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## Brian Cain's Top Ten Pieces of Inexpensive Experience

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These pearls of wisdom are shared to you as a part of my inexpensive experience to help you climb The Mountain of Excellence. It is my hope that you put these pieces of wisdom that I have learned the hard way into action and save yourself the expensive experience that I have earned and speed up your learning curve so that one day, you can become the best in the World.

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1. Control what you can control and let go of what you cannot control. This alone will simplify your life and help you summit The Mountain of Excellence more quickly.
2. Have a specific nutritional plan as to what you put in your body. Eat on the odds, 7am-7pm and have a specific plan of what you will eat when. Have one cheat day. Eat to live, don't live to eat.
3. Enjoy the journey. Journey is the reward, destination is the disease. Focus on the process of what you need to do to get to where you want to go and less on how great it will be when you get there.
4. Practice deep breathing and self-control exercises, you must learn to be master of your mental game. No good decisions have been made out of emotion and no peak performances have happened when freaking out.
5. Everything you do, do it with confidence. ACT BIG and be ALL IN. if you are wrong or lose, learn from it, flush it and move on.
6. You are not your performance. Your performance is only your performance, you are much bigger and more important than your performance. Sport is what you do, it is not who you are. Don't personalize performance.
7. Invest into your retirement account early (Roth IRA, IRA, 401K). Money put away at an early age (as early as possible, yes before high school is ideal) will grow over time with The Compound Effect working for you.
8. Be a lifelong learner. Invest in audio books and listen when you run, drive etc. Have a goal of dominating a book each week or at least each month. Pick one topic area and DOMINATE till you are an expert.
9. Find what you would do if you had three days left to live and find a way to get paid to do those things. You will be most happy and thus most excellent in your performance when you never go to work a day in your life, and have a hard time falling asleep and an easy time waking up because you WANT to go to work and do what you do for a career because you are making a positive difference in the World and are helping others.
10. Be creative and think outside of the box. What your friends and family laugh at you for now, they will want to know how to do themselves once you are successful at that thing.

**BONUS #11 – DOMINATE THE DAY** – You have only 86,400 seconds each day. You are one to two minutes closer to death than you were before you read this. **TIME IS TICKING** and **TIME WAITS FOR NOBODY**. What do you want to do with your life? What are you waiting for? Live each day with passion, have a purpose for your life that is **MUCH BIGGER** than just you. What will be the legacy you leave behind? What will people say about you when you are gone? Can you **LIVE, LOVE, LEARN, LAUGH** and **LEAVE YOUR LEGACY TODAY** and everyday like it is your last. It may be cliché, which means it is **TRUE**.

**TODAY IS THE DAY YOU START HIKING THE MOUNTAIN OF EXCELLENCE.** I will be with you on your journey helping you every step of the way. When we reach the summit, it will be **AWESOME!** The best part will be that we get to then do it again on another Mountain of Excellence.