

HOW DO SMART PEOPLE LOSE THEIR WAY?

Here are 15 factors that can steer you *off course* —
use them as guideposts as you map your journey through life:

- ▶ Bombard yourself with self-defeating thoughts.
- ▶ Lose touch with reality.
- ▶ Try too hard to please others.
- ▶ Lose sight of what matters.
- ▶ Fail to make tough choices.
- ▶ Surround yourself with toxic people.
- ▶ Follow the bandwagon — right off the cliff.
- ▶ Allow fear to stop you.
- ▶ Demand instant gratification.
- ▶ Focus on one area of your life at the expense of all others.
- ▶ Get discouraged by temporary setbacks.
- ▶ Fail to leave the past behind.
- ▶ Let your emotions control you.
- ▶ Lack a moral compass.
- ▶ Think you're too busy to think.

Excerpted from *BECOME: Unleash the Power of Moral Character and Be Proud of the Life You Choose*

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