

# Elevate Your Attitude

## 31 Power Statements for Daily Inspiration

- 1 Be proactive.**  
Make things happen.
- 2 Confidence is key to better performance.**  
Visualize success.
- 3 Find joy in the journey.**  
Life is an adventure, enjoy the ride.
- 4 Let the past refine you, not define you.**  
Turn your wounds into wisdom.
- 5 Develop inner strength.**  
Confidence on the outside begins with integrity on the inside.
- 6 Be single-minded.**  
Distraction is the enemy of greatness.
- 7 Get comfortable with the uncomfortable.**  
Safe is a dangerous place to be.
- 8 Fall in love with the process.**  
Life is often won behind the scenes.
- 9 Be a craftsman, not a carpenter.**  
Average is overrated.
- 10 Make each day a masterpiece.**  
Live in day-tight compartments.
- 11 Experience the joy of discipline.**  
When you are tough on yourself, life becomes easier.
- 12 If it doesn't challenge you, it doesn't change you.**  
Push past hard.
- 13 There is more in you than you know.**  
Demand great things of yourself.
- 14 Play offense in life.**  
Think thrive not survive.
- 15 You have to go through awkward to get to awesome.**  
Everything is hard before it is easy.
- 16 It's not about how high you jump but how straight you walk.**  
Success is not an event, but a daily process.
- 17 Personal change starts with identity.**  
Think of yourself as the person you want to become.
- 18 Live with intention, intensity, and intelligence.**  
Attack life.
- 19 Bring your A game.**  
Others are depending on you.
- 20 Win the moment.**  
Excellence is the next 5 minutes.
- 21 Excellence is its own reward.**  
The size of the crowd doesn't determine the size of your performance.
- 22 Seek to be elite.**  
Live at a higher level.
- 23 We work best on mission.**  
Set BHAGs: Big, Hairy, Audacious Goals.
- 24 Make the best of any situation.**  
Life is 10% what happens to you and 90% how you respond to it.
- 25 Decide to be unoffendable.**  
Don't put the keys to your happiness in someone else's pocket.
- 26 Have a bias for action.**  
Conditions will never be just right, get moving.
- 27 Don't get too high or too low emotionally.**  
Maintain your poise regardless of the situation.
- 28 Be quick, but don't hurry.**  
No hurry, no haste, but plenty of hustle.
- 29 Live with focused energy.**  
The successful person is the average person, focused.
- 30 Be lean and mean.**  
Be smart with your thoughts, actions, and speech.
- 31 Keep your eye on the prize.**  
Be like a heat seeking missile.