

EVERYTHING COUNTS

52 Remarkable Ways to Inspire Excellence and Drive Results

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GARY BLAIR is president of his own training organization, TheGoalsGuy. He has more than twenty years experience consulting with companies such as IBM, NASA, General Electric, Subway, Federal Express, Disney and others. He is a graduate of Syracuse University. Mr. Blair is an accomplished keynote speaker and facilitator. His work has been featured in the *New York Times*, *The Wall Street Journal, USA Today* and many other publications where he has been described as "one of the world's most influential thinkers on excellence and productivity".

The Web site for this book is at www.EverythingCounts.com.

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MAIN IDEA

Everything you do, say or think has flow-on consequences. It either advances you in the direction of your dreams or makes you retreat a little. Therefore, you can and should sweat the small stuff because in the final analysis, everything counts. This is what can be termed "The Golden Rule of Excellence".



Professional Strategies	Pages 2 - 4
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•	Pages 4 - 6
 20. Character counts – the core principles which give your life direction, meaning and depth 21. Common sense counts – staying on the right side of the clear line between right and wrong 22. Excellence counts – the process of continually growing and improving yourself and your career 23. Every choice counts – you either move towards or away from your goals 24. Passion counts – because great works are accomplished by those who are passionate 25. Perseverance counts – it reflects the depth of your commitment and allows you to hurdle adversity 26. Courage counts – both physical courage and moral courage are universally admired virtues 27. Patience counts – it keeps us going when the going gets hard 28. Humility counts – you have to know when to take the lead and when it's better to follow 29. Self discipline counts – it allows you the confidence to be the best you can be 30. Etiquette counts – you need a code of behavior as a foundation for a successful life and career 31. Optimism counts – you create ideal conditions for success by focusing on the possibilities 32. Health counts – you have to invest in optimal health in order to lead a vital, active and dynamic life 33. Gratitude counts – it heightens your awareness of the world and expands your quality interactions 34. Reputation counts – it's an intangible asset which is far more valuable than money 35. Personal development counts – everyone enjoys dealing with an up-and-comer who's going places 36. Sustainability counts – acting in a way which will not compromise the realities of future generations 37. Your legacy counts – so live your life and build your career with class, dignity and style 38. Loyalty counts – you have to honor your commitments come rain, hail or shine 	
Universal Concepts	Pages 7 - 8
 39. Truth counts – stick with the facts and leave delusions to others 40. Joy counts – choose to carry on full speed ahead regardless of your immediate problems 41. Simplicity counts – focus on removing complexity from everything you do so you get back to basics 42. Inconvenience counts – growth, excellence and success always involve doing inconvenient things 43. Diversity counts – always be willing to try different approaches and perspectives 44. Failure counts – you'll always learn far more from your failures than you ever will from your victories 45. Sportsmanship counts – it's the ideal opportunity to develop life skills and build character 46. Resiliency counts – you have to learn how to bounce back from setbacks and adversities 47. Fundamentals count – success is never mysterious, it's always the result of applying fundamentals 48. Every dollar counts – money is a reward for the service you render and the value you offer 49. Every vote counts – make certain you always exercise your hard-won democratic rights 50. Contribution counts – focus on what you can contribute and success will naturally happen 51. History counts – extend your vision and broaden your perspective by understanding history 	

52. Peace counts – because it is the most universal and sought after human ideal and objective

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