

# 20 Tips for a Positive New Year 2025 - Jon Gordon

## 1. Stay Positive

You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.

## 2. Take a daily "Thank You Walk."

You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.

## 3. When possible, spend less time sitting and more time exercising, lifting, stretching, and moving.

Like a river you were made to move.

## 4. Talk to yourself instead of listen to yourself.

Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.

## 5. Post a sign that says "No Energy Vampires Allowed."

Gandhi said, "I will not let anyone walk through my mind with their dirty feet," and neither should you!

## 6. Each night before you go to bed write down your success of the day.

What you focus on shows up more in your life. Create a success journal.

## 7. Fight the right battles.

Fight the battles that keep you going forward, not the ones that keep you stuck in the past.

## 8. Get more sleep.

You can't replace sleep with a double latte.

## 9. Don't waste your precious energy on gossip, naysayers, issues of the past, negative thoughts or things you cannot control.

## 10. Live your purpose.

Remember your why. We don't get burned out because of what we do. We get burned out because we forget why we do it.

## 11. Fuel your life with love instead of fear.

Fear is draining. Love is sustaining. Fear weakens you. Love strengthens you.

## 12. Make sure you have a mission, a team and a scoreboard.

You need all three to thrive and go to the next level.

## 13. Implement the No Complaining Rule.

If you are complaining, you're not leading.

## 14. Read more books than you did in 2024.

I happen to know of a few good ones. :)

## 15. Don't seek happiness.

Instead live with love, passion and purpose and happiness will find you.

## 16. Focus on "Get to" vs "Have to."

Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

## 17. The next time you "fail" remember that it's not meant to define you.

It's meant to refine you.

## 18. Smile and laugh more.

They are a natural mood booster.

## 19. Create your Circle of Supporters.

Who is in your circle determines how fast and high you rise.

## 20. Enjoy the ride.

You only have one ride through life so make the most of it and enjoy it.