



The KICKASS Guide to Life

**160 TIPS FOR LIVING
YOUR UNSTOPPABLE
KICKASS LIFE!**

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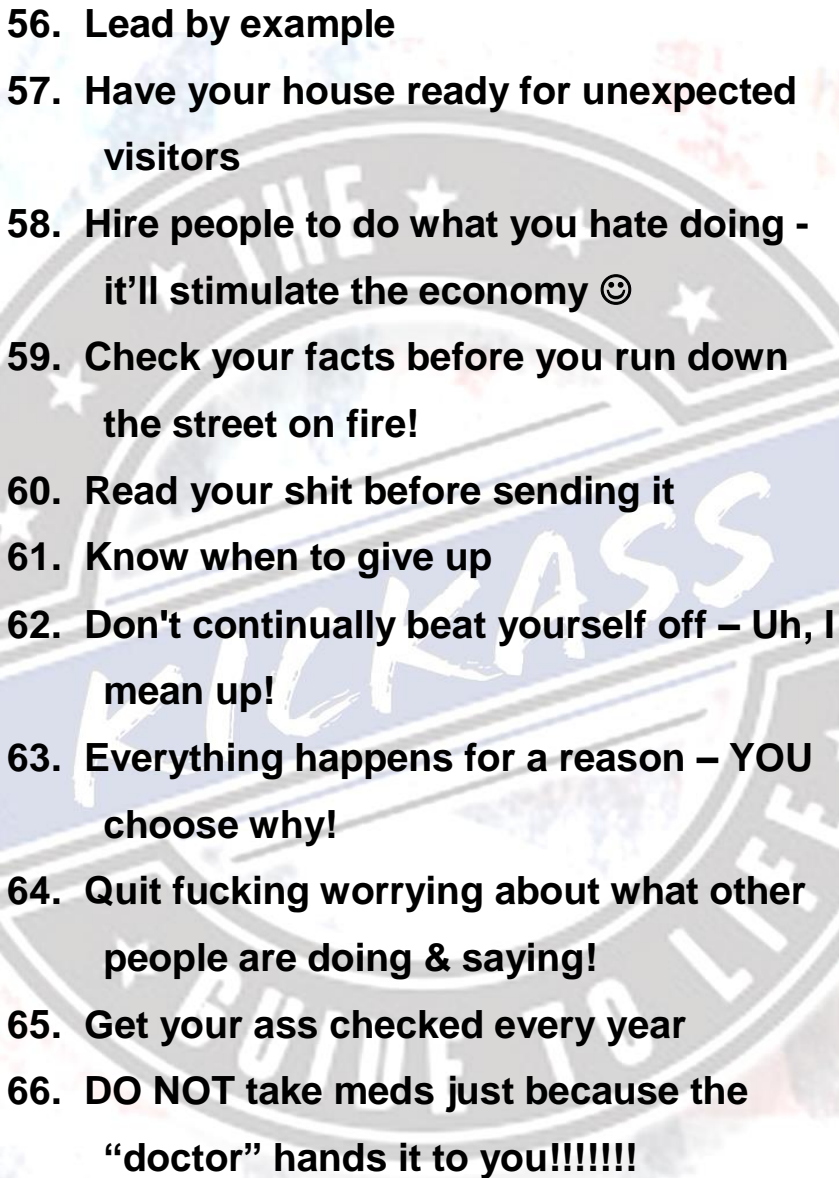
These KICKASS tips will be broken down in detail in the upcoming release of the complete book. Meanwhile, enjoy!

1. **Don't be a dickhead!**
2. **Shut The Fuck Up!**
3. **No liar liar pants on fire!**
4. **Don't just show up – BLOW UP!**
5. **Give IT YOUR BEST – Especially when you feel like pushing out!**
6. **Say “Sorry” and mean it**
7. **Learn more stuff**
8. **Hang with the people who *KICKASS* not *KISS ASS!***
9. **Get Off YOUR ASS & move 30minutes a day**
10. **Write that shit down!**
11. **Give yourself some mental masturbation for success**
12. **YOU come first!**
13. **Fuck some shit up – Just learn from it!**

