

Chapter 1 : How to Create the Successful Life You Want in 7 Steps | Jack Canfield

Learn how to create the successful life you want in 7 steps. Advice by Jack Canfield - America's #1 Success Coach and NYT bestselling author. Yet most of us.

Getty Images Success is a subjective notion, if there ever was one. So, what can you do to move yourself up the pyramid? Check out the findings from several studies, which shine a light on what it takes to achieve more in life. Increase your confidence by taking action. Highlighting scads of studies that have found that a wide confidence gap exists between the sexes, they point out that success is just as dependent on confidence as it is on competence. Low confidence results in inaction. Authenticity is a much sought-after leadership trait, with the prevailing idea being that the best leaders are those who self-disclose, are true to themselves, and who make decisions based on their values. Yet in a recent Harvard Business Review article titled "The Authenticity Paradox," Insead professor Herminia Ibarra discusses interesting research on the subject and tells the cautionary tale of a newly promoted general manager who admitted to subordinates that she felt scared in her expanded role, asking them to help her succeed. Improve your social skills. Train yourself to delay gratification. The classic Marshmallow Experiment involved placing a marshmallow in front of a young child, with the promise of a second marshmallow if he or she could refrain from eating the squishy blob while a researcher stepped out of the room for 15 minutes. Follow-up studies over the next 40 years found that the children who were able to resist the temptation to eat the marshmallow grew up to be people with better social skills, higher test scores, and lower incidence of substance abuse. They also turned out to be less obese and better able to deal with stress. Writer James Clear suggests starting small, choosing one thing to improve incrementally every day, and committing to not pushing off things that take less than two minutes to do, such as washing the dishes after a meal or eating a piece of fruit to work toward the goal of eating healthier. Committing to doing something every single day works too. Psychologist Angela Duckworth has spent years studying kids and adults, and found that one characteristic is a significant predictor of success: Grit is sticking with your future, day in, day out, not just for the week, not just for the month, but for years, and working really hard to make that future a reality," she said in a TED talk on the subject. Those with a "fixed mindset" believe things like character, intelligence, and creativity are unchangeable, and avoiding failure is a way of proving skill and smarts. People with a "growth mindset," however, see failure as a way to grow and therefore embrace challenges, persevere against setbacks, learn from criticism, and reach higher levels of achievement. Invest in your relationships. After following the lives of Harvard undergraduate males from the classes of the 1940s to the 1990s, for decades, psychiatrist George Vaillant concluded something you probably already know: Love is the key to happiness. The longitudinal study showed happiness depends on two things: Jan 20, More from Inc.

Chapter 2 : 7 Steps to Success | HuffPost Life

7 steps to success in work and life for all students [CLICK TO TWEET](#) In addition, we focus on jobs available in a student's neighborhood that increase the likelihood of students securing and maintaining employment.

