



TY HOWARD

Motivational Speaker

Untie
the Knots®

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Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2012

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The YEAR of Reciprocity and Elevation

These T.I.P.S. (Techniques, Ideas, Principles and Strategies) are for everyone—especially those who want to elevate themselves to a better and higher level in the Year 2012 than they reached in the Year 2011. Internalize, apply and practice the concepts daily, and you will elevate your life, relationships, health, finances, knowledge, family, business, and career to a better and higher level than you had before.

The T.I.P.S. listed below are not based on any intended ranked order. They are shared for you to learn and master the healthy habits of *Reciprocity and Elevation in the Year 2012*, so you too can soar daily to new levels of success in all areas of your life.

From my heart to yours—let's ALL move significantly forward through *Reciprocity and Elevation*:

1) **Release Those You Have Tolerated in Years Past.** This is the year you say “No More!” No more will I accept or entertain those that I have tolerated. You need and want people in your life where the two of you elevate one another—not tolerate one another. Look at the relationships in your life right now (personal, family, business, career, school, and community) and identify the individuals that you've been tolerating in years past. Release them! You cannot and will not be able to create and live a healthy and vibrant life if you're life is being eroded by negative and toxic people day after day. Quality, vibrant and healthy living starts and grows through *Reciprocity and Elevation*.

2) **Evaluate and Elevate the Current State of Your Healthy Relationships.** In order for your healthy relationships to stay vibrant and growing, you must make sure that all parties involved are giving just as much as they are receiving. Yes, that includes you too! The fastest way a positive and healthy relationship can turn bad or toxic is when one person begins to neglect it or becomes ‘just a taker’ in the relationship. Make it your personal commitment to evaluate and elevate all of the healthy relationships within your life. Call your people before they call you; return calls promptly; send birthday cards; send get well cards; update your people on how your life is going; share pictures; return emails; hangout when possible; and make yourself available to listen when someone needs you most.

Page 1 of 10

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

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The YEAR of Reciprocity and Elevation

3) **Consistently Communicate Honestly and Transparently.** We live in a world today that is demanding and screaming for more consistent honest and transparent communication. For *Reciprocity and Elevation* to sustain itself within a healthy and vibrant relationship there has to be consistent honest and transparent communication. This year make it a new healthy habit to consistently let people know how you honestly and transparently feel. Try your best to do this in a good-nature and non-hurtful way, if you can. When you consistently communicate honestly and transparently, you will increase the level of trust, respect and value you bring to all of your relationships.

4) **Ignite Your Passion to Give More Than You Receive From Others.** Passion is—as Passion Does! Do not allow yourself to be the person who stands back waiting and wanting others to give to you first, before you start giving; or to be the person who chooses to go 'tit for tat' when it comes to being a carefree giver. Ignite the passion within yourself to give more than you receive without worry or hesitation. Think positive. Think healthy. Think *Reciprocity and Elevation*. Margaret Cho (American comedienne, fashion designer, actress, author, and singer-songwriter) says, "If we have the opportunity to be generous with our hearts, ourselves, we have no idea of the depth and range of love's reach."

5) **Participate in and Have More Fun in Life.** It's a fact, life is short. We cannot pre-determine our fate or how long we will live. Too many people today are over-worked, over-stressed, failing in relationships, and our "fun meters" have been turned-off or turned down real low. Participating in and having fun in life is not only for kids. It's for you, too! This year, make it your business to stop at least twice each week to add more participation and fun to your life. A participatory and fun life becomes a vibrant, positive and healthy life! It also becomes a life that lasts longer, stays healthy, and attracts other vibrant, positive and healthy people to do fun things with.

Page 2 of 10

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The YEAR of Reciprocity and Elevation

6) **Reach for a Purpose or a Cause Outside of You.** It's easy now-a-days to get sucked into or tuned into "What's In It For Me Only Mode." That's NOT *Reciprocity and Elevation* living! There is always a purpose or a cause outside of ourselves that we can champion or support. You can start by creating a purpose or a cause you want to take on yourself or you can research and get involved in one that already exists. Life becomes much more rewarding and elevated when you're continuously helping a cause, family or someone other than yourself.

7) **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 will be able to quickly experience a renewed ability to breath, think, breakthrough, and constantly perform at higher levels (at your best).

8) **Care for and Love Those Who Care for and Love You—More!** It's been said, "No one cares how much you know, until they know how much you care." Each day, verbally tell those you love, "I LOVE YOU. I CARE ABOUT YOU." Let both your positive words and actions show how much you care and love others. Life is too short to worry about who tells who or who cares for who—first. Try it for 30 days, and witness the positive impact within your personal, family, work, business, and career relationships.

Page 3 of 10

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The YEAR of Reciprocity and Elevation

9) **Immerse Yourself in New Healthy Beginnings.** Starting over and new beginnings are tough to do at times; however, they are a necessary part of life. The very successful and driven people in life today embrace and celebrate starting over and new beginnings. There is a biblical testament that states in order for something new to grow, something old must die. Just take a look at any forest throughout the world today, and you will see this natural act happening repeatedly. If you have not achieved anything new, positive, exciting or healthy in your life lately—you're long over-due for a new start, a new beginning. Make today the day that you move forward confidently to begin and immerse yourself in a new start or a new beginning. You'll be glad you did!

10) **Teach Yourself to Care for and Love You—More!** 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! See a doctor to learn and monitor your current overall health condition. Also, strengthen your mind by reading books to stimulate and expand your mind; do some form of exercise at least two days each week; connect to and grow with your pre-determined High Power; socialize more with family, friends, co-workers and people to lessen stress, laugh, create positive memories, and have fun.

11) **Yearn and Make Yourself Available to Help Another Person to Achieve Their Goals.** There are several teens, young adults and adults who can use your help and encouragement when it comes to them achieving their goals and living their dreams. There is no better feeling than to help someone to believe in themselves, achieve their goals, create and live a better quality life, and ultimately their dreams. The great motivational speaker Zig Ziglar says, "If you help enough people to get what they want, you in-turn will get what you want." This Year—be a positive example of mentorship by helping another person to achieve their goals, and dreams, and you will bring instant value and significance back to your quality of life.

Page 4 of 10

For additional solutions and coaching on How You Can Gain Better Traction, visit:

www.TyTrackTractionSolutions.com

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The YEAR of Reciprocity and Elevation

12) 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. For each 'A' Day you celebrate—you improve your life's traction and positive outlook.

13) 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. For each Green and Growing Day you celebrate—you move closer to becoming a master of quality traction.

14) **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.

Page 5 of 10

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Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2012 (Best Wishes Statement...)

The YEAR of Reciprocity and Elevation

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You now hold in your hands a life enriching gift that can move your life forward – significantly – to higher levels of better health, achievement, finances, success, learning, relationships, outcomes, and sustainable results—beginning today. Print and review daily, your copy of Ty Howard's Growth & Prosperity T.I.P.S. for the Year 2012.

As we start and journey through the Year 2012, know that you have everything within you to improve, thrive, prosper, and grow. This is the Year you will master and excel in *Reciprocity and Elevation!* This is the Year you nurture and evaluate all of your healthy relationships (personal, family, business, career, school, and community) to higher heights! This is the Year you rid yourself of those you've tolerated in years past! This is the Year you identify and Untie the Knots®! This is the Year you to take charge of better and good health! This is the Year you to gain control of your finances! This is the Year you bring better harmony and unity to your family! This is the Year you to let-go and cut-loose people who aren't good for you moving forward (dead weight)! This is the Year you eliminate negative distractions with determined focus! This is the Year for you to learn and master two new skills! This is the Year you add more participation and fun to your life! This is the Year you hold yourself accountable to giving as much as possible to your healthy relationships! This is the Year you build supportive healthy relationship that will empower and elevate you to complete things and get things done!

Through *Reciprocity and Elevation*—you can achieve good health, mental toughness, positive relationships, prosperity, cheerfulness, and a legacy of significance. In turn, achieving *Green & Growing Living!*

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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 Untie the Knots® Blog and Free Online Bi-weekly Inspirational BOOSTERS Newsletter) and everyone who receives the above life changing and empowering T.I.P.S. — A Happy, Safe, Fun, Memorable, Prosperous, and *Reciprocity and Elevation Filled* New Year!

**Best Wishes,
Ty Howard**

Page 6 of 10

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- 12) **Strive to Make Today & Every Day – An “A” Day!**
- 13) **Make Every Day A Green and Growing Day too!**
- 14) **T.A.P.P. = Think, Act, Pray, Prosper**

Page 7 of 10

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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:

Starting today, make it your new healthy habit to not carry old unproductive and toxic habits into the New Year. ~ Ty Howard

How well you like success often depends on whether you are achieving it or watching someone else achieve it. ~ Ty Howard

Great things come to those who persevere—over challenges, self-doubts and paralyzing fears. ~ Ty Howard

When looking for a fresh positive new beginning use a mirror, not a telescope. ~ Ty Howard

There's nothing more disheartening than to repeatedly watch promising opportunities fade into "what could have been" flashes... in your rearview mirror. Quit doing drive-bys on your green and growing future. ~ Ty Howard

To do something significant with your life, your mindset must be relentlessly focused on inspiring and empowering someone other than yourself. ~ Ty Howard

I can give you a seven-word formula for success: Minimize distractions, then focus and follow through. ~ Ty Howard

Page 8 of 10

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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

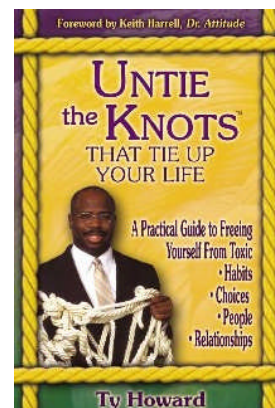
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U.S. \$19.95

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



Page 9 of 10

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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*)**
- **Founder, Publisher & Editor-in-Chief of *MOTIVATION* magazine**
- **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, Ready2GoSpeeches.com, MOTIVATION magazine, 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:

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