

DR. SELLERS' 31+ SUGGESTIONS FOR SUCCESS

1. Marry the right person, and be the right person. This one decision will determine 90% of your happiness or misery in life
2. Give people more than they expect and do it cheerfully. Commit yourself to constant improvement, and high quality
3. Your smile is magical, powerful, endearing, disarming, and contagious. Go infect the world with your smile because when you smile at the world, the world smiles back at you
4. Be forgiving of yourself and others, and have a grateful heart. Choose joy and kindness, loaning someone your strength, instead of reminding them of their weakness
5. Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are
6. Understand that happiness is not based on possessions, power or prestige, but on relationships with people you love and respect
7. Stop blaming others. Take responsibility for every area of your life. Discipline yourself so no one else has to
8. Adopt a "no complaining attitude". Complaining doesn't solve problems, it only attracts and highlights problems.
9. He who loves his work never labors. Life without purpose is difficult and empty
10. The same boiling water that hardens an egg, softens a potato. It's what's inside that's important. Be a thermostat, not a thermometer
11. Integrity is doing the right thing when no one is looking. Don't do anything that wouldn't make your mom proud
12. The first to apologize is the bravest. The first to forgive is the strongest. The first to forget is the happiest
13. Your attitude determines your altitude. A bad attitude is like a flat tire. You can't go anywhere until you change it
14. Show me your friends, shows me your future. Don't hang out with negative, troublesome people; they have a problem for every solution
15. A gentle answer turns away much wrath. Proverbs 15:1 Each morning read the book of Proverbs that corresponds with the day of the month, 1-31
16. Life presents many choices. The choices we make, good or bad, determine our future
17. Live in a way that if someone spoke badly of you, no one would believe them
18. Never put the key to your happiness in someone else's pocket
19. You get all you want or need in life by helping others get what they want or need
20. In the end you are remembered for the impact you have had on other people, and you are rewarded on how you make people feel
21. It is a wealthy person indeed who calculates riches, not in gold, but in friends
22. Love is a treasure for which we can never pay. The only way to keep it is to give it away
23. Don't lie, don't cheat, don't steal, and become the most positive and enthusiastic person you know
24. What you believe will eventually determine how you behave. Gain wisdom and understanding
25. Worry never robs tomorrow of its sorrow, it only saps today of its joy
26. Anger, hatred, bitterness, guilt, jealousy and envy only harms the person holding it
27. Bullying, taunting and teasing is a double edged blade. It cuts both people. Avoid it always
28. Think you can, think you can't, either way you'll be right
29. There is no exercise better for the heart than reaching down and lifting others up
30. Beauty isn't about having a pretty face. It's about having a pretty mind, a pretty heart, and a pretty soul
31. The most valuable things in life are free: air, sun, time, family, faith, friends
- 31+. Never be late for an appointment; in fact, be 10 minutes early