of their dogmatic prison. This is one of the highest spiritual tasks. Some of his alternative theories may not be right, but at least he gives you the option and the arena to dispute them. -Dr. Amit Goswami

Ho'oponoppno

There are four parts to this simple Hawaiian prayer of spiritual healing. It is simple, but one of the most powerful prayers you can say. Psychologist Dr. Stanley Hew Len cured an entire ward of mentally ill criminals with this prayer that clears negativity.

1. I love you.
2. I'm sorry.
3. Please forgive me.
4. Thank you.

Stephen Covey

*Poisons you must avoid that are the leading causes of stagnation: Complaining, Comparing, Criticizing, Contending (argumentative), and Competing.

1. Be Proactive — Change starts from within, and highly effective people make the decision to improve their lives through the things that they can influence rather than by simply reacting to external forces.
2. Begin with the End in Mind — Develop a principle-centered personal mission statement. Extend the mission statement into long-term goals based on personal principles.

3. Put First Things First — Spend time doing what fits into your personal mission, observing the proper balance between production and building production capacity. Identify the key roles that you take on in life, and make time for each of them.
4. Think Win/Win — Seek agreements and relationships that are mutually beneficial. In cases where a "win/win" deal cannot be achieved, accept the fact that agreeing to make "no deal" may be the best alternative.
5. Seek First to Understand, Then to Be Understood — First seek to understand the other person, and only then try to be understood. Stephen Covey presents this habit as the most important principle of interpersonal relations.
6. Synergize — Through trustful communication, find ways to leverage individual differences to create a whole that is greater than the sum of the parts. Through mutual trust and understanding, one often can solve conflicts and find a better solution than would have been obtained through either person's own solution.
7. Sharpen the Saw — Take time out from production to build production capacity through personal renewal of the physical, mental, social/emotional, and spiritual dimensions. Maintain a balance among these dimensions.

Orrin Woodward

1. Leaders always choose the harder right rather than the easier wrong.
2. Ingratitude produces pride while gratitude produces humility.
3. You must be willing to give up what you are, to become what you want to be.
4. You can succeed beyond the past, but not beyond your belief. More powerful than the will to win is the courage to begin.
5. The problem with incompetence is its inability to recognize itself.
6. Average leaders raise the bar on themselves; good leaders raise the bar for others; great leaders inspire others to raise their own bar.
7. Your words have the power of life and death. Choose them wisely.
8. Analysis paralysis occurs when you overthink and underwork.
9. Most people overestimate others' talents and underestimate their own.
10. A big secret to life is when you learn that learning is just as entertaining as entertainment, but with long term benefits.
11. Champions do consistently what others do sporadically.
12. A person who cannot handle setbacks will never handle victories either.
13. You must commit: a person with commitment accomplishes more than a thousand with an opinion.
14. Doubts in your mind are a much greater roadblock to success than obstacles on the journey.
15. Until you accept responsibility for your life, someone else runs your life.
16. Leaders respond & change; the rest quit and blame.
17. A low self-image is usually not based upon facts; it's mismanaged memory.
18. Success is assured when a person fears the pain of regret more than the pain of the process.
19. Those who serve deserve.
20. People will follow you when you build the character to follow through.
21. You can tell the size of a person by the way he treats people who cannot help him.
22. What you know has produced what you have; if you're not happy with what you have, then improve what you know.
23. Your past cannot stop you from a bright future, but an improper interpretation of your past can be fatal to your future.
24. Never settle for good when great is available.
25. Your dominant thoughts from your past have produced your today. Your dominant thoughts today will produce your future. If you fill your head with positive thoughts, there won't be any room left for negative ones.
26. For a person to make a difference in the world, he must be different than the world."

