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35 Fast Tips to Make This Your Best Year Yet

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I'm sitting on an airplane thinking about what the best performers and most successful people do to continually outperform everyone around them.

As we enter what I hope will be the single best year of your life yet, I've come up with 35 Tips that I invite you to concentrate on. Share these tips, reflect on them, post them where you can see them – and allow them to infuse your mindset:

1. Remember that the quality of your life is determined by the quality of your thoughts.
2. Keep the promises you make to others – and to yourself.
3. The project that most scares you is the project you need to do first.
4. Small daily improvements are the key to staggering long-term results.
5. Stop being busy being busy. This New Year, clean out the distractions from your work+life and devote to a monomaniacal focus on the few things that matter.
6. Read “The War of Art”.
7. Watch “The Fighter”.
8. In a world where technology is causing some of us to forget how to act human, become the politest person you know.
9. Remember that all great ideas were first ridiculed.
10. Remember that critics are dreamers gone scared.
11. Be “Apple-Like” in your obsession with getting the details right.
12. Take 60 minutes every weekend to craft a blueprint for the coming seven days. As Saul Bellow once said: “A plan relieves you of the torment of choice.”
13. Release your need to be liked this New Year. You can't be a visionary if you long to be liked.
14. Disrupt or be disrupted.
15. Hire a personal trainer to get you into the best shape of your life. Superstars focus on the value they receive versus the cost of the service.
16. Give your teammates, customers and family one of the greatest gifts of all: the gift of your attention (and presence).
17. Every morning ask yourself: “How may I best serve the most people?”
18. Every night ask yourself: “What 5 good things happened to me this day?”
19. Don't waste your most valuable hours (the morning) doing low value work.
20. Leave every project you touch at work better than you found it.
21. Your job is not just to work. Your job is to leave a trail of leaders behind you.
22. A job is not “just a job”. Every job is a gorgeous vehicle to express your gifts and talents – and to model exceptionalism for all around you.
23. Fears unfaced become your limits.

24. Get up at 5 am and take 60 minutes to prepare your mind, body, emotions and spirit to be remarkable during the hours that follow. Being a superstar is not the domain of the gifted but the prepared.
25. Write love letters to your family.
26. Smile at strangers.
27. Drink more water.
28. Keep a journal. Your life's story is worth recording.
29. Do more than you're paid to do and do work that leaves your teammates breathless.
30. Leave your ego at the door every morning.
31. Set 5 daily goals every morning. These small wins will lead to nearly 2000 little victories by the end of the year.
32. Say "please" and "thank you".
33. Remember the secret to happiness is doing work that matters and being an instrument of service.
34. Don't be the richest person in the graveyard. Health is wealth.
35. Life's short. The greatest risk is risk-less living. And settling for average.

I genuinely wish you the best year of your life.

Stay Great.

A handwritten signature in black ink, appearing to be the name 'Robin'.