



PRIDE FACTOR's

ALL BOOKLET

170 LESSONS IN LIFE

to make a better you



YOUR
Journey
BEGIN
HERE

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DAILY INSPIRATION BY PRIDE FACTOR

1. Experience at least one **sunrise** every month sight and sound.
2. Aim to be **respected**, not popular.
3. **Respect** your elders, teachers and parents, and anyone that works for the Government.
4. Always offer your seat to ladies or the elderly.
5. No matter what you think, not many **good decisions** are made after midnight.
6. Exercising is the best way get **motivated** and **excited**.
7. If you want to know where you are look at your feet; you are here!
8. Be the first to stand up and applaud at the end of a school play.
9. Always do what you know is right.
10. Say something positive to someone at the beginning of the day. Their smile will make *your* day.
11. When bored, avoid the fridge.
12. Always support kids who are selling food, drinks or raffle tickets in order to raise money.
13. Get involved with a charity and **contribute** whatever you can, whenever you can.
14. Try not to show weakness.
15. Do some exercise every day.
16. Make a vision board of your **dreams** and **goals**, and **focus** on it every day.
17. Write down your goals, strengths and weaknesses, and study them closely.
18. Work **smart**, not hard.
19. Say *please* and **thank you** often.
20. Go traveling...it's the best education. You learn to find things you need, earn your way, and find out who YOU really are.
21. Find your **passion**, become the absolute best at it, and learn how to make it into your career. (We're here to assist!)
22. Follow your own star.
23. Never enter a car when the driver has been drinking alcohol. Never.
24. Write down an idea every single day. At the end of the year you'll have 365. One of them is bound to be a **winner**.
25. Remember this fact: **Life is short**.

**No
matter
who you
are,
you'll be
judged
by the
company
you
keep.**

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DO WHAT
YOU LOVE



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27. **Challenge** yourself everyday.
28. Drink plenty water. Your body is a filter, it needs as much water as it can get!
29. All that you see is usually not all that there is.
30. This is the information age. **Ideas** are currency.
31. Answer and speak on the phone clearly, with a smile, people can hear a smile in your voice.
32. What you resist persists.
33. Only brush the teeth you want to keep.
34. If you're the smartest person in the room, you're in the wrong room. Always challenge yourself.
35. If you don't have a **goal**, you'll end up working for someone who does.
36. If ever in a car accident; get the other person's information, and take pictures of their number plate and drivers license, as well as all the damage.
37. Every year, go somewhere new.
38. Find a hobby, they can be **awesome!**
39. Understand that global warming is a real thing: Do something towards preventing it.
40. Don't dismiss what you don't understand.
41. Listen properly, **smile passionately**, and laugh honestly.
42. When falling asleep at night; breathe deeply, and **focus** on the person you want to be tomorrow.
43. Stand up for yourself, your family, and women in your presence.
44. Remember this simple truth: **Knowledge is power.**
45. Read more books, watch less TV.
46. Don't drive like a fool! You all know what this means.
47. Take lots of photos, but don't become selfie-obsessed.
48. Learn how to change a tyre, wire a plug, and put up shelves.
49. **Look people in the eye.**
50. Stand up when greeting a lady.

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Own a pet only if you can afford it love, and time.
Never reply to an email when you're angry.
Buy cheap buy twice.
Save 20 – 30% of everything you earn.
Don't ever start smoking. TRUST US.
Enquire about being an organ donor.
Approach love and cooking with reckless abandon.
Learn basic First Aid.
Write down 'mid-night thoughts'... They're usually the best.
Be health conscious, but not obsessed.
Join a library.
Save the word 'I.C.E' (In Case of Emergency) on your cellphone with a family members number.
Never walk past an animal, or child in need.
Don't spend money you don't have. Habits are learned. Make sure you have more good than bad.
Habits are learned. Make sure you have more good than bad.
Try natural alternatives to medicine when possible.
Keep the BEST company you can.
Let your hand-shake and / or your word be your bond.
Love the “Out Doors“ we have a lot.....make use or it !
Have a mantra; repeat it to yourself every morning and every night.
Show respect for firemen, medics, police officers and public servants. You may need their assistance one day.
Play board games.
Always have valid documentation.
Be ready for opportunity, It usually presents itself in peculiar situations.
Break the rules, but not the law.



Cherish your pet

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THIS IS
THE SIGN
YOU'VE BEEN
LOOKING FOR



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76. Learn how to become a braai master!
77. Call your mother or father. Now.
78. Seriously, we're waiting for you to tick off that previous one...
79. Show respect when in the company of ladies. Being a gentleman will never go out of fashion.
80. Make something with your hands. It's calming and very satisfying.
81. Avoid discussing religion and politics. It's rude and can easily turn into an uncomfortable situation.
82. If you loan something out, don't expect to get it back.
83. Don't reply to a message when you're upset, angry or annoyed. Learn to calm yourself first, then only write back.
84. "All the we are is a result of what we have thought." – Buddha
85. Do not do drugs. They WILL ruin you. Period!
86. Do some gardening.
87. If you get the opportunity to go traveling alone, take it! You won't believe how much you'll learn about yourself.
88. Drink real coffee.
89. Don't think you have to be *anything* you don't want to be, but you can be anything you want to be
90. Avoid strong pain killers, unless absolutely necessary.
91. Learn how to surf or a decent sport.
92. Learn how to cook. Well.
93. If you can't join them, beat them!
94. Take walks.
95. Own a bicycle.
96. Take the stairs rather than using the elevator/escalator.
97. Be knowledgeable of and understand the weather patterns in your area.
98. Learn another language, ideally one that's universal, like Spanish or Portuguese, or Sign, the language of the deaf.
99. Memorise important phone numbers.
100. Have a great CV and Portfolio.