Dale Carnegie

1. Don't criticize, condemn or complain.
2. Give honest, sincere appreciation.
3. Arouse in the other person an eager want.
4. Become genuinely interested in other people.
5. Smile.
6. Remember that a person's name is to that person the most important sound in any language.
7. Be a good listener.
8. Encourage others to talk about themselves.
9. Talk in terms of the other person's interest. Make the other person feel important - and do so sincerely.
10. The only way to get the best of an argument is to avoid it.
11. Show respect for the other person's opinions. Never say, "You're wrong."
12. If you are wrong, admit it quickly and emphatically.
13. Begin in a friendly way.
14. Get the other person saying, "Yes, yes" immediately.
15. Let the other person do a great deal of the talking.
16. Let the other person feel that the idea is his or hers.
17. Try honestly to see things from the other person's point of view.
18. Be sympathetic with the other person's ideas and desires.
19. Appeal to the nobler motives.
20. Dramatize your ideas.
21. Throw down a challenge.
22. Begin with praise and honest appreciation.
23. Call attention to people's mistakes indirectly.
24. Talk about your own mistakes before criticizing the other person.
25. Ask questions instead of giving direct orders.
26. Let the other person save face.
27. Praise the slightest and every improvement. Be "lavish in your praise."
28. Give the other person a fine reputation to live up to.
29. Use encouragement. Make the fault seem easy to correct.
30. Make the other person happy about doing the thing you suggest.

30 Things Masters Do

1. Spend time with the right people.
2. Face your problems head on.
3. Be honest with yourself about everything.
4. Make your own happiness a priority.
5. Be yourself, genuinely and proudly.
6. Notice and living in the present.
7. Value the lessons your mistakes teach you.
8. Be more polite to yourself.
9. Enjoy the things you already have.
10. Create your own happiness.
11. Give your ideas and dreams a chance.
12. Believe that you're ready for the next step.
13. Enter new relationships for the right reasons.
14. Give new people you meet a chance.
15. Compete against an earlier version of yourself.
16. Cheer for other people's victories.
17. Look for the silver lining in tough situations.
18. Forgive yourself and others.

19. Help those around you.
20. Listen to your own inner voice.
21. Be attentive to your stress level and take short breaks.
22. Notice the beauty of small moments.
23. Accept things when they are less than perfect.
24. Work toward your goals every single day.
25. Be more open about how you feel.
26. Take full accountability for your own life.
27. Actively nurturing your most important relationship.
28. Concentrate on the things you can control.
29. Focus on the possibility of positive outcomes.
30. Be grateful. Notice how wealthy you are right now.

Bandhu

1. Mastering a thousand paths a thousands ways cannot protect a man who takes his eyes off God.
2. You cannot fight a spiritual battle with secular weapons.
3. Spirituality is your path to God. Religion is a path to spirituality. Know the difference.
4. Do not dip into the devil's purse. This can be very hard and we rationalize doing so, but don't do it.
5. Beware of what you ask for and fear what you have not. For ignorance will surely destroy the ingenu. Ask, no matter what happens, how can I learn from this situation, and why are these people in my life? You are put in difficult situations to learn, and if it's painful, it's something you need to learn now.
6. Demons are curses whose domain over families go unnoticed.
7. Stay on the path (principles) to defeat generational curses. Demons follow blood lines, not city streets. The only way out of the generational curse is to spiritually break with those people who strike at others. Generational curses are explained in nearly every religion.
8. God helps those who help others; the devil helps those who destroy others. Never confuse where your help comes from.
9. Your spiritual family is the strongest connection you have with people. Your biological family is your contract family. They can be both, but it is very rare that all members of your contract family are also your spiritual family. Don't confuse the two. Sometimes the contract ends early in life, and when you don't recognize it, suffering occurs. Did you ever meet someone and notice they are like family? That's because they probably are.
10. Be loving towards everyone as a practice. Let know one leave you without leaving happier.
11. Manifesting is like bending the universe to what you want with your thoughts and desires.
12. Be grateful and thank God. If you hate who you are, you will hate who you want to become. Hatred is the devil's package for the ungrateful. Taking chances honors the Goddess of luck. In order for you to contact her, you must do the things you never did before, go to places you've never been, meet new people you've never met, and learn new things you've never learned. Let the Goddess of luck come to you, don't run after her. You cannot catch her.

