



# TY HOWARD

Motivational Speaker

Untie  
the Knots®

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## Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2010

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These T.I.P.S. (Techniques, Ideas, Principles and Strategies) are for everyone—especially those who want to achieve better results in the Year 2010 than you received in the Year 2009. Internalize, apply and practice the concepts daily, and you can make yourself more powerful, peaceful, healthy, tenacious, and successful.

The T.I.P.S. listed below are not based on any intended ranked order. They are shared solely for you to embrace and practice daily, so you too can *W.I.N. in Year 2010*.

From my heart to yours—let's ALL move significantly forward:

- 1) **Make Living in Good Health Your Priority.** True healthy living involves continuous mental, physical, spiritual and social development. This year make it your #1 priority to: visit your family doctor or a doctor, at the beginning and end of this year (Yes, at least twice!), to learn and monitor your current overall health condition; strengthen your mind by reading books to stimulate and expand your mind; exercise at least three days each week; connect to and grow with your pre-determined High Power; socialize more with family, friends and people to lessen stress, laugh, create positive memories and have fun.
- 2) **Organize Like You've Never Done Before.** The greatest benefit of getting organized has been a greater ability to concentrate when working and a greater ability to relax when not working. This year, focus daily on removing clutter, confusion and unwanted stress, and you'll be able to quickly recognize a renewed ability to breath, think and constantly perform at your best.
- 3) **Work Daily to Lesson & Eliminate Toxic Habits.** Our habits determine our future, and a life with fewer toxic habits becomes a more manageable life with greater potential. Make the Year 2010 the Year you boldly identify and eliminate the toxic habits in your life that keep you from achieving desired results and continuous success.

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Want to see Ty in action (speaking / presenting)? Visit [http://www.tyhoward.com/watch\\_ty.html](http://www.tyhoward.com/watch_ty.html)

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4) **Speak Words That Project a Positive & Empowered Life.** Words have power and can infuse the spirit to move. Remove weak words from your vocabulary, such as: "As soon as I..." "Someday I'm gonna..." "If I had..." and "Good things don't happen to me because..." Use empowering words, such as: "Today I will..." "Good things happen to me when I..." "I'm gonna accomplish this goal because..." and "I may be delayed, but I'm RARELY Denied." Positive and Empowered Life Words add confidence and boldness to your character.

5) **Give Continuously and Unilaterally.** No matter how much or how little you have, based on your current position in life there is always someone, a group or a cause that you can give of your time, service, clothes, food, and monetary contribution. Remember, what you give is what you get.

6) **S-T-R-E-T-C-H Yourself to Get Up & Get Out More to Socialize.** In today's society it is very easy to become a self-imposed hermit. Meaning, all you do is go to work and come back home. When you do go out, visit and socialize with family members and family friends who bring you joy. There are also plenty professional and social events that take place within your area that will allow you to network and socialize with people. S-T-R-E-T-C-H yourself this year to get up and get out—because you can win and will succeed in life with people.

7) **Be a "Start and Finish STRONG" Champion.** Too many people today live their life with regrets due to the fact that they never finish what they start. Every year these people start down a new path towards achievement and quit before completion. A "Start and Finish STRONG" Champion is a person who makes it a healthy habit to plan and finish what they start, for instance: a task, personal goal, idea, group commitment, or project. Make the Year 2010 the Year you make a pack with yourself "No matter what I start this Year I will be a 'Start and Finish STRONG' Champion!"

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8) **Avoid Pity Parties and Beat Yourself Up Sessions.** If you make a mistake, fall flat on your face, and/or made to look foolish, do not consider yourself "useless," "unworthy," "bad," "wrong," "broken," or "a loser." Forgive yourself, accept your mistake, learn from it, and move on. What you did is not the problem, how you feel about what you did or experienced is the problem.

9) **Implement an Every 60-Days Cleansing Cycle.** Accept the fact that we do out grow our friends, associates and colleagues. Every 60 days revisit your social circle: if you feel positively about a person—keep them; if you feel negatively about a person—let them go. Rid your life of toxic people this year.

10) **Take More Healthy Risks to Make Your Life Invigorating.** Immediately start taking more HEALTHY risks this year. Get out of your own way for opportunities are there for YOU, you have to move forward to see them. The "time" is now! An invigorated life stays exciting, and green and growing.

11) **FORGIVE. FORGIVE. FORGIVE.** Remove resentment and revenge from your heart and mind. Bring closure to those issues you left behind in years past. Peace comes to those who make peace with others and themselves through acceptance and forgiveness.

12) **Read, Listen To or Watch Something Positive Twice A Day.** With all the negative situations taking place in the world each day, it is a must that we create strategies to offset the impact of our negative intake with a daily dose of positive intakes. It is definitely true, what you put in, is what you get out. Make a personal habit to read, listen to or watch something positive twice a day and watch your number of positive thinking and well-balanced days increase tremendously.

