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"Things which matter most should never be at the mercy of things which matter least."  
- Goethe

**Robert K. Cooper, Ph.D. presents**  
**Priorities For Life™**  
**Capacity & Energy**

*Uncommon reminders for bringing out the best in yourself and others.*

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The next frontier is not only in front of you – it's inside you.

Everyday, keep searching for more of your hidden capacity.

Most of us use only 1/10,000<sup>th</sup> of our potential brain power.

Science has confirmed that we each have three brains –

One in the gut, one in the heart, and one in the head. Use them.

Be willing to die of over excitement but not of habit of boredom.

The gap between what can be imagined and what can be accomplished has never been smaller.

Be the most curious and positive person you know.

Make it count.

Notice children and teenagers who do yard work, wash cars, and sell lemonade.

Encourage and over pay them. You may be the only one who does – and that may be enough.

Take exceptional care of those you love.

Judge your progress by your level of energy

Contribution

Enthusiasm

And love.

Be the first adult to play catch

Shoot hoops.

Tell jokes

Run through the sprinkler.

Make funny faces.

It will keep you young at heart.

Be quick without rushing.

Pause every half hour.

Look, pull back to get ahead, breath.

Sip ice water.

Lighten up.

Move.

Shift your view.

Eat snacks.

Laugh.

Look alive.

From time to time, do nothing, guilt-free.

Take off your watch.

Have pure fun without a goal.

Remember sometimes it's the little things that make a big difference.

Make your word your bond.

Return lost shopping carts in parking lots.

Plant trees.

Take a moment to wonder what the world will be like when you're full grown.

Drive under the speed limit in school zones.

Be an original.

Follow your star.

Every night, read something inspiring before falling asleep.

Don't wait for conditions to be just right. They usually aren't.

Whenever you thank another person be specific and genuine.

Whenever you thank a group, recognize the unique effort of each individual.

Act boldly but dance slowly.

Act boldly but kiss slowly.

Act boldly but eat slowly.

Act boldly but savor life slowly.

Never say no to a handshake, a child's hug, or a homemade cookie.

Learn faster than the world is changing.

Listen to birds sing.

Listen to music you love.

Listen to your conscience.

Don't speculate on what might happen...

Imagine what you can actually make happen.

When doing what you know is right, don't hesitate or hold back.

Challenge the boundaries.

Keep glancing farther ahead.

Go above and beyond.

Many people get cynical about those who try to do good in the world, do some good anyway.

You were given this opportunity for a reason.

Shape the unique imprint you are leaving today on the world.

Of all the moments in history, this is the one filled with the greatest promise.

Never let the word "impossible" stop you from pursuing what your heart and spirit tell you to do.

Impossible things come true everyday.

It's your time.

It's your turn.

If not now, when?



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