I am an artist, an author, an empath, an intuitive counselor, a holistic healer, a spiritual advisor, an energy therapist, a writer, a mother, a wife, a daughter, a sister, an aunt, a friend- I am me. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. Silhouettes of a champions on the high mountain. Sport and active life You find yourself at a place where life is flowing with ease. You are ready to extend the flow and ease into a new phase of your life and are wondering how to do so successfully. Here, you will find seven steps to help you extend the flow and ease, and succeed in anything you do from dating, to changing your career, to saving for a new home. **Set Your Goal** Start by setting your goal. Once set, shift your focus to what you would like the outcome to be -- the intention. Be as clear as you can possibly be. For example, if your goal is to be in a romantic relationship, and you acknowledge the reason why is because you want to have someone by your side to share and experience life with, then focus on having a partner who supports you and whom you can have fun with as you experience life together vs. **Commit** See your goal as a journey that has your intention waiting for you at the end of it. Take full responsibility of your journey by committing to seeing it through, especially in moments of insecurity and uncertainty, and commit to doing so for you. When fear arises or any form of defeat, stay committed and remind yourself that it is not the end of the road, only a hurdle, as you persevere, and when a jolt of reassurance is needed focus on the positive and practice gratitude. **Make Adjustments** Make adjustments along the way wherever needed, so your choices and decisions match what you intended to accomplish and to create room for the new. If you intended to save money for a down payment, adjust your spending or increase the money coming in. Make internal adjustments however needed as well. Maybe you need to adopt a more positive way of thinking to help you stay committed as you go through your journey. **Be Consistent** Be consistent with your goal and follow through. If your goal was to start your own business and one week you are fully in it -- staying committed, making adjustments, focusing, etc. Consciously choose to stay consistent to help things flow with ease and to help you stay focused. **Expect to Succeed** Expect to succeed and have faith that it will happen. Visualize yourself being successful -- see yourself walking through life with your partner and feel yourself supported and satisfied. If needed, use the success already in place to help you stay motivated or to help you believe in yourself and your ability to reach your goal. Be sure to also celebrate the small things, stops and accomplishments along the way to receive small forms of success. **Take Pride** Take pride in who you are and in what you do. Be the best version of yourself as you go through your journey, and lead with it by expecting to get the best in return. Align yourself with your values, integrity and beliefs and align them with you, so that there are no double standards in your way of living, creating a flow in what you put out and what you take in -- bringing balance to you and your journey. **Have Enough** Have enough. Remember, you are on a journey, and yes, there is a goal that will be reached and an intention accomplished, but give yourself credit along the way. Be grateful for going on a date, or your first contribution to your down payment, or for making a business plan, and appreciate yourself for it. The more you appreciate, the more grateful you will be and the more you will be able to enjoy the present moment and feel as if you have enough and you are doing enough.

Chapter 3 : Seven Steps to Success

7 Steps to Success Here, you will find seven steps to help you extend the flow and ease, and succeed in anything you do from dating, to changing your career, to saving for a new home. 07/14/

Share Most people want to be happy. But they also want to be successful. Usually, we spend more of our time steeped in negative emotions than we do in the positive ones. So how do we go about doing the opposite? What are the keys to happiness and success? And by no means does it feel good whatsoever. But there is a pathway to happiness. The beginning is always rocky and steep, enough to make most people turn back. But navigating along them at the outset might feel treacherous at best. But with the right amount of focus and grit, it happens, one step at a time, and one day at a time. What does it mean to be happy and successful? But sometimes they do. The thing about happiness and success is that, in order to achieve either of them, you first need a definition in place on what they actually mean to you. Sometimes money brings more problems. It all just depends who you ask and what your experiences have been like that have shaped your beliefs. Either way, you need to define what they both mean to you. Want to be happy? You could actually be happy in this very moment. And for good reason. Consider what will make you happy, and write it down. Consider what will make you feel successful, and right it down. This is a prerequisite for achieving either. And goals that remain in the abstract are always unattainable. So, put some definition behind them both. But then you need to put some fuel into that fire. You need to institute a few actions and create a few habits that will help to get you there. Overall, there are 7 essential keys to happiness and success that will help to materialize both those things in your life. We need to happily succeed rather than try to succeed to be happy. Success should not breed happiness. Happiness should breed success. However, when our happiness hinges on our success, good things never come. What are we focused on in life? What do we want the most? And what are the reasons for focusing on and wanting those things? Living in a state of lack is a huge disservice to us. Everything about our focus shifts to a state of lack. Alternatively, when we focus on abundance, and being grateful for what we have, even when we have to go through pain and failure, we live in an abundant state. Even if we think that all we have are problems, we have to be grateful for them. Because, if we were to throw our problems into the ring with those of others from around the world, I can assure you that we would take our problems back. There are always others that are living in a far worse alternative to life than we are. Without that, we have nothing. When we can live in a state of abundance and gratitude, happiness and success will eventually transpire. Even if we achieve them, it will only be a momentary state of bliss or success, and it will disappear as soon as the next want or desire sets in. And be sure to write it down. Writing things out takes them from the abstract into reality. It sets off a chain of commands in the neurons in the brain that lend itself to experiencing something in an entirely different way than just thinking about it. Even if you say you have nothing to be grateful for, find something. You can be grateful for being 6 feet above ground. You can be grateful for the ability to read and write, have reason and logic. You can be grateful for friends, family members, pets, food on your plate, clothes on your back, roof over your head and so on. But, then again, many of us have trouble simple being present. But what does it mean to be present? And why is this one of the keys to happiness and success? Well, similar to the simple act of gratitude, being present grounds us in the moment. We stop to appreciate the miracles that exist in every direction we look, the beauty of all the things around us, and the journey that we call life. It helps us transcend the fears of tomorrow and the regrets of yesterday. Problems are a sign of life. And we will always have problems. We will never be problem free. And while problems might cause us some pain, great or small, those same problems allow us to grow as humans, learn, understand, become more empathetic, and reach new epiphanies about life. Effective time managers have a handle on their obligations in life, and know just how to juggle things in order to get ahead. They focus on their long-term goals and prioritize the activities that will help move them forward instead of leaving them behind. We miss bill payments, forget about meetings, and fail to organize our activities to pursue our long-term goals. Those time-wasters take precious moments away from our bigger, longer term goals. Everyone in this world has the same amount of time. We have just 24 hours a day, which equates to 1,440 minutes or 86,400 seconds. Not one