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13) **Love Those You Love Most – More.** Each day, verbally tell those you love, "I LOVE YOU." Life is too short to worry about who tells who-first. Try it for 30 days, and witness the positive impact.

14) **Wear Colors That Radiate Life.** Just like paint colors on a wall in a room can influence a person's mood, so can the colors you choose to wear each and every day. Always wearing grays and other gloomy lifeless colors not only communicate to you your current state of feeling, it also communicates to others you interact with on a daily basis. I'm not saying that you should wear loud flashy colors, but I am suggesting for you to wear colors that represent life, like: Green, Blue, Red, Yellow, White, Pink, Gold, Brown, Orange, Purple, Tan, etc.

15) **Strive to Make Today & Every Day – An 'A' Day!** "What's An 'A' Day?" An 'A' Day is a where you expect the day to be an exceptional day. The reality behind this concept is not every day will actually be An 'A' Day; however, if you wake up to and head out expecting each day to be An 'A' Day, you will attract more 'A' Days to your life than 'B' Days, 'D' Days or 'F' Days. You are and can become what you think.

16) **Make Every Day a Green and Growing Day too!** "What's a Green and Growing Day?" A Green and Growing Day is a day where you commit to creating and having a day that is filled with learning, productivity, service, laughter, fun, growth, healthy choices, positive actions, civility, forgiveness, love, and prosperity.

17) **T.A.P.P.** When your life is going smooth and great or whenever you feel that everything about you and your life is crashing down all around you, T.A.P.P. = Think, Act, Pray, Prosper.

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## Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2010 ( Best Wishes Statement... )

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You now hold in your hands a life enriching gift that can move your life forward – significantly – beginning today, “Ty Howard’s Growth & Prosperity T.I.P.S. for the Year 2010.”

Remember in the beginning, I confidently told you that you too can W.I.N. in Year 2010?

YOU Can and Will “W.I.N.” in Year 2010... IF YOU –

Work hard to bring yourself closer to greatness.

Ignite disciplined passion to continuously achieve.

Never Quit! to bring your life the prosperity you deserve.

As we start and journey through the Year 2010, know that you have everything within you to survive, thrive, prosper, and grow. This is the Year for you to Play BIG! This is the Year for you to Be Bold & Empowered! This is the Year for you to Identify & Untie Your Knots! This is the Year for you to Bring Yourself to Better & Good Health! This is the Year for you to Gain Control & Understanding of Your Finances! This is the Year for you to Bring Back Harmony & Unity within Your Family! This is the Year for you to Let-Go & Cut-Loose Dead Weight! This is the Year for you to Get Out & Have Fun! This is the Year for You to Create & Start a Part-Time or Full-Time Business of Your Own...one that Can Take Care of You and Your Family in Years to Come! This is the Year for You to Complete Things and Get Things Done!

YESSSSSSS!!! We Can ALL WIN IN YEAR 2010!!!

It all comes down to one simple question “How bad do YOU want to WIN?”

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Remember: "You may be Delayed, But You're RARELY Denied!" ~ Ty Howard

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I, Ty Howard and the IGI Team, wish all subscribers (to Ty’s Official Blog and Free Online Bi-weekly Newsletter) and everyone else who receives the above life changing and empowering T.I.P.S. — A Happy, Safe, Fun, Memorable and Prosperous New Year!

**Best Wishes,**  
**Ty Howard**

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## Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2010 ( At-A-Glance... )

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- 17) **T.A.P.P. = Think, Act, Pray, Prosper**

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Every Morning Ty Posts One of His - "Ty's Daily Untie the Knots® Boosters"...

### Below are a few recent Daily Untie the Knots® Boosters:

**Live out of a positive vision of yourself in the future, not the unfavorable experiences of your past.**  
~ Ty Howard

**If you find your life all tied up in knots, the first thing to do is to stop adding and tying more knots.**  
~ Ty Howard

**Unless you change how you are now, you will always remain where you are now.** ~ Ty Howard

**If you keep missing, work to develop and move yourself closer to the target.** ~ Ty Howard

**Either leave tracks each day or the day will leave tracks on you.** ~ Ty Howard

**It doesn't matter if you're going fast, slow or at medium speed, what matters is you're focused and making IT happen.** ~ Ty Howard

**Become a person of significance...be a giver not a taker...share words of encouragement don't teardown...work to champion a cause not just you...and give of your service unilaterally never wait for recognition or anything in return.** ~ Ty Howard

**First they'll laugh at you, then they'll say you'll fail, then they'll say you're doing it wrong, then they'll say they can do it far better than you, then they'll say you'll eventually quit, then they'll watch you persevere, then they'll say I knew you had it in you all the time. NEVER LISTEN TO THE NAYSAYERS!**  
~ Ty Howard

