

11 Ways to Live a Strong Life

(Part 2)

Accelerating Excellence with Del Gilbert
Podcast Episode #84 - Resource Guide

Introduction

- We were born to flourish
- These principles and practices focus on your inner life, not outward success
- Right thinking leads to right actions, right actions lead to right results

1. EMBRACE AN ABUNDANCE MINDSET

There is more than enough to go around for everyone.

2. LOOK AT YOURSELF AS A WORK IN PROGRESS

View all of life as an adventure, not a test. Seek to constantly improve yourself, not prove yourself.

3. MAKE GOOD CHOICES

Don't sacrifice what you want **most** for what you want *now*.

4. CULTIVATE A HEALTHY SELF CONFIDENCE

Rarely will a person succeed if they lack confidence. Behavior change starts with change of identity.

5. BECOME A PERSON OF ACTION

Doubt, fear and procrastination are the slayer of dreams. Action creates power and momentum.

6. DECIDE TO BE UNOFFENDABLE

Don't put the key to your happiness in someone else's pocket.

7. BUILD OTHERS UP

Use the power of your words to express appreciation and give encouragement, not tear down.

8. CULTIVATE OPTIMISM

You can't be great and negative at the same time.

9. PRACTICE GRATITUDE

Be thankful for all you do have rather than focus on what you don't have.

10. DEVELOP GRIT

Practice persistence and perseverance. If it was easy, everyone would be doing it.

11. BUILD RESILIENCE

Bounce back from setbacks and overcome obstacles. A smooth sea never made a skilled sailor.
