

A person in a purple shirt and yellow pants is walking on a narrow, curved concrete ledge that extends from the bottom right towards the top center of the frame. The background is a bright blue sky with scattered white clouds. A large white circle is overlaid on the lower half of the image, containing text.

**TOP 10 TINY  
THINGS TO A  
TREMENDOUS  
2019**

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# Welcome

Top 10 Tiny Things To A  
Tremendous 2019

## Author's Note

Hello Everyone. I'm truly blessed to be able to share this valuable information with you. Let me ask you a question:

**Who would like a real 2019?  
Will it be a new year/new you or  
just 2018 part 2, or 2017 part 3?**

This is a tough question to ask yourself because most people won't like the answer. But it's not about where you've been, it's about where your going that matters. If you haven't given up on making 2019 the best year yet, then take heart and take notes.

Meet you at the top because the bottom's way too crowded.

Josh Zepess  
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**Radio Show  
on Spotify**



**@brokeisnojoke**

# 10

## Set any one goal

What's one thing, no matter how small, that if you were to accomplish, would have an impact in your life this year?

- o It's okay if it scares you as long as it excites you.
- o Make sure this one thing is in your heart and not just superficial.
- o Money is a good goal. What you will do with the money is a better goal.
- o Do not set any others until you can check this one off. Distractions already exist aplenty, don't be your own enemy.
- o Be specific in what you want. Do not be vague. If it's money, how much exactly? If it's to lose weight, how many pounds or inches precisely?
- o Give it a deadline. It doesn't have to be December 31. Why not shoot for Nov. 19th and if you miss, you'll still hit your goal by year's end.

# 09

## Write it down

Would it be worth five minutes a day to do a menial task that could allow you to live the life of your dreams?

- o While it would take virtually no time, write down this one thing on paper every single day.
- o First thing in the morning is best. Last thing in the evening is next best.
- o Write it down with your hand. Do not type it, text it, mime it, or use smoke signals.
- o What flows through you sticks to you. Just the act of writing it will have a big impact on your mind.
- o Write it as if already accomplished. I have, I am, I did. Not I hope, I will, I want.
- o It sounds easy yet you will find that this small daily accomplishment will build large lifetime confidence.

# 08

## Daydream

What would it feel like to have already accomplished your one thing?

- o Allow yourself to be there at the finish line in your head. What does it look, sound, feel, taste, smell like?
- o If you cannot see it, you cannot achieve it.
- o All things were built three times:
  1. It started as an idea in someone's head
  2. The idea was put to paper for planning
  3. The thing was physically manufactured
- o Where there is no vision, the people perish (Proverbs 29:18)
- o Your eyes are useless if your mind is blind.
- o Go test drive your dream. This will help with your imagination. If it's a car, test drive. If it's a house, tour it.
- o Slow down, let the dust settle in your mind, achieve clarity through just stopping everything for a few moments.

# 07

## Tell everyone

Are you serious and committed enough to your dream that you would tell others?

- o Announce it publicly. Social media, friends in person, coworkers, and family.
- o Hiding your intentions in the shadows implies you aren't serious and are keeping an escape hatch in case you don't succeed.
- o There's a magic to letting people know where you are going
- o Some will support you. You will need support and should receive it graciously. Offer support back for their endeavors.
- o Some will tear you down. These are naysayers. They also serve a purpose. Their negativity is your fertilizer. Prove them wrong.
- o Naysayers tear you down because they can't do it themselves. It's easier than getting better.

# 06

## Give up one thing

If you wish to have this one thing, what other thing, commensurate in size, would you be willing to trade for it?

- o Never expect something for nothing.
- o The universe is excellent at conservation.
- o You can have it all, just not all at the same time.
- o Determine your priorities. Your goal must be bigger than an hour of TV, social media, or sleep.
- o After you achieve your goal, you can always bring it back. In other words, sleep 6 hours per night to get wealthy, then go back to sleeping 9 hours per night.
- o While you're at it, give up these things too:
  1. Excuses
  2. Self-Doubt
  3. Fear
  4. Procrastination
  5. Negativity
  6. Judgement
  7. Poor associations

# 05

## Take action

If hard work beats talent when talent doesn't work hard, when should you start moving forward?

