

# Thrive!

## 7 Rules for Winning in Life

**THRIVE:** *to flourish or prosper; to grow and develop vigorously*

### 1. PLAY OFFENSE IN LIFE

Be proactive. Make things happen.  
Don't play not to lose, play to win.

### 2. FOCUS ON EXCELLENCE, NOT SUCCESS

Focus on inputs not outcomes.  
Success is a natural by-product of excellence.

### 3. LOOK AT YOURSELF AS A WORK IN PROGRESS

View life as a journey and an adventure, not a test.  
Seek to improve yourself, not prove yourself. Let your past refine you, not define you.

### 4. GET COMFORTABLE WITH THE UNCOMFORTABLE

Discomfort makes you stronger. Fear and growth go together.  
You have to go through awkward to get to awesome.

### 5. FOCUS ON WHAT YOU CAN CONTROL

$E + R = O$ . Event + RESPONSE = Outcome.  
You can only control your Response.

### 6. THINK LONG TERM, NOT SHORT TERM

Think beyond the moment. Play the rest of the movie.  
Ask *"Will this choice take me on a road to a destination where I want to go?"*

### 7. HELP OTHERS SUCCEED

Life is a boomerang, what you send out comes back to you.  
Develop a spirit of generosity. Help others succeed.

The best way to predict the future is to create it.  
Get out of the stands and in the game.  
The best day of your life is the day you decide that it is your responsibility to make your life all it can be.