

# Live Better F.A.S.T.E.R

6 words to incorporate in your life for  
greater personal achievement.

Conquer more goals, reach new levels of  
achievement, and live a more fulfilling life.

# Live Better FASTER

- Faith
- Action
- Stamina
- Toughness
- Energy
- Righteousness

# Faith

- Complete confidence in someone, or something.
- Faith is believing in that which you cannot see. The reward of Faith is seeing that in which you believed!
- Faith vs fear: fear and doubt kill more dreams than failure ever will.
- If you believe it, you can achieve it.

# Action

- The process of doing something, typically to achieve an aim.
- All great journeys begin with the first step.
- Goal setting. SMART goals.
- I'll do it later. I'll start tomorrow.
- Start to live better by conquering complacency, procrastination, and inaction.
- Strive for progression, not perfection.

# Stamina

- The ability to sustain prolonged physical or mental effort.
- Persistence: to live better and achieve more goals you've got to develop positive routines.
- Recognize routines that are of value, and detriment.
- Be consistent, but not consistently complacent!

# Toughness

- Strength and ability to withstand adverse conditions or hardship.
- Don't let obstacles and setbacks inhibit pursuit of your goals and stymie your routines.
- Internal: self-awareness and self critique/review.
- External: environment and people around you. Don't allow either to keep you down.

# Energy

- The strength and vitality required for sustained physical and mental activity.
- Degree or level of energy possessed by something.
- Think of examples of the 2 extremes of the “energy spectrum”.
- Have passion, gratitude, and a positive mentality.
- Take your “MEDS” to stay fully charged.

# Righteousness

- The quality of being morally right or justifiable.
- DO WHAT IS RIGHT. Be a good person.
- Kindergarten lessons: Follow the Golden Rule.
- Be Kind, Listen well, have fun.
- Be quick with a smile, compliment, or helping hand. Pause with anger, frustration, or criticism.
- Be HIP: Humility, Integrity, Philanthropy.