WE CAN BE HEROES
JUST FOR ONE DAY

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101. Watch what you say or do on social media. It is recorded. Forever!
102. Polish your own boots, iron your own shirts, and wash your own car.
103. Don't lick a spoon and put it back in the yogurt. The bacteria on your tongue will cause it to go off very quickly.
104. Don't rely on others for a lift home after a party.
105. Wear the best fragrance you can afford, people do remember smells.
106. Own an awesome watch.
107. Own an awesome suit.
108. Live YOUR life. Follow YOUR star.
109. Wear your seatbelt and make sure those in the car younger than you do the same.
110. Master a couple of great dishes.
111. Walk barefoot, whenever possible.
112. Do your practical drivers license test in a small car.
113. **Educate** is derived from the Latin *educō*, meaning to draw out, to develop from within. *Educated people know where to get the knowledge they require, organise it, and put it into action.*
114. There are four steps to **CHANGE**: Set a goal. Plan it out with surgical precision. Commit to it. Be around like-minded people.
115. Be aware of those that talk too much, they rarely do much else.
116. Your mouth is more dangerous than your fist.
117. Trust nobody, get it in writing.
118. Know / find a great mechanic, dentist, electrician and plumber.
119. You are unique.
121. Never give up on something you can't go a day without thinking about.
122. When making decisions, think very carefully about the consequences and make sure that you can cope with the outcome.
123. Leave nicotine, alcohol and drugs to the rock-stars and those who don't mind dying young.
124. Be true to yourself.
125. Turn calamity into an opportunity, be positive when others are negative.
126. Be quietly confident. It's attractive to the opposite sex, reassuring for your partners, and intimidating for your competition.

SWIM
AGAINST
THE
CURRENT
DON'T BE A FOLLOWER
#120



PLEASE
SMILE AT
STRANGERS

A neon sign with the text "PLEASE SMILE AT STRANGERS" in a cursive font. The sign is illuminated with a warm, yellowish light. The letters are made of a thin, flexible material, and the wiring and connectors are visible, giving it a handmade or artistic appearance. The background is dark, making the glowing sign stand out.



A goal without a plan is just a wish.

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Life is
Beautiful

127. I hear, I forget. I see, I remember. I do, I understand.
128. Nothing in life should be so serious that it's no longer enjoyable. — Dene Botha
129. Try your absolute best to remember people's names.
130. However successful you may feel you are, never become an "I, Me, Mine" specialist.....it turns people off.
131. Trust in Karma, it is real.
132. Made sure to acquire a skill set which makes you indispensable to your industry.
133. Back-up your computer... Now.
134. Wear sunscreen.
135. Don't cry because it's over...Smile because it happened.
136. Today you are you, that is truer than true. There is no one alive more you-er than you" — Dr Suess
137. The truth always comes out.
138. Sorry to break it to you, but sh*t does happens. It's how you react to it that matters.
139. Rather regret something you did than something you didn't do. Eg: Rather ask for forgiveness than permission.
140. If you start something... Finish it.
141. If you're ever persuaded to own a motor bike... Be very VERY careful on it!
142. Make the most of your time while you are still being supported by your parents as that is the best time to build the foundations of your future.
143. Pay yourself first. Invest money in yourself first before you pay anybody else.
144. The height of stupidity is repeating the same action and expecting different results. (Einstein)
145. Respect is earned, not due.
146. Don't ever start a fight...If you can't agree with words, walk away.
147. If you see something you like, compliment it / them.
148. Be tolerant.
149. Don't get a tattoo until you are absolutely sure you're willing to spend your entire life with it.
150. A goal without a plan is just a wish.



- 152. The best way to predict the future, is to create it.
- 153. No one said it would be easy. Even if it was, everyone would be doing it.
- 154. Don't delay on getting a bank account and your driver's license.
- 155. Remember: The deepest craving of human nature is the need to be appreciated.
- 156. No one who achieves success does so without the help of others.
- 157. Being responsible sometimes means doing the opposite of what your friends want you to do.
- 158. When invited to a beach party, GO!
- 159. Always remember that you are the writer, director and star in the movie of your life.
- 160. 'Different' does not automatically mean 'less'.
- 161. When writing a business proposal, always spend the first three quarters telling them what you will do for them. Then the last 25% on what you want in return.
- 162. You are defined by two things: your **patience** when you have nothing and your **attitude** when you have everything.

163. Chase your passion.

- 164. Look at the sky at night.
- 165. If you earn in Dollars, think in Dollars... but if you earn in Rands, still think in Dollars.
- 166. Every now and again it is totally acceptable (and sometimes even recommended) to take a 'lazy day', and do absolutely nothing.
- 167. Volunteer your time somewhere:, be it at an animal shelter, a soup kitchen or stepping up as life guard or fireman.
- 168. Remember to fall in love.
- 169. Sometimes the hardest things to do are the most necessary
- 170. LASTLY: You are *exactly* where you are supposed to be right now. Just breathe, smile and enjoy this ride called LIFE!



***The
End***

@PrideFactorSA
www.pridefactor.co.za