



GUIDE TO BETTER DECISIONS

- Think logically, rationally and plan for the next steps.
- Everything you do now affects what comes later.
- We all make mistakes. No matter what choice you make, there is always a lesson.
- Don't be swayed by the crowd- have an Inner Scorecard.
- It takes 20 years to build a reputation and five minutes to ruin it.
- You get one body and one mind. It must last you a lifetime.
- For your body and mind, nurture, feed with good food, feed with good information, and treat with respect and dignity.
- Prioritize regular exercise, monitor your weight, ensure sufficient quality sleep, limit screen time, stay well-hydrated, and nurture positive relations with friends and family.