Miyamoto Musashi

1. Accept everything just the way it is.
2. Be detached from desire your whole life long.
3. Do not regret what you have done.
4. Never be jealous.
5. Never let yourself be saddened by a separation.
6. Resentment and complaint are appropriate neither for oneself nor others.
7. Be indifferent to where you live.
8. Do not hold on to possessions you no longer need.
9. Do not fear death.
10. Respect God without counting on his help.

11. Do nothing that is of no use.
12. Never stray from the Way.
13. There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of yourself.
14. In battle, if you you make your opponent flinch, you have already won.
15. From one thing, know ten thousand things.
16. If you wish to control others, you must first control yourself.
17. You can only fight the way you practice.
18. Today is victory over yourself of yesterday; tomorrow is your victory over lesser men.
19. If you do not control the enemy, the enemy will control you.
20. All men are the same except for their belief in their own selves, regardless of what others may think of them.
21. Really skillful people never get out of time, and are always deliberate, and never appear busy.
22. Suppress the enemy's useful actions but allow his useless actions.
23. Polish your wisdom: learn public justice, distinguish between good and evil.
24. When your opponent is hurrying recklessly, you must act contrarily and keep calm. You must not be influenced by the opponent.
25. The warrior's is the twofold Way of pen and sword, and he should have a taste for both Ways."

Tom Peters

1. Life is pretty simple: You do some stuff. Most fails. Some works. You do more of what works. If it works big, others quickly copy it. Then you do something else. The trick is the doing something else.
2. There is no such thing as a minor lapse of integrity.
3. Leaders trust their guts. "Intuition" is one of those good words that has gotten a bad rap. For some reason, intuition has become a "soft" notion. Garbage! Intuition is the new physics. It's an Einsteinian, seven-sense, practical way to make tough decisions.
4. If I read a book that cost me \$20 and I get one good idea, I've gotten one of the greatest bargains of all time..
5. The little people will get even, which is one of a thousand reasons why they are not little people at all. If you're a jerk as a leader, you'll be torpedoed. And usually it won't be by your vice presidents; it will be on the loading dock at 3am when no supervisors are around.
6. A while back, I came across a line attributed to IBM founder Thomas Watson. If you want to achieve excellence, he said, you can get there today. As of this second, quit doing less-than-excellent work.
7. Branding is about everything.
8. The "Excellence Standard" is not about Grand Outcomes. In Zen-like terms, all we have is today. If the day's work cannot be assessed as Excellent, then the oceanic overall goal of Excellence has not been advanced. Period.
9. Communication is everyone's panacea for everything.
10. Leaders don't create followers, they create more leaders.
11. Test fast, fail fast, adjust fast.
12. Management is about arranging and telling. Leadership is about nurturing and enhancing.
13. If a window of opportunity appears, don't pull down the shade.
14. Excellent firms don't believe in excellence - only in constant improvement and constant change.
15. The best leaders... almost without exception and at every level, are master users of stories and symbols.
16. Mastery is great, but even that is not enough. You have to be able to change course without a bead of sweat, or remorse.
17. We found that the most exciting environments, that treated people very well, are also tough as nails. There is no bureaucratic mumbo-jumbo... excellent companies provide two things simultaneously: tough environments and very supportive environments.
18. Everyone has a chance to learn, improve, and build up their skills.

19. Regardless of age, regardless of position, regardless of the business we happen to be in, all of us need to understand the importance of branding. We are CEOs of our own companies: Me, Inc. To be in business today, our most important job is to be head marketer for the brand called You.
20. Leaders understand the ultimate power of relationships.

Vince Lombardi

Legendary football coach of the Green Bay Packers.