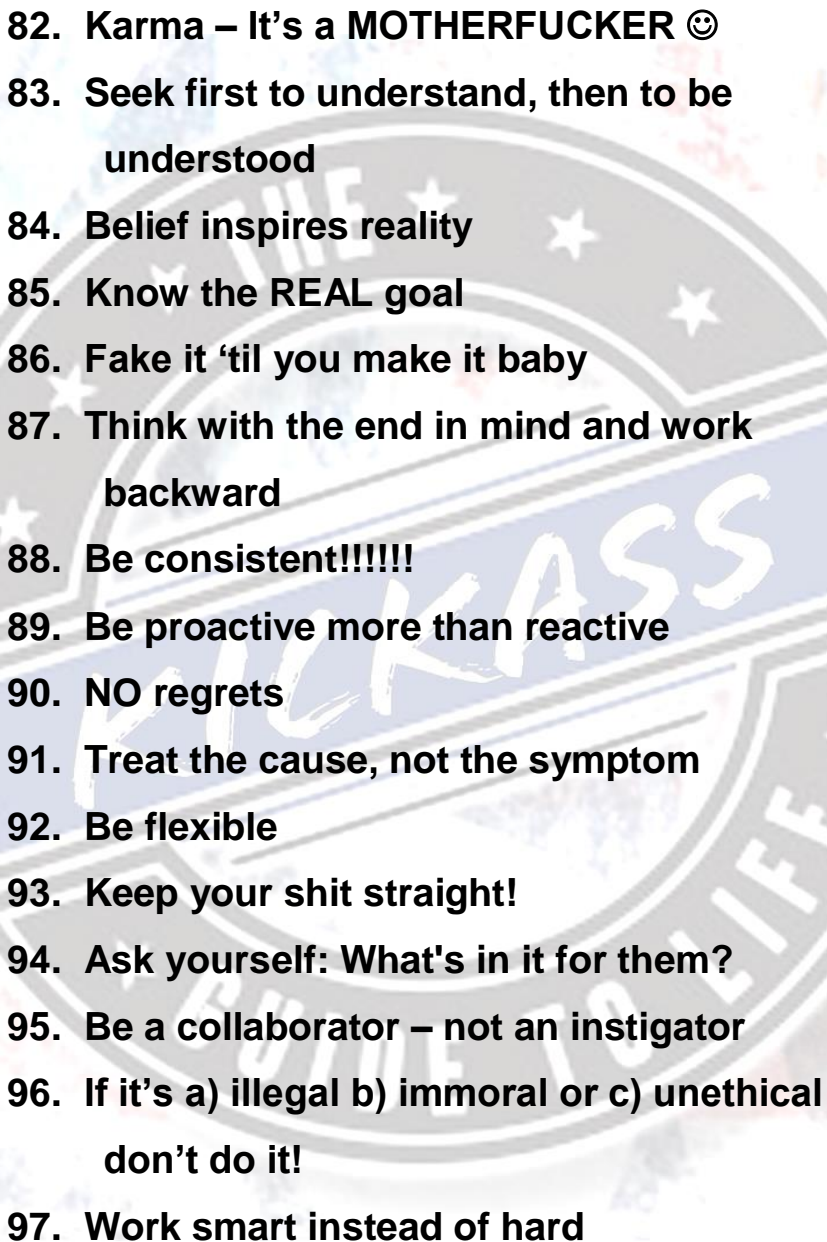
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- 14. Be careful of the feet you step on today because they might be connected to the ass you have to kiss tomorrow**
 - 15. Be a hero to someone**
 - 16. Take a shower if you smell**
 - 17. Remember your manners before you get bitch-slapped**
 - 18. Celebrate in style**
 - 19. Ask for help instead of picking at your ass and scratching your head**
 - 20. Find what gets you HARD about life**
 - 21. Forgive the prick**
 - 22. Get rid of shit you don't need!**
 - 23. Be The Real YOU**
 - 24. GO NOW!**
 - 25. Don't let shit fall outta your mouth**
 - 26. Be a McGyver**
 - 27. Change shit up**
 - 28. Meet new peeps**

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29. Be a free agent
 30. Buy comfy shoes and bed
 31. Quit trying to be RIGHT all the time!
 32. Don't go batshit crazy unless you're fighting for your life
 33. Dream like you did when you were a kid
 34. Know some jokes but don't fuck up the punch line
 35. Have a "This Shit GOTS to Happen Before I Die" list
 36. Don't settle for shit if you deserve it!
 37. Push yourself harder than the other bastards
 38. Be unique & proud of it!
 39. Leave a *KICKASSS* legacy you'll be proud of – NOW!
 40. Be confident - NOT arrogant
 41. Never assume

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- 42. State your expectations OUT LOUD! We can't read your mind!**
 - 43. Remember, there's always someone bigger and better than you**
 - 44. Quit spending every dime you have on shit you're gonna throw away someday**
 - 45. Have a one-day pity party then get your shit together & do something!**
 - 46. Bring solutions – bitching doesn't count**
 - 47. Don't gossip**
 - 48. Tip your wait staff generously (if they deserve it)**
 - 49. Be grateful not hateful**
 - 50. Don't judge what you don't understand**
 - 51. Give respect & work to earn it**
 - 52. Be trustworthy**
 - 53. Get your ass to work early!**
 - 54. Agree to disagree**
 - 55. Turn the fucking TV off!**

