

THE AVERAGE LIFE SPAN IS 78.7 years (28,744.6 days or 41.3 million minutes) in the United States.

Don't spend your life at a job you hate, earning money to buy things you barely have time to enjoy, filling up a house that you mostly just use to sleep in.

KILL YOUR DEBT & KILL YOUR TELEVISION STOP PUTTING YOUR DREAMS OFF UNTIL SOMEDAY.

Rich or poor, all of us only have 24 hours in a day. (They are equally toxic) **MAKE THEM COUNT.**

You are the author of your own story: Make it a story worth telling. Downsize and simplify, because less truly is more, and less is liberating. It is easy to complicate your life, but much harder to simplify. Stop trying to get rich, and start creating a life rich in experiences.

STOP BUYING THINGS & START DOING THINGS

Your biggest obstacles are the ones you've created for yourself. Stop making excuses and start taking action. Start asking yourself: Why not me? Don't be afraid to fail, you'll have already made it farther than those who never tried. Life is an experiment. In life, as in the mountains, the easiest path isn't usually the best path. Doing hard things matters. Find the edge of your comfort zone and take a step beyond. Travel far and climb high. Never rush good food, good coffee, or good friends. Turn your dreams into memories.

GO OUTSIDE: Life is too short to watch it pass by from a desk...