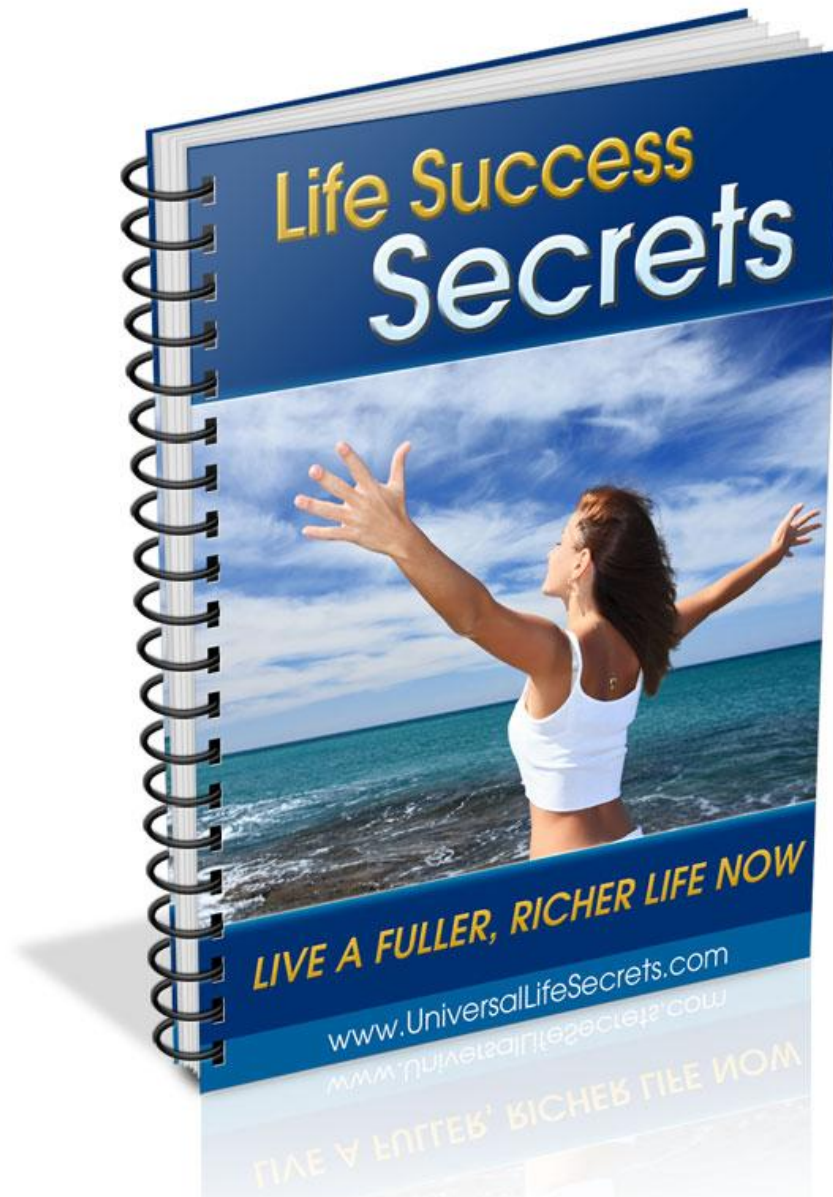


LIFE SUCCESS SECRETS

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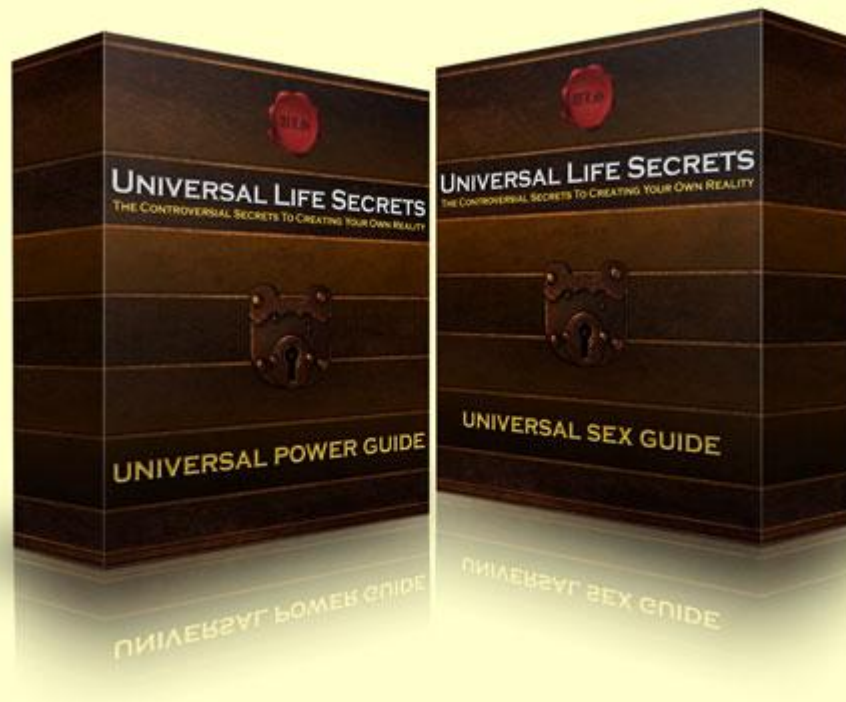
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Introduction

Success in life is something that everyone thrives for but not many people succeed in attaining it. Why is this so? Is it because we all differ in our abilities and talents? If one thinks this way, then it is logical to follow on that the more talented one is, the more likely he will be successful in life, and thus those with 'no abilities' or lesser talents would have little or no chance at succeeding in life. Well, this is all a myth.

Simply saying that "I have no talents" or "my IQ is average and I have nothing special to offer to anyone" is just an excuse to laze around and start self-pitying oneself when others around them start becoming successful in life. Yes, it is true that each and every human being is born with a different set of skills and aptitude and that it may be harder for someone with no education background to be rich and successful as compared to a person who is equipped with higher levels of education.

However, it is important to note is that we too have our own unique set of desires and determination that is not dependant on our abilities but rather our inner strengths and attitudes. It is our determination and willpower that ultimately brings us success in life and this is something that a lot of people tend to forget.

It is through our attitudes and how we live our lives that make up a successful person. Talents and abilities are definite, but the strength of our determination and desires is limitless. Though, many people do not know how to utilize their inner strength and work towards being successful.