1. Be Supportive—A good manager gives his/her employees the tools they need to be successful. A bad manager assigns tasks with little or no direction, and then becomes upset when the employee doesn't meet the expectation. Remember the Seinfeld episode where George doesn't hear his boss' instructions, but he is too afraid of what his boss might do if he asks for clarification? He spends the whole week pretending to know what to do. Two words come to mind here, lost productivity. Be approachable so your employees feel they can ask questions.
2. Understand and Harness the Power of Praise—Positive reinforcement is one of the most effective tools for a person in a leadership role. One of the biggest complaints from people that hate their jobs is they never receive any credit for a job well done. If you want your employees to like working for you and to perform their best, try giving them anatta a boy every once in a while when they do well. Nobody likes to work in a thankless environment.
3. Lead By Example—If you want your employees to take you seriously you must lead by example. If they question your work ethic, integrity, or skill to get the job done, then they are far less likely to do their best work themselves. As a leader you need to be blazing the path for success. If you are one of those managers that comes in late and leaves early, then you might want to rethink the example you are setting for your employees.
4. Show Appreciation by Hosting Some Team Building Events—Too many companies have cut out the Christmas party. Even if you don't do a Christmas party, you should put on some events throughout the year to show appreciation and increase morale. If there are budgetary concerns just do something simple. My company has an employee pot luck once every couple of months. Employees bring in dishes from home and then management buys the rest at a local grocery store. It is far from extravagant but the employees really enjoy it. It is a great way for the employees to get to know one another and feel a sense of community at the work place.
5. Listen to Your Employees—Make sure your employees voices are heard. In order to foster an environment of innovation, management must be open to their employees ideas. Nothing stifles progress more than shooting down your employees every idea. Pretty soon they will not even offer them. This will lead to stagnation within your company. Also, consider distributing an anonymous employee satisfaction survey. This will measure the temperature of your employees. If there are action items that need to be addressed they can be identified and action can be taken to improve the work environment. Companies that don't survey their employees are running the risk of never knowing what the problems are within the company. Thus, they have no way of fixing them.
6. Be Generous by Offering Incentives for Longevity—Studies show that companies that offer incentives for longevity have a greater retention rate. Whether it is a raise, bonus, additional time off, a better title, or a combination of the aforementioned, incentives for long tenure should be a part of your employee retention strategy.
7. Be Authoritative—Just like in my previous article when I discussed how nobody likes a micromanaging jerk, they don't like a wimpy pushover for a boss either. You can be authoritative; and, still go about it with integrity and respect. Your employees need to know that there is someone very competent at the helm. I guarantee you that Lombardi's players knew who the boss was, and they respected him for the hard work he put in.
8. Perfection is not attainable— But if we chase it, we can catch excellence.
9. Leaders are made, they are not born —They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile.

W. Edwards Deming

1. Create constancy of purpose for improving products and services.
2. Adopt the new philosophy.
3. Cease dependence on inspection to achieve quality.
4. End the practice of awarding business on price alone; instead, minimize total cost by working with a single supplier.
5. Improve constantly and forever every process for planning, production and service.
6. Institute training on the job.
7. Adopt and institute leadership.
8. Drive out fear.
9. Break down barriers between staff areas.
10. Eliminate slogans, exhortations and targets for the workforce.
11. Eliminate numerical quotas for the workforce and numerical goals for management.
12. Remove barriers that rob people of pride of workmanship, and eliminate the annual rating or merit system.
13. Institute a vigorous program of education and self-improvement for everyone.
14. Put everybody in the company to work accomplishing the transformation.

GMJ

Getting unstuck is one of the most important things you will ever do for yourself as well for others. (It's a path from demonic possession/oppression to principles.)

