



## 5 Principles for Living your Best Year

7 January 2019

Happy 2019 to all of you. May this be a year full of love and happiness and success for you.

Now 2019 is a new year, and a new year is usually a time of hope, of renewal and of better things on the horizon. So let's have a look at some principles to keep in mind for the year and from these you can implement some actions you will take.

1. **Have fun.** What will happen will happen. And no amount of worrying on your part will stop it. So try and have fun this year. (And no one needs to do this more than me.) Having fun just makes everything about life better. So plan to schedule some regular fun stuff into your activities for the year.
2. **Manage your mindset.** Your mindset is really everything. Whether you are an entrepreneur, a leader, a student, a sports person, an actor, a speaker – or whatever else, your mindset is the determinant of how well you do. Get into the habit every day of deliberately deciding what thoughts you want to think that will give you the mindset you want. Typically the mindset you want is one of confidence, self-belief, action-orientation and positivity.
3. **Read.** Over the holidays I was reading some books about the lives of successful people and they all say the same thing. You need to read. Not just occasionally either. Make a plan to read books throughout the year. If you want to be more successful in your career, if you want to earn more money or have more wealth, if you want better relationships, or if you just want to improve your life in general, then read about how to do that. Reading will make a difference.
4. **Hang out with the right people.** Now I am not telling you to get rid of all your friends and acquaintances. However, I am asking you to think about expanding your social and or business circle to include people who have

done what you would like to do in the future. If you want to start a business hang out with entrepreneurs. If you want to be the CEO then hang out with other CEO's. You start to think like the people you hang out with. You also start to act like them.

5. **Hold onto a vision**. Have a vision for how you want this year to end. What you want to have happen this year. And keep that vision in mind. Write it down and read it/look at it every day.

Have a wonderful January 2019