



## DR. M'S 25 RULES, PRINCIPLES, + OBSERVATIONS OF LIFE 4.0

1. Greatness is a product of serving others.
2. Pay attention.
3. You cannot TikTok, Snapchat, Instagram, Facebook, Tweet, email, or text your way to success. Write a note (*hand-written*), call, or better yet, see the person *in person*.
4. No one can motivate you or make you feel anything. The way you feel and what you think is *your* decision.
5. Everything in life falls into two categories: *Worth It* or *Not Worth It*.
6. If everything is a priority, nothing is a priority.
7. Be present. The person you are talking to and listening to should feel like they are the most important person in the room.
8. Listen to all sides. Don't listen to only those who agree with you.
9. You cannot lead others until you can lead yourself.
10. Do your most difficult tasks first thing in the morning. Delaying difficult tasks and delaying uncomfortable conversations will drain your energy.
11. Clichés become clichés because they're true.
12. Tell the truth.
13. Think quickly. Talk slowly.
14. Learn to laugh at yourself.
15. Do something nice for someone every day, but don't tell anyone.
16. Money is a short-term motivator. Doing what you love is more important than how much you make.
17. Listen to children. Realize that the best ideas often come from kindergarteners. They are a wealth of simple, yet profound solutions.
18. There are no independent decisions. Everything is connected.
19. You don't have to have an opinion about everything. The world won't end if you just observe – and learn.
20. Don't write a check with your mouth that your body can't cash.
21. Mistakes happen, but your eraser shouldn't run out before your pencil.
22. For centuries there has been mean, arrogant, selfish, and negative people. Stop being surprised when you encounter them. Be bigger than the moment and prepare your reasoned response in advance.
23. Sit silently for at least ten minutes every day—no phone, no social media, no email— *Silence*.
24. You always take your own weather with you.
25. Say please and thank you.