



21 Tips to Success Up Life in 2021

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Start every morning with a positive thought. This will help train your mind to focus on the positive and not the negative. This process will be beneficial on those days you wake up with cranky pants on. The negativity stops when your eyes open!

Set daily intentions every morning. Intend to have a positive and productive day. Intend to spend time working on your goals. Intend to make time for the things that bring YOU joy. Spend time each day aligning your mind with your passions!

Express gratitude every morning. Take a few moments every morning to be grateful for the things in your life. Be thankful for your partner, your friends, your pets, having a warm bed to sleep in, or even that morning cup of caffeine. Don't waste energy focusing on the things you don't have, be thankful for things you do have.

Take the Photo. Capture and document your joys. Focusing on those happy moments will carry you through the tough days.



Surround yourself with the right people. Surround yourself with people who are supportive of your goals and will push you to work harder than you did yesterday. Not everyone is your friend or will like you, and that is ok! Just keep the right people in your life!

Forward think. Focus on solutions, not problems. Don't waste time complaining. Invest your time focusing on forward thinking that leads to overcoming barriers.



When you fall, get back up. When you get knocked down in life, get back on the life bike and pedal forward! You are worth the effort, just keep pedaling towards your dreams!

Block out negativity. Stay focused on your dreams and goals. Focus on what is important to you. Don't let the noise of negativity distract you from your end game.



Invest in yourself. Don't rent your dreams. Make the investment in yourself to own your destiny! Invest in the effort it takes to achieve your goals.

Give yourself permission to be free from the past. Let the leaves of your past fall, so beautiful new things can grow. You can't change the past, so invest your energy in growing your future!



Don't be afraid of blisters. Don't be afraid to roll up your sleeves and do the hard stuff! Don't miss an opportunity because you are afraid of the effort it takes to achieve.

Master saying no. Learning to say no to others does not mean that you are selfish. It just means you are ready to invest your time and energy in your own happiness. "No" is not a scary word, practice it daily!!



Fill your mind with new knowledge. Spend time monthly reading books and listening to podcasts. This will help grow your mind and spark new ideas. Reading challenges the brain, increases vocabulary and offers new perspective.



Eliminate time vampires. Evaluate how you spend your time and eliminate the things that suck time away from your goals and away from what brings you joy. Make every second of the day count, the chance might not come again!



Focus on fitness. Exercise increases energy levels and the more energy you have, the more likely you are to face the challenges of the day aggressively and confidently. Besides, it is really hard to conquer your goals in sloth mode.



Feed your body good foods. Eating healthy foods, such as fresh fruits and vegetables, can prevent illness and bring happiness. Healthy foods can boost your energy level and help balance your body's chemistry to control moods.



Foundation of Faith. Stop trying to carry the heavy stuff and seek your higher power. Life is easier with God in control!



Document your goals. Don't just say your goals, write them down. Writing your goals forces your brain to use both hemispheres and can serve as a daily reminder of the direction you want to travel. It allows you to visualize the opportunities, not just think about them.

Put your pride aside and ASK for help. Don't be afraid to wave the white flag when you are struggling. Life is much easier with support. Asking for help is not a sign of weakness, it is a sign of intelligence.



Find joy. Make time each day to be with the people who make you happy and to do the things that bring joy in your life. Life is too short not to enjoy it!

Eyes forward, stay focused, keep moving. Stop hitting replay on the things you can't change in life and hit delete for good. Dwelling on and rewinding back to the past won't change it. Eyes forward keep going!