person, no matter how rich or poor, tall or short, the color of their skin, their religion, or their geographic location, has more time than the other. Find a good system to manage your time and make it habitual. Focus your energy and your enthusiasm, find a system that works for you and work it. All of us have. What do you want? Specifically, what do you want? Describe it in great detail. Say an exact number of dollars and an exact amount of pounds or kilos that you want to lose, with a specific date for its achievement. What you do in the morning, sets the pace for the rest of the day. In turn, it dictates the outcome of your life. If you want to be happy and successful, create a set of habits in the morning to help foster that in your life. The right combination of habits executed day-in and day-out can make all the difference. But if we want to get ahead, succeed, and feel mentally at peace with ourselves, we need an empowering morning routine. Create a routine that will help empower your life rather than hinder it. Wake up early, eat a good breakfast, work out for 20 minutes, do yoga or meditate, write out a set of daily goals, and so on. Take control, grab the reins, and be inspired and motivated to do and achieve something while helping others and yourself in the process. They offer one of the most crucial keys to achieving our goals in life over the long term. Going about identifying your MITs is a crucial part of this process. In time management, we call these quadrant-two activities “the important but not urgent things necessary to achieve your long-term goals. Once your empowering morning routine is completed, get to these first. As long as you can identify those, and you can implement those actions day after day, you can succeed in time. Make a list the night before of your MITs that you want to tackle the next day. Then, when you wake up the following day, ensure that you get after that list. When we do things to harm ourselves by overeating, over-drinking alcohol, taking recreational drugs, and the like, not only does it have an adverse effect on our bodies, but also on our minds. The overall focus has to be on health. The day needs to start and end healthy. Clean body, clean mind. We also need to get grounded mentally. We need to do things like meditate and relax the mind. Take up a yoga class or institute an exercise regimen so that you have something that starts incorporating healthy habits into your life. But it does get easier over time as long you continue to repeat the right behaviors. I Will Never Spam You!

Chapter 4 : 7 STEPS TO SUCCESS

Seven Steps to Success There is a powerful seven step formula that you can use to set and achieve your goals for the rest of your life. Every single successful person uses this formula or some variation of this formula to achieve vastly more than the average person.

