

A photograph of a man and a woman smiling and embracing. The woman is on the left, leaning her head against the man on the right. The entire image is covered with a semi-transparent red overlay. Text is overlaid on the image.

PROJECT FIND YOUR FIRE

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# 10 INSTANT ACTIONS WITH INSTANT REWARDS

There are 10 simple things you can do right now that will yield instant results for yourself and for all those around you.

## **#1 CHANGE YOUR PHILOSOPHY**

When we talk about our emotional states, we are talking about our moods. At any given time, we can be happy, sad, angry, hurt, joyful, or any number of other emotional states. We also have the ability to change our emotional states instantly. We've always done it but we never realized we actually had the ability to choose "happy" whenever we want. The fastest way to change your emotional state is a radical change in your physiology. Not just how you stand, but how you breathe as well.

Imagine for a moment a sad person. They are probably slouched over, leaning to one side, shoulders hunched, chin down and they are probably breathing shallow chest breaths. If they changed their physiology, they will change their mood. Stand up, straight and tall, chest out, chin up, and shoulders back. Breathe deep, full diaphragm breaths from your belly. Stand like a warrior or a superhero. Look like you're ready to take on the world! Keep that physiology throughout your day and watch the certainty and confidence rise. Become aware of your own energy.

## #2 BE ON TIME

It goes without saying (hopefully) that no one values someone else's ability to be late. Society expects timeliness. This is less about meeting society's expectations, and is more about raising your own. You are either early, or you are late. Being early is what it takes to be "on time," and being lazy (mentally, emotionally, or physically) is what it takes to be late (excluding unforeseen circumstances, of course).

Treat your life as you would treat going to the airport. If your flight leaves at 9am, you cannot arrive at the airport at 9am and expect to get on your flight. The same is true in all areas of your life. If you have a meeting or a scheduled appearance, be early. Get up with your alarm clock. Be ready to leave before you need to be ready to leave. Stop eating before you feel full. Demand that of yourself.

Being on time is not only a skill, it's the start of a mindset. The "early" mindset is one of certainty. In an emotional state of certainty, you can accomplish anything. You become certain about where you are going, what you are doing, and how you will do it. The early mindset is also one of positivity and comfort. It allows you the knowledge and understanding of how your day is going to go.

## #3 UNDER PROMISE & OVER DELIVER

This is one of the great rules in running a successful business and it boils down to this: Always give your clients or customers more value than anyone else can give. This is a principle based on just doing more, but it's not just about business, it's about your personal life as well.



If you were the CEO of a business, that business would be your baby and you would protect it, nurture it, and love it so that it would continue to grow. Treat your own mind, body, and spirit as a business. Be the CEO of yourself and stop being an employee. It's time to protect, nurture, and love yourself so that you continue to grow.

Whatever you do in your life, whether it is those major events or if it is the small day-to-day tasks, under promise and over deliver. Always do that one extra step to give yourself more value than anyone else can give. This is the same philosophy that is used by athletes and business people who rise above all the others. When practice is done or when the workday is done, they continue to work just a little more after everyone else has gone. Doing this will allow you to leave the "feed me" mentality and move into a "feed myself" mentality. For you, this will be the difference between maintaining where you are or in growing.

## **#4 BE KIND**

Being kind has become a lost art in many ways. It is so very easy to do, and yet so few do it. Being kind does not mean you need to go out of your way. You can smile at a stranger, hold the door for someone, pay it forward at the coffee shop, or just say hello to people. The positivity works like a ripple effect. Not only are you making their day just a little brighter, but they are more likely to pass that smile, that wave, or that door hold on to someone else.

What we cannot forget is that we must also show kindness to ourselves. We often talk to ourselves like we are our own worst enemy and yet everyone loves to be talked to with love, care, and compassion.

We will talk about the importance of positivity in a moment, but for now, understand that the kindness you show to yourself will dictate your own outlook on life.

## **#5 KEEP YOUR ENERGY HIGH**

When we keep our "energy high", we are not talking about going full throttle throughout your day. Its ok to slow down. We are talking about the frequency energies that surround us, sometimes called our vibrations. So far, you've learned several things that will put you into a high energy, or a high frequency. This is a good thing. High energy people tend to be the positive, optimistic people and low energy people tend to be the angry, pessimistic people.

