

# THINK & GROW YOU

## Think & Grow You:

How to Get Out of Your Own Way and Level up Your Life

**The Quotable Chris Felton**

By: Chris Felton

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*“A life spent seeking comfort results in an entirely uncomfortable existence.”*

*~Author Jeff Shore*

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*“It doesn’t work overnight, but it does work over time.”*

*~Author Mel Robbins*

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# Pillar 1

## Get Out of Your Own Way

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**Be Willing to Change. Do  
The Work. It's Worth it.**

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*Stop Worrying*

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*The more you think of good fortune, the  
more you will experience.*

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*99% of what you worry about never happens.*

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*Be Done with It!*

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*Stop Beating Yourself Up*

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*A negative self-image creates negative results.*

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*Quit Holding Yourself Back*

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*Quit Waiting*

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*Hopium is the act of hoping things change externally, while insisting on staying the same.*

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*Clarity and confidence only come from forward movement.*

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*Don't have commission breath.*

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*Don't stop doing the things that created your success.*

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*Don't Settle*

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*Our smartphones are urgent, non-  
important weapons of mass distraction.*

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*There is no happy ending to an unhappy  
journey.*

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*You're Too Young to be Old*

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*Don't Wrestle with Your Ego*

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*We must master the ability to "think about  
what we think about."*

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*Quitter's Relief is a Lie, Don't Fall for It*

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*The masses can't quit the things they should and often quit the things they shouldn't.*

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*Successful people are more than willing to help; they just never get asked.*

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*Don't get seduced by the quitter's relief lie.*

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*Don't Retreat*

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*The ego isn't intelligent, but it is clever.*

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*There's no joy in retreating.*

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*What am I focused on, and what must this  
be creating?*

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# Pillar 2

## The Shift

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*Take 100% Responsibility*

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*Taking 100% responsibility for our lives is the secret to significant, long-lasting success.*

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*Wherever I've had a problem in my life, I've always been there. I am the common denominator to all my problems.*

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*Go all in on your growth and development  
like an Olympic athlete is with their sport.*

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*Draw the Line in the Sand*

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*You Deserve It*

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*Nature doesn't have a deserving issue.*

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*The root of all deserving issues is a lack of  
self-forgiveness.*

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*We are a miracle and a mess at the same  
time.*

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*What you ignore atrophies.*

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*Get Emotional*

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*The stronger the feeling, the greater our  
persistence.*

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*Obstacles are no match for an emotionally  
fueled mind.*

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*Excessive planning masks the fear of taking  
action.*

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*Get Aligned*

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*Enthusiasm is joy combined with a goal.*

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*You're freed up when you stop running a marathon with a 20lb bowling ball tied to your ankle.*

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*Eliminate the words 'try,' 'but,' and 'can't' from your vocabulary.*

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*What If Up?*

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*We don't get what we hope for, but rather  
what we expect.*

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*What we focus on grows.*

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*When you set a goal, it isn't necessary  
initially to believe it's possible. You can  
grow your belief over time.*

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*Grow Spiritually*

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*Spirituality strengthens our outlook for a  
better future.*

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*Growing spiritually is paramount to  
achieving our ideal life.*

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*Trust Your Gut.*

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*The root cause of indecision is fear.*

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*The default projection of the average mind  
is failure.*

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*The sooner you learn to live with the  
mistakes, the sooner you will enjoy the  
successes.*

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## *Acknowledge Yourself*

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*It's easier to beat ourselves up than to give ourselves credit.*

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*Don't live your life on the layaway plan and delay your happiness.*

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*There is no happy ending to an unhappy journey.*

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*Don't miss life looking for a better life.*

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*We're all climbing a mountain, and it's okay to stop, look back and see how far we've come.*

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*Trust, It's Going to Be Okay.*

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*We search for evidence to support our view. What we focus on, we find.*

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*We get what we expect, not what we hope for.*

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*Our biggest fear is that whatever happens, we won't be able to handle it. We can handle it.*

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*We must engage in thoughts of trust to get  
the desired result.*

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*Whatever is happening is necessary for us  
to grow. The resistance creates new  
muscles.*

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*Trust that your life is falling together, not  
falling apart. It's going to be okay.*

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*Trust is the key that unlocks the blessings.*

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*Stop Resisting.*

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*What we resist will persist.*

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*Don't Label Things as Good or Bad.*

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*Suspend judgment on it being good or bad  
and focus on the next step.*

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# Pillar 3

## Relationships

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*Don't Be an Approval Addict.*

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*Forgive.*

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*When we see someone as guilty, we're often projecting our own guilt.*

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*It's difficult to forgive ourselves unless we're willing to forgive others.*

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*The ultimate goal is internal peace, and  
forgiveness is the way.*

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*Stop Controlling.*

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*Stop giving unwanted advice.*

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*Mind The Gap.*

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*Stay Together.*

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*We often want others to change while we  
insist on staying the same.*

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*We project onto others what we don't like  
about ourselves.*

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*See people how they want to be seen.*

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*Lifting others creates chemistry and  
harmony. Never underestimate the power  
of positive projection.*

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*'The grass is always greener somewhere  
else' is a trap.*

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*Check Your Motives.*

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*To get the sale, we need to stop worrying  
about making the sale.*

