

11 Ways to Live a Strong Life

(Part 1)

Accelerating Excellence with Del Gilbert

Podcast Episode #83 - Resource Guide

Introduction

- We were born to flourish
- These principles and practices focus on your inner life, not outward success
- Right thinking leads to right actions, right actions lead to right results

1. EMBRACE AN ABUNDANCE MINDSET

There is more than enough to go around for everyone. There doesn't have to be one winner, there can be multiple winners. People with the abundance mindset have a unique 'generosity gene'. They are not threatened by or resentful of the success of others.

2. LOOK AT YOURSELF AS A WORK IN PROGRESS

View all of life as an adventure, not a test. Seek to constantly improve yourself, not prove yourself. Worry less about looking good and more about getting better.

3. MAKE GOOD CHOICES

Making good choices means not reacting, but instead pausing, to look at the outcome we want. Then choosing a **response** that will help us achieve the outcome we want. It's in these moments of decision that our future is shaped.

4. CULTIVATE A HEALTHY SELF CONFIDENCE

Rarely will a person succeed if they lack confidence. You cannot consistently act in a way that is inconsistent with the way you see yourself. Behavior change starts with change of identity.

5. BECOME A PERSON OF ACTION

Doubt, fear and procrastination are the slayer of dreams. Action overcomes doubt, fear, and procrastination. Action creates power and momentum.

6. DECIDE TO BE UNOFFENDABLE

When you are offended by others, you are putting the key to your happiness in someone else's pocket. Don't be the kind of person who keeps a record of being wronged. It only hurts you, not the other person. You can't be angry at someone and at peace with yourself at the same time.
