

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 have helped countless 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**