




ACTIVATING YOUR AMBITION

A photograph of a large, rugged mountain peak covered in snow, set against a clear blue sky with some light, wispy clouds. The mountain's surface is textured with snow and dark rock patches. The overall scene is bright and clear.

Your bank account grows or shrinks based on how much you put into it or take out of it.

If at 18 years old you put a hard earned \$10,000 into an account and added 1% (\$100) a month to it until you were 65 years old, you would have invested a total of \$66,400. If you were able to have wisely invested your money during that time in ways that returned 10% per year, your account would be worth \$2,032,982.



In the same way, your skills, knowledge, health, and relationships are either improving or deteriorating based on how much you are investing in them.



Regular small investments in areas such as reading non-fiction books, practicing a skill, exercising, or eating healthy foods have a compounding effect that yield astonishing results.



If you read one book a month beginning when you are 18, you will read 564 books by the time you turn 65 giving you increased knowledge and higher self-confidence making you significantly more valuable professionally and personally.



If you consume just 10 less grams of fat per day in your diet, by age 65 you will have avoided 171,550 grams of fat, or 378 lbs of the stuff.



If you spend just 10 minutes a day learning a foreign language or practicing a skill, by age 65 you will have accumulated 2859 hours of practice making you a top performer in most any field.



The list of minor adjustments you could make and their compounding benefits could go on and on, but for most people, knowing what to do isn't the problem.



For many people, creating habits that work for them instead of against them is all but impossible.



They let bad habit after bad habit creep into their lifestyle compounding the effects against them.



Without realizing it, they find themselves spending more than they earn. They eat more than they need. They drink, smoke, sit, procrastinate, stagnate, and so on ultimately experiencing the devastating effects of their actions.




Professionally, they learn less, know less, do less, sell less, lead less, and therefore earn less.



If you or someone you know is neglecting themselves,
....





Or missing out on valuable opportunities to improve themselves, do them or yourself a favor.



Use this opportunity to make a change in your lifestyle, behavior, attitude, or skill level.



Consider that your goals, professional or personal, will be better achieved by investing in yourself now.

Put time back on your side.



A photograph of a large, rugged mountain peak covered in snow, set against a clear blue sky with some light, wispy clouds. The mountain's surface is textured with snow and dark rock patches. The overall scene is bright and clear, suggesting a high-altitude environment.

Invest in yourself.

A photograph of a large, rugged mountain peak covered in snow, set against a clear blue sky with some light, wispy clouds. The mountain's surface is textured with snow and dark rock patches. The overall scene is bright and inspiring.

Set higher ambitions and achieve them. You can do it.



For a practical how-to guide, read: *Activating Your Ambition – A Guide to Coaching the Best Out of Yourself and Others.*

A photograph of a large, rugged mountain peak covered in snow, set against a clear blue sky with some light, wispy clouds. The mountain's surface is textured with snow and dark rock patches. The overall scene is bright and clear.

It is now available at your favorite book retailer

Or visit www.activatingyourambition.com.





Best of luck in activating your ambition.

ACTIVATING YOUR AMBITION

presented by Alpine Link Corporation,

www.alpinelink.com.