Personal Success Discipline yourself to do what you know you need to do to be the very best in your field. Perhaps the best definition of self discipline is this: What decisions do you need to make today in order to start moving toward the top of your field? Whatever it is, either to get in or get out, make a decision today and then get started. This single act alone can change the whole direction of your life. Seven Steps to Success There is a powerful seven step formula that you can use to set and achieve your goals for the rest of your life. Every single successful person uses this formula or some variation of this formula to achieve vastly more than the average person. And so can you. **Decide What You Want** Step number one, decide exactly what it is you want in each part of your life. Always think on paper. A goal that is not in writing is not a goal at all. It is merely a wish and it has no energy behind it. **Set a Deadline** Third, set a deadline for your goal. It motivates you to do the things necessary to make your goal come true. If it is a big enough goal, set sub-deadlines as well. **Make a List** Fourth, make a list of everything that you can think of that you are going to have to do to achieve your goal. When you think of new tasks and activities, write them on your list until your list is complete. **Organize Your List** Fifth, organize your list into a plan. Decide what you will have to do first and what you will have to do second. Decide what is more important and what is less important. And then write out your plan on paper, the same way you would develop a blueprint to build your dream house. **Take Action** The sixth step is for you to take action on your plan. **Do Something Every Day** Do something every single day that moves you in the direction of your most important goal at the moment. Develop the discipline of doing something days each year that is moving you forward. You will be absolutely astonished at how much you accomplish when you utilize this formula in your life every single day. **Action Exercises** Here are two things you can do to put these ideas into action immediately. First, decide exactly what you want, write it down with a deadline, make a plan and take action on at least one goal today! Second, determine the price you will have to pay to achieve this goal and then get busy paying that price whatever it is. Join me LIVE for 1-hour as I share solid goal-setting techniques that have made me and thousands of other self-made millionaires and entrepreneurs incredibly wealthy and successful.

Chapter 5 : 7 Keys to Happiness and Success in Life | Wanderlust Worker

Related: 5 Steps to Achieve the Life You've Always Dreamed Of. Step 1: Dream it. Everything begins in the heart and mind. Every great achievement began in the mind of one person.

Posted on August 16, by Mr. You take success by becoming a successful person internally. When you succeed on the inside, by taking on the thoughts of a successful person, the results will show on the outside. Today I want to talk about seven life changing keys to success; these concepts will alter your life if you implement them. Seven Life Changing Keys to Success: It is the impossible that stretches you and shows you what you can become. Do and dare, get out of your comfort zone and stretch yourself. Stretch the amount of work you do, stretch your expectations, and stretch your imagination. Double your rate of failure. You are thinking of failure as the enemy of success. You can be discouraged by failure or you can learn from it, So go ahead and make mistakes. Make all you can. Watson If you want to succeed, you need to fail. No one succeeds with just a handful of failures. You need to fail, and fail, and fail; failure is the path to success. You stumble until you walk. It is through stumbling that you learn how to succeed. Your stumbles prepare you for success. They have a burning desire to see their goal realized. Do you have that same burning desire? You have to have the determination of a bull dog. You have to latch on, and refuse to let go. Desire, determination and commitment will strategically position you to succeed. To be the best, you must provide the best service. How good is your service? Can it be duplicated? Only through pondering success will you create the desire to make success a reality. You must have a clear vision of what you are about to achieve. This desire must consume you. If the desire consumes you, it will one day be realized. You have to chase it down. You have to want it more than anything else. Do you have a clear vision, do you have a burning desire, are you willing to fail, if you are, you are well on your way to success. Thank you for reading and be sure to pass this article along! Self Development is an author who teaches a motivational and practical guide to success.

Chapter 6 : 7 Tips On How To Be Effective And Successful In Life

Success Is a Journey: 7 Steps to Achieving Success in the Business of Life Hardcover - November 1, by.

