

Do what scares you.

Control your fear or it will control you, within reason of course. Stop choosing the easy, comfortable, convenient, safe and ultimately unfulfilling and unrewarding path. **What scares us teaches us.**

Deal with problems quickly.

Minor challenges become monumental problems if we wait long enough.

Strive for improvement, not perfection.

Perfection is a myth and a destructive pursuit. **It doesn't exist** and yet we can be obsessed with it.

Be a treasure hunter.

Consciously find and appreciate the good in your world. If you're determined to find and focus on the negative, you will.