

### **Sometimes You Win; Sometimes You Learn by John C. Maxwell**

- 💡 I never fear making mistakes and never see them as self-betrayal
- 💡 I recognize that I am not perfect and that mistakes are an opportunity for growth
- 💡 I find ways to get unstuck emotionally; especially by actively changing my perception
- 💡 I consistently increase my capacity to manage disappointment and loss
- 💡 I train for failure because I know that I learn, change and grow as a result
- 💡 I am careful about what I do, think and say to myself
- 💡 I overcome early losses; preventing them from becoming magnified
- 💡 I am humble because I think of myself less; concerned about what is right rather than who is right
- 💡 I am confident, but work every day to keep that confidence from becoming a barrier to my ability to learn
- 💡 It's the finish, not the start that counts the most in life
- 💡 I maintain an open-minded and clear view of myself and the world around me
- 💡 I respond with indifference to both praise and criticism - focused merely on achieving my goals
- 💡 I leverage my humility to see things as they really are, to learn and to improve
- 💡 I grow through and with my troubles and mistakes to achieve success
- 💡 I am wisely humble; and always admit when I'm wrong
- 💡 I let go of perfection and keep trying; turning my mistakes into possibilities for innovation and success
- 💡 I face reality and use it as a foundation for growth
- 💡 It is easier to go from failure to success than it is from excuses to success
- 💡 I accept the fact that life is hard - and I continue to grow
- 💡 I use hardships as a test of my character
- 💡 I am never satisfied with my gains, so I never plateau
- 💡 I grow my business continuously, independent of my level of success
- 💡 I am honest and realistic in my evaluation of my activities and results
- 💡 I am always on the lookout for ways to improve
- 💡 I respond to challenges with understanding and determination - which determines my outcomes
- 💡 I build my problem-solving, planning and performance on a solid foundation
- 💡 Responsibility is the most important ability that a person can possess
- 💡 When I fail, I take responsibility so that I can learn and take the right actions for my eventual success
- 💡 I never make the same mistake twice
- 💡 I approach success as a journey and maintain a long-term mindset
- 💡 I am responsible for who I am and where I am today
- 💡 Pain and losses are inevitable, but misery and excuses are optional
- 💡 I determine my reputation by deciding who and what I am - and by always keeping that lofty vision in my mind
- 💡 I accelerate my learning by striking a balance between taking responsibility for what I can control and letting go of what I cannot
- 💡 I am never more discontented with others than when I am discontented with myself
- 💡 Failure is like puberty; awkward and uncomfortable, but also a transforming experience that precedes maturity
- 💡 I learn more by doing more --- but also by paying attention and making adjustments
- 💡 I always do the thing that I think I cannot do
- 💡 I do the things that I ought to do when I ought to do them so that eventually, I will get to do the things that I want to do when I want to do them
- 💡 I am relentlessly inquisitive about people and what they want out of life
- 💡 I am dedicated to continuous improvement
- 💡 There are no shortcuts to success
- 💡 The highest reward for my toil is not what I get for it, but what I become by it
- 💡 I improve my life, family, work, economic situation and influence by first improving myself
- 💡 I'll never get anywhere interesting if I always do the safe thing
- 💡 I equate failure with innovation instead of defeat; freeing me up to get out of my comfort zone and try new things
- 💡 I fail quickly and get it out of the way
- 💡 Improvement demands my commitment to grow long after the mood in which that commitment was made has passed
- 💡 I keep working at getting better - taking small steps and knowing that improvement is never-ending
- 💡 I set my intention to improve each day
- 💡 I am worth the effort, time and energy needed to develop myself
- 💡 I am a dealer in hope; and am courageous in choosing it daily
- 💡 I find something positive and meaningful in myself and life every day
- 💡 Hope provides the power that energizes me with life
- 💡 I expect great things from myself and from life; and attract great people along my journey
- 💡 I follow positive thinking with positive doing
- 💡 I encourage hope by stacking multiple small successes
- 💡 I am teachable; I have the intentional attitude and behavior to keep learning and growing throughout life
- 💡 I always find the right approach; and set the stage for creating all the results I hope for
- 💡 I am successful and choose to learn each day
- 💡 I regularly improve my capacity and attitude
- 💡 I am open-minded - increasing my self-discovery and growth
- 💡 Everyone has something to teach me
- 💡 Every day, I have something to learn
- 💡 Every time I learn something, I benefit myself and others
- 💡 I never trust anyone with power that can't be checked --- especially me
- 💡 I grow and improve each day in small incremental changes
- 💡 I prepare early in anticipation of opportunity

