I live in a world of possibility and opportunity. You look for the light. There’s darkness everywhere, but you look for that spot of light and you work your way towards it, and you do what it takes to get there.  
–Annie Lennox

Every morning we wake from a night’s sleep, we face a day filled with possibilities. How can we turn the possibility into reality? Here are some steps to help you reach your possibility and create opportunity.

• **Stay Positive** – You have a choice to listen to the critics and believe success is impossible or have faith that all things are possible.

• **Each day when you awake complete this statement** – “My purpose today is ________ and this is the opportunity I can create for myself.”

• **Take a morning walk of gratitude** – A walk of gratitude can create a space in your mind for the possibility of success. You can’t be stressed and thankful at the same time. When you combine gratitude and physical exercise you give yourself a double-shot of positive energy and natural anti-depressants.

• **Instead of being disappointed about where you are, think optimistically where you are going.**

• **Eat breakfast like a king, lunch like a prince, and dinner like a college-kid with a maxed-out credit card.**

• **Believe that everything happens for a reason, and good things come from challenging experiences.**

• **Don’t be wasteful.** Be cautious not to waste your energy on gossip, past issues, negative thoughts, and the things you cannot control. Rather, invest in the positive, present moment.

• **Mentor someone and be mentored by someone.** Be inspiring and inspired!

• **Live with the 3 E’s of life.**
  - Be the ENERGY you want to attract.
  - Faith in something and ENTHUSIASM for something that makes life worth living.
  - EMPATHY is about finding echoes of another person in yourself.

We promise ourselves that our life will be better tomorrow. But why promise a better tomorrow if we are able to do it today.

• **Zoom-Focus.** Ask yourself, “What are the three most important things I need to do today?"  

• **No complaining.** Today is the today to implement the no complaining rule. Complaining is like vomiting; afterwards you feel better, but the people around you feel sick!

• **Read more books.** Find a book that interests you. Start today to read one more book that you did last year.

• **Get more rest.** You can’t replace sleep with a double latte!

• **Before you lay down to sleep tonight, complete this statement:** “I am thankful for __________.”

• **Think of your mind like a garden.** If you weed out the negative and feed the positive for one day doesn’t do much, but when you do it every day you create a wonderful garden to inspire the possibility of tomorrow.

• **Live with discipline.** Live a life to make a difference for yourself and others. Today is the day of possibility and opportunity, don’t let it slip through your fingers.

By: Craig Groskreutz