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I'm going to talk to you about some things. I've learned in my journey. Most from experience, some of them I heard in passing, many I'm still practicing, but all of them, I do believe, are true.

So here we go.

Number one, life's not easy. It is not. Don't try to make it that way. Life's not fair. Never was. It isn't now, and it won't ever be. Do not fall into the trap, the entitlement trap of feeling like you're a victim. You are not. Get over it and get on with it. And yes, most things are more rewarding when you break a sweat to get them.

Number two. Unbelievable is the stupidest word in the dictionary. Should never come out of our mouths. Think about it. To say, what an unbelievable play. It was unbelievable book, an unbelievable film, an unbelievable act of courage. Really?

It may be spectacular, it may be phenomenal, most excellent or outstanding. But unbelievable? Give others and yourself more credit. It just happened. You just did it. Believe it

Number three. Happiness is an emotional response to an outcome. If I win, I will be happy. If I don't, I won't. It's an if-then, cause and effect, quid pro quo, standard that we cannot sustain, because we immediately raise it every time we attain it.

See, happiness demands a certain outcome. It is result reliant. And I say if happiness is what you're after, then you're going to be let down frequently and you're going to be unhappy much of you time.

Joy is a different thing. Joy is not a choice. It's not a response to some result. It's a constant. Joy is the feeling that we have from doing what we are

fashioned to do, no matter the outcome.

See, joy is always in process. It's under construction. It is in constant approach.

Number four. Define success for yourself. We all want to succeed, right? So the question that we got to ask ourselves is what success is to us? What success is to you? Is it more money? Maybe it's a healthy family. Maybe it's a happy marriage. Maybe is to help others, to be famous, to be spiritually sound, to leave the world a little bit better place that you found it.

Continue to ask yourself that question. Whatever your answer is, don't choose anything that will jeopardize your soul. Prioritize who you are, who you want to be, and don't spend time with anything that antagonizes your character.

Here we go. Number five. Process of elimination is the first step to our identity, A.K.A. where you are not is as important as where you are.

Look, the first step that leads to our identity in life is usually not, I know who I am. The first step is usually, "I know who I am not" Process of elimination. Defining ourselves by what we are not is the first step that leads us to really knowing who we are. And when you do this, when you do put them down, when you quit go in there and you quit giving them you time, you inadvertently find yourself spending more time and in more places that are healthy for you, that bring you more joy.

Why? Because you just eliminated the who's, the where's, the what's, and the when that were keeping you from your identity?

Trust me, too many options. I promise you, too many options will make a tyrant of us all. So get rid of the excess, the wasted time. Decrease your options.

Let's make it a place where we break a sweat, where we believe, where we enjoy the process of succeeding. Voluntarily keeping our own council because we want to. And that is the place that I'm talking about.

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