- o Best of plans are impotent without action.
- o Success demands you pay the price in full and up front.
- o Take immediate action. What's one thing you can do right now to move you even just an inch closer to your goal?
- o Immediate actions can be small. Want to lose weight? Get a gym membership, hire a personal trainer, or find a workout partner. Right now....go....I'll wait.....Did you do it?
- o Determine the right activities. If it doesn't serve you to achieve your goal, it doesn't count. Be honest with yourself. Checking email will not land you on the moon.
- o Take massive action. If you can do it once, you can do it 1000 times. Is it a phone call, a rep at the gym, or a page written in your book? The first time is the hardest, then it's downhill.

# 04

## Make time

Will lack of time be your reason to not waste a drop or be your excuse for not leaving a worthwhile legacy?

- o We all have the same 24 hours, but not the same results.
- o The successful make time for what's important.
- o If time is life, then wasting one necessarily wastes the other. Are you spending your time or investing your time? Are you getting enough value in return for every minute?
- o Spend time like you spend money. If you wouldn't throw dollar bills out the window of your car, why toss away precious seconds?
- o Keep a strict schedule in order to maximize your day. If scheduled, it will fit.
- o The consistency with which you spend time focused on your one thing matters, not how much time.
- o One less hour of sleep per night adds over 3 years of life.

# 03

## Learn your craft

Are growing or dying?

- o Learn everything you can about your craft required to achieve your goal.
- o Read books.
- o Listen to audios.
- o Watch YouTube.
- o Find a mentor.
- o Connect with experts.
- o It's likely been done before, so find an example of success and follow it.
- o Learn everything you can about yourself and raising your identity to that of a person worthy of your goal.
- o Your success will only grow at the rate you do.
- o Be obsessed with CAN I – constant and never ending improvement.

# 02

## Prepare for hell

Life is hard. Would like it to be hard now and easy later, or take it easy now and have a hard life later?

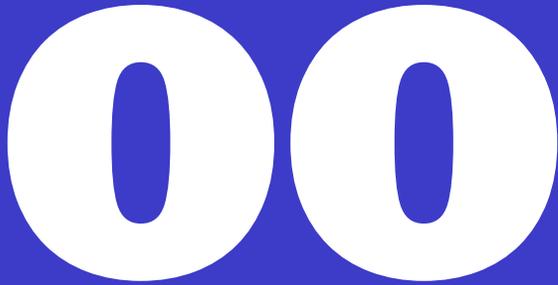
- o The closer you get to your one thing, the greater the chance that all hell will break loose. Expect it.
- o Adversity is the best sign that you are near success.
- o The Adversary knows that this might be his last chance to stop you from success.
- o Each success you have builds confidence, competence, and identity. Eventually, if you don't quit, the Adversary will lose.
- o Don't ever ever ever ever give up. Giving up is the only true way to failure.
- o Remember you never just give up on you. It's giving up on your goal, your family, your life, and everyone who will ever count on you again.
- o Tough times never last, but tough people do.

# 01

## Smile

Success is an attraction process. Is there anything more attractive than a smile?

- o Smiling, no matter what the situation, is the key to a good attitude.
- o When you feel good, you do good.
- o Attitude is everything. It's the filter that determines your world.
- o You always get what you expect, long-term. If you expect success or expect failure, either way you will be right.
- o Never get too high on the highs or too low on the lows.
- o Take a deep breath and realize it's never the end of the world.
- o It takes years and years to become an overnight success. Stress less and be happy on the journey.
- o Keep smiling and one day life will get tired of upsetting you.



Bonus!

## Be a mentor

Who in your life has influenced you in a positive way?

- o Always have a mentor and be a mentor.
- o Teach someone what you've learned.
- o Share what you wish you had known when you started.
- o To do is to learn, but to teach is to master.
- o Be a source of inspiration and hope. Most people don't get off the couch because they don't see the point.
- o Leadership is the ability to turn vision into reality.
- o True leaders don't create more followers, they create leaders. Be a leader.
- o It's the right thing to do.
- o We will win together or we will lose together.