**It's in your moments of breaking free that your desire to be more, see more, do more and achieve more is reborn.** ~ Ty Howard

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## About the Book

### Untie the Knots™ That Tie Up Your Life: A Practical Guide to Freeing Yourself From Toxic Habits, Choices, People, and Relationships

**Do you know anyone who is tied up in procrastination, poor choices, excuses, self-pity, the past, denial, clutter, debt, confusion, toxic relationships, fear, conformity, continual pain, anger, mediocrity, or stress?**

In *Untie the Knots That Tie Up Your Life*, Ty Howard, renowned dynamic keynote and motivational speaker, shares quick and easy-to-apply guidance about breaking free from toxic habits, choices, people, and relationships. He provides readers with a program for developing a life of better health, balance, significance, harmony, potential, and prosperity.

This is an enlightening, inspiring, empowering, and practical guide for gaining control of your career and life. Ty teaches you how to break free from negative bondage, build positive habits, and then turn them into actions to help you achieve your dreams.

Ty Howard is one of America's most popular and in-demand motivational speakers. Now available with Howard's *Untie the Knots™ That Tie Up Your Life* book, is the *Untie the Knots™ That Tie Up Your Life Workbook*, Which gives additional tools for developing and maintaining a life with positive habits, choices, people, and relationships in order to get ahead in your career and life.

#### ***Untie the Knots™ That Tie Up Your Life***

Knots Free Publishing, Baltimore, Maryland  
USA

Publication Date: March 2007

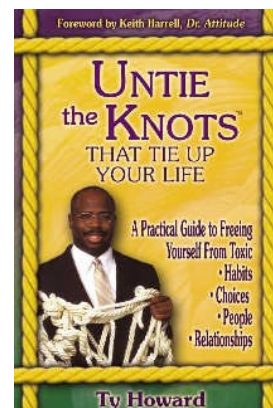
ISBN-10: 0972404007

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U.S. \$19.95

Forward by Keith Harrell, Dr. Attitude  
Author of the best-seller book *Attitude Is Everything*



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To purchase your "autographed" copy of the book: Visit <http://www.tyhoward.com/products.html>

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## About Ty Howard

- **Nationally Renowned Professional Speaker**
- **Successful Entrepreneur & Business Leader**
- **Best-Selling Author of ( *Untie the Knots™ That Tie Up Your Life* )**
- **Contagious Enthusiastic Personality**
- **Positive Model, Coach & Mentor**
- **Community Humanitarian & Philanthropist**

**Ty Howard**, a.k.a. Mr. Untie the Knots®, is an internationally respected authority on self-development and business-development. He is a habits intervention specialist, relationship expert, teacher, professional development consultant, and author who has dedicated his life to teaching knots-free living and relationship-building to organizations, individuals, and families around the world. His business acumen and easy-to-follow-and-apply strategies have propelled top organizations to frequently seek his counsel and advice. His admirable communication skills have helped him become one of America's most popular professional speakers on the circuit today. Ty's solid research and practical strategies background have made him a trusted source for professional and personal development guidance on five continents.

When Ty was an active part of the U.S. Navy and then Corporate America, he consistently excelled in highly visible positions including Human Resources Generalist, Executive Office Manager, Corporate Training & Development Manager, Intervention and Behavior Specialist Manager, Outside Sales Account Manager, and Sales Trainer. He managed, trained, evaluated, and led employee teams of four to 300 full-time and part-time personnel working in demanding and fast-paced environments.

Ty Howard is the founder and Chairman and CEO of InspiraGen Institute, LLC, a successful, diverse professional and personal development firm based in Baltimore County, Maryland. InspiraGen Institute, LLC is a conglomerate of five internationally recognized businesses: TyHoward.com, Ty Howard Seminars, Knots Free Publishing, Ready To Go Speeches.com, and the Baltimore Worldwide Speakers Bureau. They share Ty's vision, discipline, and passion to inspire, lift, and provide tools for change and growth for individuals and organizations throughout the world. He lives in Baltimore County, Maryland with his family.

### A Few of Ty's Other Business Web Sites:

[www.TyHowardSeminars.com](http://www.TyHowardSeminars.com) • [www.BaltimoreSpeakersBureau.com](http://www.BaltimoreSpeakersBureau.com) • [www.DynamicCollegeSpeaker.com](http://www.DynamicCollegeSpeaker.com)  
[www.BecomeAMotivationalSpeaker.com](http://www.BecomeAMotivationalSpeaker.com) • [www.Ready2GoSpeeches.com](http://www.Ready2GoSpeeches.com) • [www.DynamicYouthSpeaker.com](http://www.DynamicYouthSpeaker.com)  
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