Energies, or vibrations of frequencies can become somewhat vulnerable and we've put together 3 rules of vibration:

1. Energy attracts like energy. If your energy is high, this is a good thing. You will attract other high energy people. If you have a bad day and your energy goes low, you will also attract low frequency people. Misery loves company.
2. Energy will repel opposite energy. Again, if you are high energy, this is good, but if you dip down, you could actually be pushing people away who are trying to help you.
3. Energies suck, meaning that low energy people can literally drain high energy people of their energy, and vice versa. The key is to become aware of your energy and work to keep it high while protecting it from low.

## #6 STAY POSITIVE

You already know that it's important to remain positive, but did you know how important that is? Studies show that, in a positive state of mind, the brain is 32% more efficient. That means that you are 32% more likely to make good decisions, 32% more creative, 32% more likely to find solutions, and 32% smarter. But, staying positive does not mean being hopelessly optimistic. Staying positive means staying real. Recognize the potential roadblocks and find a way to come out on top. We cannot control what happens to us, we can only control how we respond to it.

There are four things you can do to help you stay positive:

1. Avoid the impulse to react. Stop, pause, and breathe.
2. Change your physiology. When the roadblock hits, go to your warrior stance.
3. Change your language. Use only positive words, especially when you talk to yourself.
4. Change your focus. Don't focus on what DID happen, focus on what CAN happen.

## #7 BE COACHABLE

Coaches will tell you what you don't want to hear and make you do things you don't want to do so that you can become the person you never thought you'd be. Although this is absolutely true, being coachable isn't always about being told what to do in order to become

a better person, it's about being willing to learn.

Learning is great and can come from many sources. You have the opportunity to learn new things all day long. We can learn from information we receive from media such as television, books, or even music. We can learn what to do, or not do, through the actions of others. And, we can learn from our own knowledge base or actions. The great secret is to actually be aware of all that information and make the effort to learn from it.

## **#8 HAVE A GOOD WORK ETHIC**

When we discuss "work ethic," we aren't talking about your job necessarily, but this is where we are going to begin. Think about the terms you would use to describe someone who has a good work ethic in the workplace. Timeliness, hard worker, diligent, patient, flexible, studious, leader, and dedicated are all things we might use to describe that person. The trouble begins when we leave our workplaces, we often leave those values there and forget to use them in the rest of our lives.

Think about what you do outside of your workplace. What would happen if you began to use a good "work ethic" in your family, hobbies, or relationships? You can even play harder, be more patient, more diligent, timelier, more studious. Don't just try for that promotion at work, try for that promotion in life too.

## #9 BE PREPARED

Boy Scouts have this motto drilled into them, and for good reason: its important in every area of your life. In a worse-case scenario, it could mean the difference between life and death. You would never check your smoke alarm batteries after the fire. In day to day life, being prepared can mean the difference between surviving and thriving.

When you don't prepare for the unexpected, you find yourself panicked and trying to figure out what to do next, but if you have prepared for all possible outcomes, you will already have the re-route available. This does not mean to expect failure. Failure isn't an option because failure only happens when we don't learn from our falls. Being prepared is about being ready to navigate all of those roadblocks that are going to show up as you continue to grow.

## #10 LIVE WITH PASSION

Passion, by definition, is a strong feeling of enthusiasm and excitement. It is the love and zest you feel. It is that overwhelming feeling of devotion that leads to pure gratitude. We all have something in our lives that makes us feel that enthusiasm and excitement. Maybe it's that round of golf, music, art, family, or serenity that makes us feel that love and zest in our lives. We notice the heightened sense of desire and excitement in that moment, and as that moment comes to a close, we are overcome by a humble gratitude or thanks for being able to spend just a little time in that moment.



What if it were possible to experience that feeling all day long? It is, and it's not difficult to do. Living with passion is living with a love for life and an excitement for each new day and each new opportunity. Living with passion is the enthusiasm you feel about talking to people and helping others and in the chance to become a better you than you were yesterday. All it takes is a change in perception. Instead of "having" to go to work, what if you "get" to go to work. Instead of experiencing "dead-ends" and "roadblocks," you get to experience "opportunities" to learn and grow.

**LIVE WITH PURPOSE, LIVE WITH LOVE,  
LIVE WITH PASSION.**