

# THINKING BIG

*focused & organized*



## Flying High with BHAG's



### Try A Coach

We feel one of the ways to know if coaching is for you is to try a session. We would be glad to extend the offer to any of your colleagues for one free phone get-to-know you session. You know how its worked for you...isn't it time for your friend to know?

*There is so much good to be done for so many good people.*

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I have a wonderful friend; his name is Tamer, who has been powerfully and positively influenced by my book and CD's. The techniques, strategies and systems that have influenced him the most are:

- BHAG's: BIG, Hairy, Audacious Goals
- The principle and habit of Don't Think It Ink It
- The Power of Spirit

Here's how Tamer consistently applies these three success skills: "It all starts from the very moment that I wake up. I wake up with an attitude of gratitude (Gratitude = Great Attitude). In my business, which is a service business, I have to have a great attitude all the time. Everyone that I meet has to feel my energy, my spirit, because these things are contagious. And they're contagious both ways, whether I'm positive or negative. I choose, I always choose to be positive. I read Mark's book, How to Stop Whining and Start Winning and loved it all, but I loved Don't Think It Ink It the most since I realized that by writing things down I remain focused, I do what I say I'm going to do. I remain true to myself and to my commitments. Goals give you hope."

**Editor's Note:** If you ever go to a gym where Tamer works you can hear his laughter booming and bouncing from wall to wall and putting smiles on people's faces. Everyone is drawn to him to be the next one to make Tamer laugh uproariously loud. This is one guy who truly talks the talk and walks the walk.

### How is Tamer Now?

Flying high as you can see from his picture. Several years ago Tamer came in second in the Mr. World competition. He leveraged that achievement into a successful personal trainer business and through the process of Thinking BIG and intense visualization is now the manager of all the personal trainers at a highly regarded fitness center. Knowing Tamer his life and business vision has already expanded, because he knows without a doubt that the best is yet to come!