March 30th, Success This article about accomplishment is going to explain the meaning of success and shall answer the question: For a more detailed explanation of success, have a look at what is success. Also, be sure not to miss: Success the opposite of failure is the status of having achieved and accomplished an aim or objective. Being successful means the achievement of desired visions and planned goals. Furthermore, success can be a certain social status that describes a prosperous person that could also have gained fame for its favorable outcome. The dictionary describes success as the following: How to define success in life? The only person that can answer the question above is you. I am neither able nor willing to prescribe the ultimate definition of success, as this is not possible. It is very important that you know exactly how to define success in life! Make yourself aware what accomplishment, success, and prosperity in general means to you in your life. Some might define success as having luxurious cars and a huge mansion, whereas others consider a life full of joy and happiness with their family as the true meaning of success. Once you have figured out what is important for you personally you are able to focus on your visions and goals. The meaning of success One of the most important key steps to achieving success in life is to know the meaning of success for your personal life. The true meaning of success goes far beyond the common definitions of success, such as having a lot of money, being wealthy, having a lot of tangibles and earned degrees. This is the meaning of success. Not the trophies people are collecting in their lives. Media and society let us often conclude that living a successful life means to be extraordinarily wealthy and have a lot of tangibles. But the meaning of success is to live a happy life and to make this world a better place for everyone. Is a fancy sports car really the definition of success? Besides this regular definition of failure, it also can be said that even wealthy and successful persons fail in their lives. Just think about the rich and famous and all their scandals, addictions and suicides. All of them were extraordinary persons but a lot of them were also extremely unhappy with their lives and were not able to see the meaning of success. Wealth cannot be defined with money, but instead with values in your life that make you a happy person, such as friendship, relationships, and your family. The difference between accomplishment and success: Accomplishment is often associated with success, but it is not the same. Accomplishment refers to the results we desire when we attempt to reach specific goals. Basically it is the results that we plan or expect to occur. Success is the positive consequence or outcome of an achieved accomplishment. The definition of accomplishment Accomplishment can be seen as the process to become successful and with every accomplished goal you take a step towards prosperity and a life full of success. How to achieve success in life? The process of becoming successful starts with elaborated goal setting Define a strategy and a plan how you intend to reach your goals , aims, and visions Keep in mind that success is the consequence of having earned a series of accomplishments, so make sure to divide your goals into easier to reach subgoals Success quotes: In the following, I have found some very inspiring and motivating quotes that shall accompany you on your journey to achieve happiness. Action is the foundational key to all success. Not to have tried is the true failure.

Chapter 7 : 5 Steps to Success in Achieving Goals - Virtues for Life

7 Steps Masterplan To A Successful Life - By Stephanie Norman Is there someone who doesn't want to be a more successful and effective person? Well, there are some people who would love spending their days watching TV, eating, sleeping, and doing nothing useful.

Well, there are some people who would love spending their days watching TV, eating, sleeping, and doing nothing useful. We want to achieve great goals and be an example for the generations to come. But, are you doing anything of solid importance to realize those goals? And, what precise actions did you take today towards your success? Hey, do you even have your personal definition of success? Every moment of your life is important, so you need to make a conscious effort to use them in an effective way.

Self Evaluation This is the precise first step to take if you want to learn how to get success in life. Before you take steps to become more successful and effective, you need to evaluate your current capacity and situation. Then, you need to compare that state to the goals you want to achieve. How much space is there between the person you are and the individual you want to become? One of the first changes you should make is in the way you use your time. Take notes and track your activities throughout the day. There is a name for them: You need to become aware of these weaknesses and do everything to avoid them. Self evaluation leads to self evolution. When you evaluate your capacity well enough, you get to know how much work you can handle. You need to plan your day in advance and take all steps you need to take to achieve a goal on time. Write the To-Do list. You can write the daily tasks on a paper or in your phone or tablet. But keep them in a place so that they will be easy to access throughout the day. You could use Evernote for keeping your notes. When you want to be more efficient, you have to perform perfectly on each task you have. However, quantity prevents you from delivering quality. So sometimes you have no other choice than to delegate part of your work to a team or to someone you hire. There are plenty of professional writers you can hire online. They can help you write the content through a collaborative process. They can also complete your rough ideas into a cohesive piece as per your instructions.

Time Management Wasting your energy on multiple tasks is not the perfect way of becoming more effective. Focus is the key to success. Make sure to know your priorities and arrange your acts in accordance. Have you heard of the Pareto principle also known as the 80â€™20 rule? How does this rule apply to your efficiency? Find out if procrastination is killing your happiness goals.

Learning To Say No People have a deep need to be liked by others. So they go out of their way and do things to make others like them. An egoism is often the cause of such tendency. This behavior leads to a huge problem. So think it over a few times before accepting a gratuitous task. You have free will and the right to choose. Value your time and have your priorities in mind before you accept to help others. Keep a watch that you do not compromise your efficiency.