- 💡 Where are the potential learning moments for today?
- 💡 Who will I meet and what can I ask them?
- 💡 What will I experience and what might I be able to learn from it?
- 💡 What can I learn from what I read/saw/heard/experienced/discussed/did wrong - or whom I met today?
- 💡 I create time to contemplate and reflect on what I learn
- 💡 I make mistakes and see the lessons as feedback, rather than failure
- 💡 I use the pain of adversity to make myself smarter and better
- 💡 I face adversity with the right mindset - to learn and create advantages
- 💡 If I respond wisely, my circumstances will serve me
- 💡 I avoid tragedy by wanting to learn from life's difficulties
- 💡 I accept that life is filled with one transition after another; nothing is static, nor should it be
- 💡 I take problems seriously and manage them effectively
- 💡 I never underestimate or overestimate a problem; nor my ability to cope with it
- 💡 Does this REALLY MATTER?
- 💡 I always look for the opportunity within a problem; and expect the problem within an opportunity
- 💡 If I'm willing to see the humor in my bad experiences, I will never run out of things to laugh about
- 💡 I gain experience from my mistakes and seek help when possible
- 💡 I may fail (and learn), but I never quit
- 💡 In order to gain, I determine what I am prepared to lose
- 💡 I am willing to change so that I can get better
- 💡 I change when I hurt enough that I have to, learn enough that I want to and receive enough that I'm able to
- 💡 I am only one defining decision away from a totally different life
- 💡 I decide to change - engaging an act of will as well as a process to be started and manage
- 💡 I want more, so I become more - starting with small changes
- 💡 I never try to change others; nor those things outside of my control
- 💡 I control my attitude and choose to think correctly
- 💡 I know who I am becoming, where I am now, where I'm going and how I need to change to get there
- 💡 I never allow my feelings to determine my behavior
- 💡 I behave my way into feeling so that I can do what I must to grow and keep moving forward
- 💡 I initiate action and finish what I start
- 💡 I learn from losses, gain wisdom and possess a strong emotional and mental stability in the face of life's difficulties
- 💡 I feed my positive thoughts until they become dominant over the negative ones
- 💡 I do something every day that I don't want to do - so that I acquire the habit of doing my duty without pain
- 💡 I do what I am supposed to be doing when I'm supposed to be doing it no matter how I feel
- 💡 I always execute and follow through
- 💡 I delay gratification and give up some things today for greater gains tomorrow
- 💡 I perform with excellence, take responsibility for myself when I don't succeed and learn from my failures without being defensive
- 💡 I earn and confirm my self-esteem every day
- 💡 Winning isn't everything; learning is
- 💡 I continue to grow and improve and become more even though what I have is already pretty good
- 💡 I never take a break after a win; I capitalize on my momentum
- 💡 I stay hungry and keep learning so that I keep winning by getting better
- 💡 I determine my success by how I think
- 💡 I simply can't learn what I think I already know
- 💡 Maintaining a consistently positive mental attitude will be my greatest ally in growing and learning
- 💡 The worst thing that could happen to me today could lead to the best thing that happens today
- 💡 I free myself from imaginary boundaries, see new relationships and explore options to accomplish more things of value
- 💡 I haven't learned anything until I take action and use it
- 💡 Life is a succession of lessons which must be lived to be understood
- 💡 I get out of my comfort zone by taking risks while working in my strength zone