

The 5 things to *STOP* doing if you **WANT A BETTER FUTURE**

The daily choices and actions you make will inevitably shape your life greater than any external event.

Here are just *5 lenses* that help me, have helped others **AND** could quite possibly help you too.

1. **STOP** looking for **PRAISE**
and instead **SEEK** trusted
feedback.

2. **STOP** counting your
FOLLOWERS and **SERVE**
the people that entrust
you with their attention.

3. **STOP** **WORRYING** about
others and focus on your
own **HABITS** instead.

4. **STOP** referencing the
PAST as evidence that
controls your **FUTURE**

5. **STOP** **CELEBRATING**
the finish line and start
working on the **STEPS**