



Alan Stein, Jr.
SUCCESS SIMPLIFIED



25 Frameworks, Concepts, and Perspectives for 2025

1. "Stress is the desire for things to be different than they are in the present moment." Stress is not caused by circumstances and events - it's caused by resisting them. Accept what is.
2. Self-awareness is the foundation to high performance, self-worth, and fulfillment. You will never fix something you are unaware of. You will never improve something you are oblivious to.
3. Dream BIG. Don't box yourself in with self-imposed limitations. Even if you fall a little short of your goal, you will still be further ahead than if you had dreamt small.
4. "Slow is smooth and smooth is fast." Self-control is invaluable. Rushing increases mistakes and poor decisions.
5. All emotions are OK. All behaviors aren't. Give yourself permission to feel how you feel but don't let it dictate how you treat others. "Standards over feelings."
6. The main pillar of inner peace is learning to detach from the need for external validation. It's OK to appreciate it, but needing it is a dangerous trap that gives your power away.
7. Learn to develop an abundance mindset. "If you focus on taking and chasing, you'll never have enough. If you focus on giving and serving, you'll never run out."
8. Expecting life to be fair is a mindset that will undermine you. It's not the universe's job to be fair. It's your job to respond to whatever life throws at you.
9. If you were to repeat how you behaved today for the next 364 days, how much progress would you make in a year?
10. Give people grace. You have no idea what they are going through. Assume everyone is doing the best they can with the tools they have.
11. It's OK to not be OK. It means you're human. And remember, 'This too shall pass.' If you are reading this, it means you have survived everything so far.
12. You can't change the events of the past, but you can change your relationship with them. Do your best to reconcile past disappointments. You don't need to carry that baggage with you.
13. Confrontation is healthy. It simply means having the courage to meet the truth head on. Confront behaviors, not people. Confront with compassion.
14. Learn to say no to opportunities and people that aren't in full alignment with your standards, core values, and goals.
15. The things you say to yourself are the most important things you say. Be kind and patient with yourself. Learn to talk to yourself the same way you'd talk to a friend or loved one.
16. Almost every poor decision you make will be a result of fear, ego, insecurity, or impatience. Learn to recognize and reconcile each of them before you make the decision!
17. Tough conversations do not get easier over time. Lean into them early. Avoiding tough conversations will only yield tough relationships.
18. Becoming a more proficient active listener will immediately improve every relationship in your life. Listening is the essence of human connection
19. "A candle loses nothing by lighting another candle." Light as many people up as you can! Similarly, blowing out someone else's candle won't make yours shine any brighter.
20. Make the effort to leave every place you go better than you found it (such as putting your shopping cart back where it goes when you are finished with it!)
21. "If you're the best player at the playground... find a new playground." Intentionally put yourself in rooms where you are not the most accomplished or experienced.
22. How you behave on your 'bad days' reveals way more about you than how you behave on your 'good days.'
23. Discipline is far more dependable than motivation. You make progress by making disciplined decisions consistently.
24. If everyone in your family or on your team had your work ethic and your attitude... would that be a good thing?
25. "If the person you strive to become (who has the life you want to have) saw the habits you have now... and the decisions you made today... would they be grateful?"



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