Decluttering Your working space is a complete mess? Take a day to bring everything back to order. Organize your documents and put every piece of paper in its place. Once you achieve order, it will be easy for you to maintain it. You get sick by the mere thought of cleaning? You can hire a cleaning service that can do the hard work for you. She takes you through her revolutionary KonMari Method for simplifying, organizing, and storing.

Doing It Different You can surely achieve notable success if you stick with a well-established routine. However, routine has its way of undermining your efficiency. Start exercising, visit new places, try exotic meals, and surpass your insecurities. Meet new people and learn from them.

Final Words There are periods in your life when you would rather remain passive. This state may be due to a great disappointment, but it may also be a result of boredom. Whatever it is, you have to get out of it. Think about the goals you had and do your best to actualize them. Develop a good strategy and create daily to-do lists that enable you to achieve the big goals step-by-step. Evaluate, Plan, Delegate, Achieve. Stephanie Norman is a professional writer with five years of experience. She writes business, creative, and academic articles for Australian Writings.

Chapter 8 : How to Be Successful in Life: 14 Steps (with Pictures) - wikiHow

Often, what holds us back from achieving success in life, whatever we might define that as, is our inability to set goals the right way. In a recent study, it was determined that only 8% of people who set goals on New Year's Eve actually achieve them.

As enticing as that sounds, it is more common than not those goals are abandoned. To be successful, check your goals against my ten steps to help ensure you accomplish them. The first step to goal setting is to have absolute belief and faith in the process. If you are in doubt, look around you. Everything you can see began as a thought. Make your thoughts turn into reality. Visualize what you want. Think of what you deeply desire in your life or where you want your company to be a year from now. What changes have to take place? What do you need to know or learn? What spiritual, emotional, personal, financial, social or physical properties need to be addressed? The clearer you are with each of these dimensions will bring your vision into sharp focus. The clearer you are, the easier it will be to focus on making it happen. Writing down your goals is key to success. By writing down your goals, you become a creator. Have them written down where you can see them every day. Knowing why you want to achieve your goals is powerful. Knowing why you want something furnishes powerful motivation to see it through to the finish. By focusing on your goals, you manifest. Having your goals written down somewhere where you will see them each day is a good idea. Your mind will notice that there is a discrepancy between where you are now and where you want to be which will create pressure to change. If you lose focus you can always bring it back. Without a regular practice of focusing on your goals you may be distracted by something. Being really clear about what you want, knowing your purpose, writing your goals down, committing to them, and staying focused gives you the power of clarity to write down a list of action steps. You may not know all the steps ahead of time but you will know the next steps that take you in that direction. Having goals without a plan of action is like trying to complete a complex project without a project plan. No Time Like the Present. To show how committed you are to your goals, think of something you can do right now that will get you moving toward fulfilling your goals. You will be surprised how this simple step reinforces all the previous steps and gets you motivated and moving toward what you desire. If you are not motivated to do something right now, how are you going to get motivated tomorrow? To push through when things get tough, you have to hold yourself accountable unless you bring in outside help like a coach who provides it for you. It makes sense to have someone beside yourself who can provide valuable feedback at critical junctures, like a friend or a mentor. Telling your friends and family about your goals may give you the accountability you need. Make it part of your day to review your goals and take action. This keeps your goals alive and top of mind. It will also help you be aware if one goal feels stuck and you are over compensating on another goal. By following these steps and practicing your goals each day, you have all the elements you need to succeed and achieve your goals. Some days will be easier than others but if you keep focused on your goals you will be amazed at the progress you will make. Remember, almost everything begins as a thought. You can be what you imagine if you follow these simple steps.

Chapter 9 : 10 Steps to Successful Goal Setting | HuffPost

have been encouraged infact taken time to note all the steps outlined, a must to put them into consideration for a change to a better life Reply Manyaga Rotakala on September 26, at pm.

April 27, by Jack Canfield 67 Comments We all aspire to do, be, and have great things. But what we need to understand and keep at the forefront of our minds is that greatness exists in all of us. It is simply up to us to pull it out of ourselves. Regardless of personal circumstances, economic climates, and access to resources, it helps to maintain faith in the fact that we each are more powerful than we think. We all have the ability to create the life we want. We just need to learn how to do it. No, but there are certain common features that successful people exhibit and that anyone can practice. They are what can jumpstart your success and attract what you want in life. But the real truth is that there is only one person responsible for the quality of the life you live. That person is you. Everything about you is a result of your doing or not doing. That person who reflects back at you in the mirror is the chief conductor in your life. I think everyone knows this in their hearts, but the mind can play games, tricking plenty of people into thinking external factors are the source of failure, disappointment, and unhappiness. You are in complete control of the quality of your life. Successful people take full responsibility for the thoughts they think, the images they visualize, and the actions they take. They evaluate their experiences and decide if they need to change them or not. They face the uncomfortable and take risks in order to create the life they want to live. Identifying, acknowledging and honoring this purpose is perhaps the most important action successful people take. If you need to, write it all down. You might be surprised by what you discover. I see plenty of people who are overly busy yet who feel unsatisfied and unfulfilled. They end up going in circles and wasting lots of energy. In the meanwhile, they grow increasingly uninspired and out of touch with their authentic selves. This, of course, sets anyone up to living a life out of balance. What does success look like to you? As soon as you commit to a big dream and really go after it, your subconscious creative mind will come up with big ideas to make it happen. Big dreams not only inspire you, but they also compel others to want to play big, too. Believe It Is Possible Scientists used to believe that humans responded to information flowing into the brain from the outside world. In fact, the mind is such a powerful instrument, it can deliver literally everything you want. But you have to believe that what you want is possible. As you commit to believing in yourself, also make a commitment to toning down the complaint department. Look at what you are complaining about: Really examine your complaints. More than likely you can do something about them. They are not about other people, other things, or other events. They are about YOU. Believe in Yourself If you are going to be successful in creating the life of your dreams, you have to believe that you are capable of making it happen. Whether you call it self-esteem, self-confidence or self-assurance, it is a deep-seated belief that you have what it takes; the abilities, inner resources, talents and skills to create your desired results. Have unwavering faith in yourself, for good and bad. Make the decision to believe that you create all your experiences. You will experience successes thanks to you, and you will experience pain, struggle, and strife thanks to you. Sounds a little strange, but accepting this level of responsibility is uniquely empowering. It means you can do, change, and be anything. Stumbling blocks become just that "little hills to hop over. Become an Inverse Paranoid This one is straightforward: Imagine how much easier it would be to succeed in life if you were constantly expecting the world to support you and bring you opportunity. Successful people do just that. Unleash the Power of Goal Setting Experts on the science of success know the brain is a goal-seeking organism. Whatever goal you give to your subconscious mind, it will work day and night to achieve. To engage you subconscious mind, a goal has to be measurable. At least it comes with a few actions to achieve. A first step simply can be making an immediate change in a single area in your life. Are you unhappy about something that is happening right now? Make requests that will make it more desirable to you, or take the steps to change it yourself. If you want a different outcome, change your behavior Making a change might be uncomfortable and overwhelming for you. It might mean you have to put in more time, money, and effort. It might mean that someone gets upset about it, or makes you feel bad about your decision. It might be difficult to change or leave a situation, but staying put is your choice so

why continue to complain? You can either do something about it or not. It is your choice and you have responsibility for your choices. Use daily affirmations to focus on your goals and reprogram your subconscious mind. Bear in mind that you have to be willing to change your behavior if you want a different outcome. You have to be willing to take the risks necessary to get what you want. So, if you need just one thing to do different today than you did yesterday, make it this: Decide to make changes, one step at a time. Reserve your spot now. Would you be interested in teaching my Success Principles to others to make more money? Could you teach seminars locally? Can you offer a class at the local high school or community college? Could you lead a workgroup at the office to incorporate these principles on the job or in your department? Or could you boost your existing career as a professional trainer? If you can envision yourself as a dynamic and powerful presenter you should apply for my Train the Trainer Live certification program. The results would be miraculous. And YOU can be the person that makes that happen. Click the button below to learn more. You can, as long as you include this complete statement with it: