

Please Do These Three Things by Ron White

I am extremely leery of any quick fix solution or overnight formula for success. In my opinion, they don't exist. With that said, the following formula is one that I shared with two members of my family to encourage them to break through the rut they were in and experience success. Therefore, if I would share it with my family, I must believe in the principles. I suggested that they begin to regularly do these three things:

1. Surround themselves with positive people who believe that this life is not all that there is. Personally, I find this at my local church. This email goes out to thousands of people all over the world. I know we don't share the same faith in all cases. This message is not about my faith. It is about you finding a group of people who regularly meet and have a belief that there is more to life than what we see. This is the first step to a positive outlook on life.
2. You must exercise weekly in order to stimulate endorphins and maintain an energetic life. Walking to the kitchen or curling 12 ounces does not count as exercise. I run one mile twice a week and 2-3 days a week do strength training. This is nothing difficult, but it makes a major difference in my attitude.
3. You MUST educate yourself through reading. The average CEO in America reads 4-5 books per month. The average American reads one book per year and 60% of us don't get past the first chapter! Make a promise to yourself to read at least one book per month. Read anything!

Regardless, of what you read, develop a passion for reading and learning and you will see your attitude and outlook on life begin to change. Any person who faithfully invested their time in these three areas may not break world records in levels of success. However, everything in me believes that they would see dramatic improvements. I believe in those three things so much, I encouraged my family to invest their time in these areas.