

Sean's Words of Wisdom

SeanDon.com

- Follow the Golden Rule – “Do unto others as you would have them do unto you”
- You only live once, so do it right
- Always leave things better than you found them
- Speak only the truth and you will never have to remember anything
- Inaction is the best recipe for failure and mediocrity
- Your body is your temple, worship it
- Without health everything else is irrelevant
- What goes around comes around and Karma is the great equalizer
- Strive for perfection, but settle only for your best
- Beat the unbeaten path
- True wealth is in the heart and mind, not the pocket
- There is no such thing as a bad day, only a better one
- Live every day as if you should have died yesterday
- He who dies with the biggest smile wins
- It's not the clothes, jewelry, makeup or hair, but the look on your face that matters
- Your body is your house – keep it clean and healthy
- Life is a game, just like any game there are winners and losers. The winners are the ones that know how to play the game and make their own rules as they go. The losers allow life to manipulate them and dictate the rules. Losers simply react. The winners get out and live life. Winners have few regrets. They know how to turn negative situations into positive ones. They are the “glass is half full” people. The winners are the ones you see in the supermarket smiling. The losers are always unhappy, complaining about trivial nothings. They do not realize that life is precious – that you only get one shot.
- Everyone makes mistakes in life. The winners learn from their mistakes and do not make the same ones again. Every mistake is a learning experience. The losers dwell on their mistakes and tend to make the same ones again and again. Like a bad movie, they replay them in their head over and over again. Get over it and move on. If you rent a bad movie at the video store, you don't go back and rent it again. Forget about it – look forward to knowing that you will never do THAT again!
- There is only one now. There will never be another exact moment in time like now. Cherish the now. Don't waste time. Make every moment of every day productive and positive.
- If you have to do something, you might as well make it enjoyable.
- “An eye for an eye” attitude will make the world go blind
- It's not how old you are, but how old you look, feel and act that matters.
- The trivial things don't really amount to much in the whole scheme of things. Don't dwell on them – concentrate on the finer and more important things in life.

- Time is only relative to what you compare it to. In some instances, an hour can seem like an eternity – like sitting in traffic after a long day at work. However, an hour of incredible sex can fly by in seconds. Think about the best hour of your life and live it over and over again when you find yourself in a bad situation. You may be amazed at how quickly the bad situation will pass. Use your “hour of power” as constant motivation every day. Relive the hour and recall all of the sensory perceptions associated with it. Put yourself back in that hour on command at any time you may need a positive lift. Learn to control your emotions in all states of mind.
- If you don't expect the best you will never be let down, but you may never accomplish the best. Do your best all of the time and you will exceed your own wildest expectations. If you fail, you fail. Learn from it and find something that you can do better. Or find another way to do the thing that you failed at.
- It's not how much you make that matters, it's what you keep that counts.
- If you wake up and put two feet on the ground – it's going to be a good day.
- A challenge is your opportunity to step up and do your best – SHINE.
- To err is human – to forgive is divine. Start by forgiving yourself.
- If you think things can't get any worse, you'd be surprised how wrong you are.
- It's hard to smile when you are upset, but it is hard to be upset when you are smiling. So turn your frown upside down and smile for a while.
- What's right to one may be wrong to another. It's all in how you interpret it. Refer to item #1 and live by the Golden Rule and do unto others as you would have them do unto you
- “Dream as if you will live forever and live as if you will die today” - (James Dean)

If you liked my **Words of Wisdom**, please make sure to check out my **Health and Happiness** guide.