

## THE SIX "MUSTS" OF SUCCESS

1. You "must" have a specific goal.
2. You "must" have a specific time to achieve your goal.
3. You "must" write it down.
4. You "must" develop a plan to achieve your goal.
5. You "must" decide what kind of price you're willing to pay.
6. You "must" think about reaching your goal everyday.

STRETCH  
RELAX  
BREATHE  
GROUND  
STAND STRAIGHT

BELIEVE  
ENJOY  
INITIATE  
CONNECT  
REFLECT

## Success

- 1 - Don't Look Back
- 2 - Find a Role Model
- 3 - Enjoy Creative Stress
- 4 - Develop Concentration
- 5 - Think Positive
- 6 - Don't try to be Perfect

Whenever you  
think you know  
what you're  
doing - Do the  
Opposite!

There is always a  
Way if you're  
Committed