1. Never speak badly about anyone. Also, remove negative thoughts about people. These both have far reaching effects, much beyond the person you are telling or the person who hurt you. You don't have to forget, but don't keep that memory alive.
2. Study and master the principles. You are not the first one to go through this. Many have done it. The principles are the road map. There has never been easier access to the principles. They are everywhere, all over the Internet. Learn from the great masters.
3. Karma: both actions and thoughts count, not just actions. Be very careful of your thoughts.
4. Do not bark up every tree; it just shows you don't know the neighborhood.
5. When you are committed to do good, heaven and earth transpire to support you, and your enemies retreat because they fear the resolve of a determined soul.
6. Do not be critical of yourself. Never poke at your own wounds. Stop trauma and self-abuse. Stabilize away from the pain. Take your hand off the emotional stove.
7. Interrupt discourse. Unconditionally accept the past. Practice mind control. All prayer is related. It all takes your mind off discourse like meditation. You must master this. This is the key to healing. Without removing discourse, it becomes a force field of evil where you can't find the door. You begin to think you're right when you're not. It's a slippery slope.
8. You can look for cures (negative via drugs, sex, drink, gamble) or (positive via meditate, helping others, contributing to the world). Know which path you are taking,
9. Take the path from disaster > expert > master. It's the path of self-healing. There is some part of all of us that's in the disaster phase. The path always looks hard, because it is.
10. You must earn the right to teach. It is an honor and a privilege. You have to earn the right to assist others along the path. Do not take it lightly. Teach it. Apply it. And be happy you have that opportunity to help others. The more you help others, the more you help yourself.
11. Don't pay attention to others who cheat their way through life. Don't get near their karma. This is very contagious, like a drug, because evil always has huge rewards.
12. Work hard. And then work harder. See what you're made of; it will surprise you. Really see what you can do, physically, emotionally, and mentally.
13. Remain humble. You don't want to get the demons angry, whether spiritual or secular.
14. The path is hard. The way is hard. You must do it for a long time. It's like swimming upstream pulling a large boat. You don't decide you want to get on the path this weekend. Many have been on it for

decades. This is not a whim. It's a life-long dedication to the way. You cannot say I prayed three times last year. Make the decision and stick with it.

The Bourgeoisic Effect

The Bourgeoisic Effect is any negativity thrown at you to keep you away from your goals and dreams. It is always intentional, always harmful yet never done out of desperation, only deviousness.

1. The world ain't all sunshine and rainbows. It's a very mean and nasty place and I don't care how tough you are, it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard ya hit. It's about how hard you can get hit and keep moving forward. What you can take and keep moving forward. That's how winning is done!" ~Rocky Balboa
2. Since I have been a person known in the public, there have been few times that I've been anywhere and not been sold out. There have been few times where you can bring anybody new into your life and not have that person in some way betray you. ~Oprah Winfrey
3. Some people like to call me cocky or arrogant, but I just think, how dare you assume I should think less of myself? ~Ronda Rousey
4. The galleries are full of critics. They play no ball. They fight no fights. They make no mistakes because they attempt nothing. Down in the arena are the doers. They make mistakes because they try many things. The man who makes no mistakes lacks boldness and the spirit of adventure. He is the one who never tries anything. He is the break in the wheel of progress. And yet it cannot be truly said he makes no mistakes, because his biggest mistake is the very fact that he tries nothing, does nothing, except criticize those who do things. ~Gen. David M. Shoup
5. The truth is I've done 4,561 shows. And probably out of all those shows we actually counted, I've developed a relationship with maybe three people. Mattie would be the single biggest relationship out of that show. ~Oprah
6. People look at you strange saying you've changed. Like you worked this hard to stay the same. You're doing all this for a reason. And what happens most of the time, people change around you. They start treating you differently cause of your success. ~Jay-Z
7. Did you ever wonder how haters must FEEL? I mean if they hate you for no reason they must really hate being trapped in their sad souls forever. ~Stallone
8. Life is a constant battle of trying to save your dignity from a world full of insensitive bastards trying to take it. That takes strength. ~Stallone
9. The problem isn't me thinking I can achieve any goal I set for myself; the problem is you projecting your own self doubt onto me. ~Ronda Rousey