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- 56. Lead by example**
 - 57. Have your house ready for unexpected visitors**
 - 58. Hire people to do what you hate doing - it'll stimulate the economy 😊**
 - 59. Check your facts before you run down the street on fire!**
 - 60. Read your shit before sending it**
 - 61. Know when to give up**
 - 62. Don't continually beat yourself off – Uh, I mean up!**
 - 63. Everything happens for a reason – YOU choose why!**
 - 64. Quit fucking worrying about what other people are doing & saying!**
 - 65. Get your ass checked every year**
 - 66. DO NOT take meds just because the “doctor” hands it to you!!!!!!**

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- 67. Get a 2nd opinion if you're not sure of the first one**
 - 68. Do what's uncomfortable MORE often**
 - 69. Be adventuress**
 - 70. Buy a nice car**
 - 71. Be humble**
 - 72. Tackle your fears like you're invincible!**
 - 73. Start with a big enough WHY?**
 - 74. Be vulnerable unless you're in jail**
 - 75. Take your hands off people's buttons**
 - 76. Believe in YOURSELF!!!!**
 - 77. Use the pain – don't try to avoid it**
 - 78. Accept IT or change IT!**
 - 79. Man or Woman the fuck up! You're an adult for crying out loud!**
 - 80. NO bullshit excuses - especially to yourself 😊**
 - 81. Watch your body language – you might either get fucked or punched!**

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- 82. Karma – It's a MOTHERFUCKER 😊**
 - 83. Seek first to understand, then to be understood**
 - 84. Belief inspires reality**
 - 85. Know the REAL goal**
 - 86. Fake it 'til you make it baby**
 - 87. Think with the end in mind and work backward**
 - 88. Be consistent!!!!!!**
 - 89. Be proactive more than reactive**
 - 90. NO regrets**
 - 91. Treat the cause, not the symptom**
 - 92. Be flexible**
 - 93. Keep your shit straight!**
 - 94. Ask yourself: What's in it for them?**
 - 95. Be a collaborator – not an instigator**
 - 96. If it's a) illegal b) immoral or c) unethical don't do it!**
 - 97. Work smart instead of hard**

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- 98. Get your grill cleaned twice a year**
 - 99. Get plenty of shut eye**
 - 100. Drink a gang of water**
 - 101. Take vitamins, eat fruit, vegetables, something!**
 - 102. Know how to protect your ass if you get jumped**
 - 103. Make people feel special w/o expecting anything in return**
 - 104. Start with the toughest thing first**
 - 105. Break big projects into small chunks**
 - 106. ALWAYS make a list and check shit off**
 - 107. Never give up!! NEVER!**
 - 108. Plan your life better than you plan a tailgate party**
 - 109. Schedule time on your calendar for projects and keep the appointments!**
 - 110. Use a voice recorder**
 - 111. Know your most productive times**

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112. **NEEDS** first, **WANTS** later
 113. **R & D = Research & DUPLICATE**
 114. **Don't yell**
 115. **Have a firm handshake**
 116. **Know the three personality types**
 117. **Quit bashing yourself all the time**
 118. **Understand the conscious and sub-conscious minds**
 119. **The law of reciprocity is very important**
 120. **NEVER generalize**
 121. **Don't stereotype**
 122. **Create a vision board**
 123. **Have a playlist *KICKASS* jams handy at all times**
 124. **Don't take anything for granted**
 125. **REALLY do your best**
 126. **Be individuals in a relationship**
 127. **Watch the Green Eyed Monster - a little is okay and actually good sometimes 😊**

128. We don't like in others what we really can't stand in ourselves

129. Have something to be excited about coming up

130. Really, it's not all about you sunshine

131. Don't leave shit behind for kids/family to have to deal with when you're gone

132. Put crap back where it goes so you won't bitch when you can't find it later

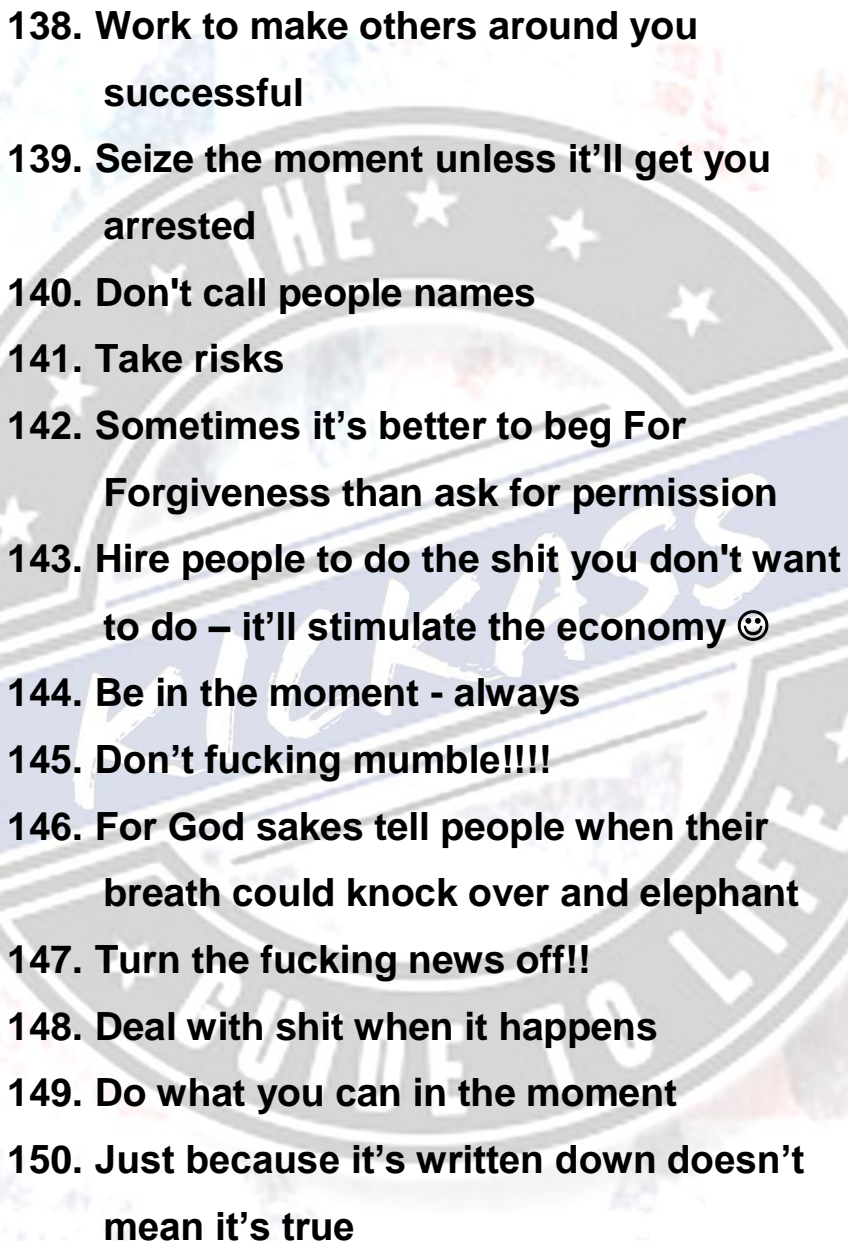
133. Have a balanced life

134. Get the shit outta your head and on paper before it drives you insane!

135. Be really careful when you say "I promise"

136. Say what you mean and mean what you say

137. Don't always try to be a fucking comedian!

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- 138. Work to make others around you successful**
- 139. Seize the moment unless it'll get you arrested**
- 140. Don't call people names**
- 141. Take risks**
- 142. Sometimes it's better to beg For Forgiveness than ask for permission**
- 143. Hire people to do the shit you don't want to do – it'll stimulate the economy 😊**
- 144. Be in the moment - always**
- 145. Don't fucking mumble!!!!**
- 146. For God sakes tell people when their breath could knock over and elephant**
- 147. Turn the fucking news off!!**
- 148. Deal with shit when it happens**
- 149. Do what you can in the moment**
- 150. Just because it's written down doesn't mean it's true**

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- 151. Replace your car battery every three years whether it needs it or not!**
 - 152. Put names and dates on the backs of pictures...if you even still have pictures**
 - 153. Take care of your funeral while you're alive**
 - 154. Don't act surprised when you get caught**
 - 155. Don't cheat**
 - 156. Smile and say "Hi" to people walking down the street**
 - 157. Have animals – unconditional love is awesome**
 - 158. It's an "Investment" not an "Expense" when you're growing yourself**
 - 159. Step away from the salt**
 - 160. "Is now a good time" is a great relationship saver**

So, I gotta ask ya: Are you ready to quit taking shit from yourself and everyone else? If you think that was good, just wait for the full book!

In that, we'll delve a little bit more into each of these and share stories and ways you can apply them to your life.

No, it's not rocket science by any stretch. But, my goal is to get you thinking differently. To entertain you so that changing your shit doesn't hurt so bad 😊

Since you're now a part of the KICKASS community, we'll let you know when the full-fledged book comes out.

Thank you for being a part of my journey!

Wishing YOU all the KICKASS success you go after!

Christopher Rausch

THE END!



For now....HAHAHA!

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