



# Getting and Keeping the Wake up Eager (WUE) Mindset

**10 Self Motivation  
Mindset Essentials**

&

*39 Wake Up Eager  
Actions I Can  
Take Today*

Provided by: Suzie Price, Professional Development  
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# Wake Up Eager (WUE) Mindset

Summary Version

Waking Up Eager IS Possible for Me...  
and Not 'Pollyanna.'

Unwavering Focus.

Every Moment Brings an Opportunity  
to Make More Decisions.

My Happiness is My Job.

I am Always Guided and Never Alone.

Never Done.

Decclare and Share My Strengths.

Seek to Close Gaps.

Earnestly Share Appreciation.

Timeless Truth: I Can, Be, Do or Have  
Anything I Want.

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# Wake Up Eager (WUE) Mindset

## Detailed Version

**Waking Up Eager IS Possible for Me...and Not 'Pollyanna'** Besides, Pollyanna had a great life. *Life's supposed to be fun! My inspiration and happiness inspires others and is a gift I offer to the world.*

**Unwavering Focus.** *Whatever I focus on (think about, emanate, feel consistently, vibrate and visualize) expands. I focus on what I want and why I want it often.*

**Every Moment Brings an Opportunity to Make More Decisions.** *The more moments in every day that I choose my focus, my thoughts, my actions, my intentions, the more empowered and energized I feel and become.*

**My Happiness is My Job.** *This self motivation tip reminds me that no one other human being can give me happiness, inspiration or motivation. No other person or situation can keep me from it. It's my job. And it's an inside job.*

**I am Always Guided and Never Alone.** *I receive Guidance about my focus and what I'm emanating/vibrating, therefore creating, by how I am feeling. No one else knows what's best for me --- they've not walked in my shoes --- but my Guidance is always available and accurate. I practice tuning into my Guidance often.*

**Never done.** *It's never done, so I can never get it wrong. I am always Loved and Valued. My past informs my future. It helps me become clearer and more focused about what I want to create now.*

**Declare and Share My Strengths.** *Demonstrating, using and sharing my strengths, insights and talents is important. My strengths are special gifts that I bring to the world. My preferences matter, I must know them and build my life around them.*

**Seek to Close Gaps.** *I focus on closing the gap between where I am and where I want to be (on all subjects). This is my 'work'. It is energizing, life-giving and empowering, and oh by the way, the only thing that works.*

**Earnestly Share Appreciation** *Focusing on what I appreciate about myself and others is a habit I consciously develop by making lists of appreciation, every day. Appreciation is love - I speak it, think it and share it as often as possible.*

**Timeless Truth: I Can, Be, Do or Have Anything I Want.** *All I have to do is line up with what I want, one focused thought at a time.*

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## 39 Wake Up Eager Ideas & Actions I Can Take Today

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day.
3. Go to bed earlier and get more sleep.
4. When you wake up in the morning decide, "Today, no matter where I go, no matter who I see, I will look for and speak about what is good and right."
5. Decide to live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did last year.
7. Make time to practice meditation and/or quiet reflection. They provide daily fuel for busy lives.
8. Spend time with happy people over the age of 70 and fun kids under the age of 6.
9. Dream more, while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured or packaged in factories.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
12. Try to make at least ten people smile each day.
13. Clear clutter from your house, your car, your desk. Let new energy flow into your life.
14. Don't waste your energy on gossip, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
- 15. Realize that life's supposed to be fun!**
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Decide to smile and laugh more. It will keep the NEGATIVE BLUES away.
18. Life isn't always fair, but it's still very, very, very good.
19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.
21. You won't win every argument. Agree to disagree.
22. Make peace with your past so it won't spoil the present.
23. Don't compare your life to others. You have no idea what their journey is all about.
- 24. No one is in charge of your happiness except you.**
25. Frame every so-called disaster with these words: 'In five years, will this matter?'
26. Forgive everyone for everything.
27. What other people think of you is none of your business.
28. Remember, Love heals everything.
29. However good or bad a situation is, it will change.
30. Try to find ways to enjoy your work - you spend too much time doing this - if you don't, negativity will spill over into other areas of your life.
31. Get rid of anything that isn't useful, beautiful or joyful.
32. Envy is a waste of time. **You can be, do and have everything you want.**
33. The best is yet to come.
34. No matter how you feel, get up, dress up and show up.
35. Do the right thing!
36. Call and email your friends and family often.
37. Each morning as you awake and each night before you go to bed mentally recap all that you appreciate. (Keep an appreciation journal.)
38. Use appreciation as a tool to remind yourself that you're too blessed to be stressed.
- 39. Enjoy the ride. Life's supposed to be fun!**

***May your troubles be less, May your blessings be more,  
May nothing but happiness come through your door!***

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