Seth Rogan (Just Begin)

Just make sh\$t. If I was a producer and couldn't write my own stuff, I'd join a screenwriting class, make friends, and try to raise \$100,000 to make their movie. At this point, it's hard to take people that seriously who haven't made an effort just to do it themselves. We're working with the guys from *Workaholics* and the *Broad City* girls, and they're people who did it themselves. The production value and lighting might have sucked, but it was good. More than anything it proved that they could make something, which, in and of itself, is one of the most valuable and rare commodities: people who can actually see something through to the end. We work with very few people who don't have the willingness to fail or put themselves out there. —Seth Rogan.

Kai Green (Champion Body Builder)

If you believe that your upbringing was substandard and you have to walk around like a refugee from that crisis situation for the rest of your life, bearing the burden of that experience, then that will be your life. You have to save your own life. It starts with your mind. Your mind is your most powerful weapon. Set a very high standard for yourself. Say I can--not with your mouth--with your actions. When you say you're going to do something, follow through. Keep your thoughts where they need to be. Don't get distracted. Your thoughts are everything. Action is a product of thought. You can become very powerful.

You can command into existence what you want. Be willing to do the work. You cannot be a king walking like a peasant. Do things a king does.

10 Choices You will Regret in 10 Years

1. Wearing a mask to impress others.
2. Letting someone else create your dreams for you.
3. Keeping negative company.
4. Being selfish and egotistical.
5. Avoiding change and growth.
6. Giving up when the going gets tough.
7. Trying to micromanage every little thing.
8. Settling for less than you deserve.
9. Endlessly waiting until tomorrow.
10. Being lazy and wishy-washy.

20 Things That Mentally Strong People Do NOT Do

1. Dwelling On The Past
2. Remaining In Their Comfort Zone
3. Not Listening To The Opinions Of Others
4. Avoiding Change
5. Keeping A Closed Mind
6. Letting Others Make Decisions For Them
7. Getting Jealous Over The Successes Of Others
8. Thinking About The High Possibility Of Failure
9. Feeling Sorry For Themselves
10. Focusing On Their Weaknesses
11. Trying To Please People
12. Blaming Themselves For Things Outside Their Control
13. Being Impatient
14. Being Misunderstood
15. Feeling Like You're Owed
16. Repeating Mistakes
17. Giving Into Their Fears
18. Acting Without Calculating
19. Refusing Help From Other
20. Throwing In The Towel

10 Habits Of People Who Follow Their Dreams

1. They see challenges as opportunities
2. They see life as a game.
3. Living the life they want is the only option.
4. They always speak their truth.
5. They aren't just dreamers: they act on their desires.
6. They expect and know that they deserve the best.
7. They have no fear or guilt when asking for what they want.
8. They create their own rules.
9. They've learned to be comfortable being uncomfortable; they don't gain comfort by controlling everything.
10. They have teachers, mentors and role models.

Inner Strength

1. Fighting is 90% mental and 10% physical. A champion is someone who sweats to exhaustion, even when no one else is watching. It's only pain; it will not hurt you. ~Bas Rutten
2. Physical strength is hard. Mental strength is harder. Emotional strength is the hardest! ~Stallone

Twelve Steps

Some consider this one of the greatest spiritual transformation programs.

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Wayne Dyer

1. What you really, really want, by applying these four principles, you will manifest.
 - Wish
 - Ask
 - Intend It
 - Have passion
2. However, you will manifest what you really, really don't want. So keep your mind clean of thoughts. If you hate your enemies, you will manifest things that will make you hate your enemies even more.
3. You must continually shift your thoughts from what is, to what you want; shift your thoughts from what you don't want, to what you want.
4. You become what you think about mostly.
5. Don't give your enemies attention, not thinking or speaking badly about them, or you give them power.

BOUNDARIES

Boundaries is one of the most misunderstood topics. Not to get eschatological on you, but let's take a look at one of the greatest boundary poems in history, Psalm 23: