



The 99 No-No's

“I’ve discovered that you cannot always do the right thing in life, but you can always not do the wrong thing. These are the certain small and big things to avoid on your way to Stardom.”

1. Wishing for someone else to fail
2. Speaking like Ozzy Osbourne in a corporate staff meeting
3. Forgetting about God
4. Denying pain
5. Leaving a job undone
6. Comparing yourself to someone else
7. Lying about your age
8. Failing to return someone's call
9. Dismissing your hunch
10. Dressing like Anna Nicole Smith at your daughter's piano recital
11. Believing you are ugly
12. Having bad breath
13. Thinking you are alone
14. Expecting anything free
15. Complaining
16. Blowing your nose in your napkin while eating
17. Doubting your ability
18. Giving up

19. Giving in
20. Not loving OPRAH
21. Being rude
22. Forgetting the less fortunate
23. Underestimating your competitor's abilities
24. Saying, "No," to anyone who wants to help you
25. Pressing your luck when it's running bad
26. Having dirty fingernails
27. Expecting too much
28. Giving too little
29. Thinking the Hip-Hop group OutKast are outcasts
30. Watching Janet Jackson's Super Bowl performance on TiVo over and over
31. Saying "yes" when you mean "no"
32. Letting someone else always operate the TV remote control
33. Not facing your fears
34. Not singing along in church
35. Refusing to work late with your boss
36. Spotting more than 14 points in a pro football game
37. Not grieving a loss
38. Wasting time
39. Wasting someone else's time
40. Thinking that rapper Eminem is a chocolate-covered candy
41. Leaving home without "it"

42. Not staying in touch with family and friends
43. Saying, "I can't"
44. Believing fame will solve your problems
45. Disrespecting your parents
46. Putting someone down
47. Feeling sorry for yourself
48. Thinking it's ever over
49. Talking like you know everything
50. Not believing Dr. Phil
51. Putting yourself down
52. Dropping out of school
53. Worshiping any person or thing
54. Not caring what people think of you
55. Threatening "Over my dead body"
56. Not learning from your failures
57. Leaving home without looking your best
58. Sweating the small stuff
59. Not getting enough rest
60. Wishing that both Madonna and Britney Spears would kiss you
61. Doubting the healing powers of chicken soup
62. Losing your sense of humor
63. Saying you hate computers
64. Smelling your armpits

65. Not embracing who you are
66. Being unappreciative
67. Not being there for a friend
68. Being indecisive
69. Spewing anger
70. Trying to figure out Michael Jackson
71. Following the pack
72. Being lazy
73. Overindulging
74. Not reaching for the brass ring
75. Taking that last ski run
76. Not sharing the load
77. Trusting just anybody
78. Not listening to a child
79. Taking no action
80. Naming your son after Billy Bob Thornton
81. Getting too full of yourself
82. Believing everything or anything has to be fair
83. Hogging the spotlight
84. Shaming someone
85. Wearing unpolished shoes
86. Believing you can do it alone
87. Not believing

88. Not laughing
89. Feeling guilty
90. Thinking that the rap artist Bow Wow is a dog
91. Being unprepared
92. Taking too many short cuts
93. Holding a grudge
94. Never saying, "I love you"
95. Doing anything half-assed
96. Taking anything for granted
97. Having regrets that outnumber your dreams
98. Not remembering Mister Rogers and his Neighborhood
99. Catching the fire truck

THE ONES THAT CAUGHT THE FIRE TRUCK

"Jim Morrison, Marilyn Monroe, River Phoenix, Janis Joplin, Kurt Cobain, Judy Garland, John Belushi, and Elvis Presley caught the fire truck. For different reasons, on different days, by different means, all these Stars did the same thing. They extinguished their lights. They wasted their Talents, they lost their Rage, they devastated their Team, and they ran out of their Luck. *The End.*"

SHINE

A Powerful 4-Step Plan For Becoming A Star In Anything You Do

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