This report will be giving you secret tips on how to maximize your inner determination to become successful. These four easy-to-follow steps will take you closer than you ever were to achieving your aspirations. Attaining your goals will no longer be just a dream, but rather a reality that you have strived for by working through these four simple methods.

But before we go into detail on what these four steps are, let us see what success means to you first.

Many a times, people go about wasting half their lifetime chasing a dream only to realize that it was not something they want. What I mean by 'want' is that these so-called dreams once attained, did not make them feel satisfied or happy. Unlike what many people assume, success is not measured by money. Success is not a simple calculation of how many figures one has on their bank account or how many employees are working under you. To be more precise, success is measured by how much one feels satisfied and fulfilled by what one has accomplished. Looking and behaving like a successful person does not mean that you feel like one.

For example, if you are a millionaire, numerous people will view you as someone that is rich and successful. However, if you are alone with no friends, family, or loved ones to share that pile of gold with, are you satisfied, happy? Can you call yourself successful when you are sorely lacking something?

Therefore, it is important to keep in mind when working through the four steps whether or not that goal is truly something that you would want to pursue. True aspirations normally remain unchanged over time. This means that if you find yourself constantly changing your goals and being fickle-minded about them, they most probably aren't what you genuinely want.

Now let's move on to the 4 steps to success!

