



NoLimitsNation

Inspiring Change. Transforming Lives.

20 STANDARDS AND PRACTICES

BY COACH MIKE BASEVIC



CLARITY FOCUS
CONFIDENCE ACCEPTANCE



20 STANDARDS AND PRACTICES

clarity · focus · confidence · acceptance

As a member of the No Limits Nation, I agree to live to the following commitment, standards and practices...

- 1.** I will find my passion and what I am really excited about in life. I will always move in that direction.
- 2.** I will be clear on what I want my life to look like in every area, and to remain focused on what that picture looks like every day.
- 3.** I will spend time every morning and each night before I go to sleep thinking about my good qualities and strengths. When I see myself, I see what is good about me. If I notice something I would like to change, I focus on the way I would like to see it and move in that direction. I will never focus on what's wrong.
- 4.** I will be confident in all areas but, not arrogant. I will be humble and committed to learning, growth and constant improvement, but also love and appreciate myself for all of my great qualities.
- 5.** I will spend time each morning, thinking about everything I have in my life for which I am grateful. I promise myself that I will really feel gratitude many times each day.
- 6.** I will focus on all of the good qualities of those people important to me in my life, I will constantly think of their good traits, not on what's wrong or what they might do to upset me.
- 7.** I will do at least one kind gesture each day, for a stranger, without any expectation of something in return.

- 8.** I will practice a diet for my mind consistently allowing in things that empower me and make me feel good. I have a strong mental filter as I have a choice on what I let into my thoughts on a daily basis. I will not bring in to my mind anything that doesn't serve me or the person I want to be. I am not concerned with the negative images I see on TV, the internet or in the media. I am not interested in having conversations of negativity and gossip. I have a strong filter and I am focused on the solutions in life, not the problems.
- 9.** I will ACT, not REACT. I will never react negatively to anything that someone does to me because I will always decide to act in accordance with the person I choose to be and the life I choose to live.



- 10.** I understand that I control my emotions and if I hold on to toxic emotions like anger, hatred, resentment and envy, it is only toxic to me so I release them and choose emotions that serve me. I always hold the power to forgive and I will practice that power often.
- 11.** I fill my mind each day with thoughts and images that make me happy and inspired.
- 12.** I read and review my goals each day and agree to do at least one action every day that moves me in the direction of my goals.

13.

I will live my life through my own eyes because I know who I am and where I am going. I will accept advice when needed but I will not listen to outside opinions or negative comments from anyone about what I am capable of achieving or doing in my life. I set high standards for myself and hold myself accountable. I can be anything I want and can accomplish anything I set my mind to in life and I will never give up.

14.

I refuse to be branded with limitations in my life of what I can accomplish or what is expected of me. I will make sure the personal stories and beliefs I hold of myself are of empowerment and success.

15.

I will not live with thoughts of fear in my life...fear of failure, fear of illness or fear of injury. Instead I will focus on health, safety, success and happiness.

16.

I will handle challenges when they come my way with patience, calm, understanding, and perseverance. I don't blame others for my challenges or failures in life, I take full responsibility for myself, my experiences and my life along with forgiving myself for my failures.





- 17.** I don't judge every occurrence as good or bad because I know that every occurrence is bringing me exactly to where I want to go.
- 18.** When faced with a tough decision or a challenge in my life, I will always ask 'What is my desired outcome and what is the path of least resistance?' Then I will move in the direction of that answer.
- 19.** I promise to teach my loved ones what it means to live a life of purpose and to inspire confidence in them that I am creating a life of my choosing and happiness.
- 20.** And, I promise to always proudly represent the No Limits Nation and continue to inspire people to join me and become a part of something great that will change our world now and in the future. I will reach out to friends to encourage them to become part of No Limits Nation and to encourage them to live a life of purpose and happiness.

Hi! I'm Coach Mike Basevic

Maybe you and I are a lot alike. I spent most of my early life wondering why some people find success, while others struggled in life.

I remember feeling stressed and unfulfilled as life happened around me. I would say to myself 'life isn't fair' or 'that person was able to get what they want because everything is easy for them.'

Then, one day I discovered this type of thinking was wrong. I discovered that only I had true control over my life and I had **the power to stop destructive negative thoughts** from entering my mind.

These thoughts affected my actions, which in turn caused people to react to me and certain events to happen in my life.

I realized I had created a cycle. I thought the world should be a certain way, then I would react when my expectations weren't met. Then those around me would react which would reinforce my view that the world was out to get me, or that I didn't deserve success, confidence and happiness.

This is why I want to help professionals, executives, coaches, parents, students, and young adults to reach their full potential. Because everybody deserves success, confidence and happiness.

Remember, you have no limits.

