

Be The 1%!



1. Having information **USED** to be the key to success.
2. The prize is given to the people who **TAKE ACTION**.
3. Your biggest competitive advantage in today's world is your ability to focus your **ATTENTION** on your end goal, be **CONSISTENT** and **ELIMINATE** distractions.
4. Remember, the **HARDER** you work, the **LUCKIER** you'll get!
5. When you commit to going **ALL IN** on your passion your results will multiply.
6. Develop **TUNNEL VISION** for what you want in your life.
7. **SEEK** and you shall **FIND**!
8. Success leaves **CLUES** - look for them!
9. Adversity helps you **GET BETTER**!
10. Surround yourself and learn from people who are doing things the **RIGHT WAY**!

11. It takes **SACRIFICE** to be **GREAT**.
12. Be **RESOURCEFUL** and connect with experts.
13. Technology makes it possible for **ANYONE** to be your mentor.
14. 1%'s are willing to do things that other people **WON'T**.
15. Without your **HEALTH** you have nothing.
16. How much screen time do you average a day? Per week?
17. Do you think these hours you are spending on your phone are helping or hurting your life?
18. If you committed to eliminating or even cutting your screen time in half what types of things could you accomplish in your life?
19. Where your **FOCUS** goes your **ENERGY** flows.
20. What do you want more? To accomplish your goals and be successful or be on your phone?
21. **DISCIPLINE** leads to **FREEDOM!**
22. Be **SMART**, strategic and **INTENTIONAL** with your time.

Recommended Laws of Freedom:



1. **DELETE** social media and news apps from your phone.
2. Turn **OFF** your notifications.
3. Stay **FOCUSED** and use your time wisely.
4. Create **PEACE** in your life & **ENJOY** the journey!
5. Create your **ULTIMATE** morning routine.
6. Set up a system to navigate your phone useage.
7. Do some form of mediation and a gratefulness exercise daily.
8. Make your health your number one **PRIORITY**.
9. Be **CONSISTENT** but don't beat yourself up if you **AREN'T** perfect.

(Your name)

Laws of Freedom



I, _____ (insert name) commit to the following systems to set myself up for true greatness in my life.

My morning routing will start at ____am and will consist of the following:

My night routine will start at _____ pm and will consist of the following:

I want to be successful more than I want to be on my phone. I will be in charge of my phone and not the other

way around. I realize that my attention and time is my most valuable resource and I am committed to treating it as such. To help me do this I will practice the following guidelines:

-Limit screen time to _____ minutes / hours a day.

-Allow _____ minutes / hours of social media and news apps a day.

-I will NOT have the phone in my bedroom at night when it's time to sleep.

-My phone will be on disturb during the following times throughout the day:

Remember, the more **DISCIPLINED** you become the **BIGGER** results you will have in your life!