“LEMONADE DAVE” JUSTUS
GUINNESS WORLD RECORD HOLDER

“OFFICIALLY AMAZING!”
The Secret Behind
Guinness World Records
“The Guinness Book of World Records list the greatest records ever set ...... However, it is a fossil record. It speaks only to what has been done, not how much can be done!”

-Shawn Achor, The Happiness Advantage
Guinness World Records is proof that human potential exists...
BELIEFS: What if you believed you could go higher, faster and longer than you ever have before - would you try?
The seeds of belief are the start of an extraordinary life.
GOALS

Outcome

GROWTH

Failure → Success
“After setting a goal, most people ask, ‘What do I need to do to get there?’
The question they should be asking is, ‘What do I need to become?’”

-Darren Hardy, The Compound Effect
EXTRAORDINARY LIFE GOAL:
To live a life of health and wellness so I can enjoy time with my family.
Objective: Lose 30 lbs. (2 lbs. a week for 15 weeks or 5 oz. a day)

Objective: Lower my blood pressure
Resources: Gym Membership, Running Shoes, Specific Diet Plan, Support Group, etc.
Action Step: Eat more fruits & vegetables

Action Step: Exercise 3x a week
Output: Went to the gym 3x this week

Output: Lost 2 lbs. this week
Outcome: Walked with your children, heard about their day at school, and didn’t have to stop every 5 minutes for a break.
BIG GOALS: What if your goals were about growth and not just outcomes ... what would they be?
PERSPECTIVE: What if you changed your beliefs about your potential ... what would you accomplish?
Ready to Give Up!
or
There is always a way.
A = Adversity (Event)

B = Belief (Meaning)

C = Choice (Action)
Don’t wait for a life-changing event to know what are your most important priorities!!
PRIORITY = What is Most Important to YOU!
PRIORITIES: What if you spent your time on what is most important to you ... how would your day be better?
Guinness World Record Attempt: The World’s Longest Lemonade Stand (1/2 mile)!

**To Benefit Childhood Cancer**

Saturday, June 11, 2011 ★ Lucas County Rec Center

For More Information Visit our Lemonade Stand or Call 419-509-4451
For one day, we were the very best in the world.
PERSONAL BEST: What if for the key moments each day, you did your very best ... do you feel like you could reach your potential?
Guinness World Records is proof that human potential exists...
What is the Secret Behind Human Potential?
BELIEFS: What if you believed you could go higher, faster and longer than you ever have before - would you try?
BIG GOALS: What if your goals were about growth and not just outcomes ... what would they be?
PERSPECTIVE: What if you changed your beliefs about your potential ... what would you accomplish?
PRIORITIES: What if you spent your time on what is most important to you ... how would your day be better?
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HERE’S THE SECRET...
The Greatest Measure of Your Human Potential is...

YOU!
Your Potential is Still Inside You!
Every day, when it matters most, strive to be your very best!
Believe you can go higher, faster and longer than you ever have before!
Be immersed in the moment and discover your full potential!
“LEMONADE DAVE” JUSTUS
Guinness World Record Holder, Author, Speaker, and Life/Business Coach

To have Dave speak for your company, organization or event or to see the books he had written

Please visit

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Please Share Your...

Comments, feedback, successes...

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