

COACHFOSS DAILY 11

MIND.BODY.SOUL. => DEVELOPU4LIFE!

*You cannot give what you do not have, therefore, you must be **Intentional** - It's your **CHOICE!**
Choose to be all in! Make these a daily habit, raise your identity, and bring your very best!*

1. **EXERCISE YOUR SOUL.** Pray, worship, and meditate.
2. **EXERCISE YOUR MIND.** Read, learn, continually develop your mindset for growth.
3. **EXERCISE YOUR BODY.** Be in a gym or outside at least 45 minutes per day.
4. **CHOOSE HEALTHY FOOD.** Look at food as high-octane fuel for your body. Only put in the very top quality to ensure high performance. Drink at least 0.5oz per 1lb of your body weight. E.g., 180lbs = at least 90oz of water. No drugs, No smoking, and No excessive alcohol.
5. **REST.** Get at least 7 hours of good sleep.
6. **THINK POSITIVELY.** Remove all Negativity. Choose your Thoughts! Thoughts => Emotions => Actions => Results. Use the LAW OF ATTRACTION, for what you send out, you will get back.
7. **CHOOSE YOUR CIRCLE OF INFLUENCE!** Associate with people who challenge you, make you better, expect more, raise your level of performance, provide critical feedback, support, and tough love! Iron sharpens Iron!
8. **PRACTICE GRATITUDE.** Write down at least one thing that you are grateful for.
9. **MANAGE YOUR ENERGY AND CAPACITY.** One cannot manage time. Time is fixed and a limited resource. Maximize your energy and capacity to make the most of your time.
10. **SERVE AND ADD VALUE TO OTHERS.** Reach out to at least one person and improve their day and be fully present in the moment.
11. **BE DISCIPLINED AND HUNGRY.** You cannot become tomorrow what you are not working on today. Trust the process and the power of consistency. Jim Rohn defines the formula for success as "a few disciplines practiced every day." And "DISCIPLINE = FREEDOM" ~Jocko!

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."

~Henry David Thoreau

*You want **success!** You have **talent and a greatness** that only you can achieve!*

*You must recognize and acknowledge that you have and own your choices! **Everything is a choice!***

Where you are today is a direct reflection of the choices you have made.

HAVE FAITH, COURAGE, AND ENTHUSIASM, AND YOU WILL WIN!

Moving you from where you are to where you want to be!

Contact us for additional details and ways to engage!

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