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*Your Need to be Right Will Cost You Your  
Life.*

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*Self-righteousness destroys relationships.*

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*When emotion goes up, intelligence goes  
down.*

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*Do you want to be right, or do you want to  
be at peace?*

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*The older I get, the more I want peace.  
Being right is overrated.*

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*Stop Judging.*

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*Judgment is our primary form of self-sabotage.*

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*Negative thoughts towards others are more about ourselves, not them.*

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*Judgment of self and others is the biggest energy leak that exists. It is the path to failure.*

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*A peaceful mind equals a peaceful world.*

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*Like a boomerang, all my judgment returns  
to us.*

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*Send out more loving thoughts if you want  
to be loved.*

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*You won't find peace if you can't control  
your thinking.*

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*Be Willing to Change. Do The Work. It's  
Worth it.*

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*Be a Spark.*

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*The more valuable we become, the more  
value we can share.*

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*We just need to care and share.*

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*Keep Your Word.*

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*Not keeping our word bleeds into every  
area of our lives.*

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*Be a Giver.*

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*A gift with an ulterior motive is not a gift;  
it's a bribe.*

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*The key to successful giving is to allow it to  
occur naturally.*

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*When we give to others, fear disappears.*

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*If you work in a giving consciousness, you  
must receive.*

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*Takers are those that don't contribute.*

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*Service to others is the juice of life.*

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# Pillar 4

## The Game Plan

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*Know Your A & B.*

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*'One day I'll be successful' is an insidious mind virus, your success keeps getting pushed off for one more day.*

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*Get a Coach.*

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*Victims can't be coached, and they never succeed.*

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*Don't be selectively coachable by doing  
only what's comfortable.*

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*Don't opinion shop your coach's advice  
with others that are less successful.*

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*Optimism and delusion sleep in the same  
bed together.*

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*I'll know you know when you're living the  
results."*

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*Get It Together.*

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*If don't prepare to thrive, you will just survive.*

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*One hour of planning saves eight hours.*

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*Don't suffer from intention deficit disorder.*

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*Don't Eat the Elephant.*

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*Successful people take small steps and create huge success. The masses discount it, struggle and never start.*

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*Work Hard but Don't Make Hard Work of It.*

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*What if it was easy? Am I making this  
harder than it should be?*

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*Stop worrying about obstacles that haven't  
arrived.*

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*It's a Project, Not a Problem.*

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*The only two relevant questions to ask are,  
'What do I want?' and 'What is the next  
thing I need to do?'*

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*What are you going to do for the next hour  
to change your life?*

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*Grow Up, Be Accountable.*

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*Acceptance - we don't need to love it, but  
we must stop hating it.*

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*We can't coach ourselves because left to  
our devices, we take the easy route.*

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*You need to graduate 5th grade on  
accountability. Could you imagine  
repeating 5th grade over and over again?*

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*We need to be hugged and sometimes  
kicked.*

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*You Can Change, Do the Work.*

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*Visit the mental gym every day.*

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*You either grow or decay, and there is no  
middle ground.*

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*How can I grow? What can I give? What can  
I celebrate?*

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*Your results haven't changed because you  
haven't changed.*

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*Respect Money.*

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*Broke people disrespect their money.*

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*You and your money are in a relationship,  
and your bank account reflects its health.*

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*Disrespectful attitudes create dysfunctional  
relationships.*

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*Those who prosper treat money  
respectfully, while those who don't struggle.*

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*Success is all about small things being  
cared for.*

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*If you can't be trusted with small dollars,  
you'll never experience the big dollars.*

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*Finish!*

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*Don't be a great goal setter but a horrible  
goal achiever.*

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# Pillar 5

## The Dream

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*Know What You Want and Focus On It!*

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*If we're specific, we can have anything we want.*

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*People don't know what they want, and it's a convenient cop-out.*

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*If we stay in confusion, we never have to commit.*

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*Know the Feeling You Want.*

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*Affirm What You Want.*

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*The results in your life will be determined  
by what you repeatedly tell yourself and  
the images you hold in your mind.*

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*We are always affirming, whether it be  
positive or negative.*

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*I attract success, abundance & peace into  
my life because that is who I am.*

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*Hold The Image.*

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*To achieve different results, we must think differently.*

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*Whether or not they see immediate results, successful people trust the process.*

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*A picture held persistently in your mind will become reality.*

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*Get Wealthy.*

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*Money is a neutral topic; what we add to it  
is our experience.*

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*Money makes a great person better and a  
bad person worse.*

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*Peace of mind is difficult to obtain without  
money.*

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*Money is a scorecard of the value I bring to  
others.*

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*If I'm growing, so is my money.*

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*Making and saving big money is easy.*

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*I'm a good person, and money will make  
me better.*

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*You Can Do It.*

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*Most people aren't burned out but drained  
out. Their energy is zapped by the battery  
drainers.*

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*The naysayers were an asset. Without  
them, who knows where I would be.*

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*If someone else can do it, you can too.*

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*It wasn't 'could I' but 'would I?'*

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*It's Worth It.*

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*Successful people aren't concerned with when. They operate from "until." They work until it happens.*

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***Be Willing to Change. Do The Work. It's Worth it.***

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Chris Felton

Matthew 6:33