#1—Be Ambitious

All successful people start off with this first step, which is to simply dream, and dream BIG. Every invention, masterpiece, goal, and inspiration comes from dreaming and wanting to make a difference in their lives or the lives of others. Becoming a successful person is no exception.

So put on your dreaming caps and start dreaming today. Take some time off and find a nice quiet corner to sit at where no one will disturb you. Find a piece of paper (not scrap paper!) and begin writing down all your desires and wants, and I mean ALL. Now, let us call this the 'Reality List'. This is purely because everything written down on that list is going to become a reality, and not stay as a 'dream'.

Make sure that you write it down neatly (or as tidy as you can be) as you will be referring back to the 'Reality List' often. One major distraction in achieving your goal is to find that you simply do not know what they. It is a turnoff to try and decipher your own messy list and more often than not, people would just give up there and then. Hence, a simple solution to deal with your messy handwriting is to type the Reality List out by using a computer.

So write down what you want to achieve in the next 5 years. What are your inspirations, things that you want to achieve for not just tomorrow, but in long term. Where do you see yourself standing when that time comes? Driving your new Ferrari car or being surrounded by a loving family living in a pretty cottage by the sea?

As someone once said, 'If there's a will, there's a way', so do not be afraid to be ambitious! Do not let your current circumstances limit your dreams. Circumstances can and will start change, only if you desire so. Thus, do not be mindful if some of

things on your list may seem impossible or ridiculous. Dreams are boundless and remember, so is your determination. If you really want it, it will become a reality.

Be as detailed and creative as possible and generate as many dreams as you can. Do not restrict yourself to just one piece of paper. Human beings are more than capable of accomplishing numerous goals in their lifetime. So start pouring all your dreams unto that piece of paper!

#2—Start Tidying Up Your Life

Once you finish exhausting your list, look through the list carefully once more and see whether there is anything you would like to add or cancel.

Next, start tidying up your life! Begin by having good time management and start ranking the top 5 things that you want to accomplish within the next five years. The reason why we want only the first 5 things now and rank them in order of importance is because we need to learn how to focus on what is important. Our minds are easily distracted and thus, if we do not concentrate on a few goals at one time, we will easily 'goal hop'. Once things do not turn out the way we expect it to be and frustration sets in, we will tend to leave that goal unaccomplished and go search for other goals.

Do not worry about the other goals as once you have completed the first few, you can look back at your list and start working towards the rest.

Write the date for five years later on top of the list and put beside it 'deadline', i.e. *deadline: xx/xx/2015 (since this year is 2010)*. This timeline is a crucial factor in shaping your road to success as it creates a sense of urgency within you. Procrastination is and always will be a big obstacle towards becoming a successful person. Once your mind starts to think that time is not an issue, you will start to wander off the path and leave your goals unattended. By then, it will be hard to get back on track and you would have wasted more time. Thus, one way of minimizing our laziness is to set a time limit for us to accomplish our goals. Whenever we look back at Reality List, we are reminded we need to accomplish these goals by a certain date.

This also teaches you the importance of time management. A successful person always knows how to manage their time. Time does not stop for anyone, one blink of an eye and its one year later only to find that we have been wasting our time away and have completed nothing worthy to be proud of. Keep a dairy or organizer and write down the things that you need to do if you have trouble remembering. Therefore, pace yourself and always be wary of how much time there is left. When you have good time management, you will not find yourself racing against time but instead, enjoying the rewards of your new found reality.

Look at the top 5 items on your Reality List and take another piece of paper and write down the things that you will need to take a step closer towards those goals. This will be the 'To-Do List'. These can be in terms of the time required, amount of money needed, or even new skills to be learnt. You may not be equipped with any weapons to fight a war, but to be able fight a war in the first place; you would need to know what weapons to bring and then source for them. The same rationale applies to becoming successful.

If I want to own and drive a car in five years time, what can I do to allow myself to have the capital to buy the car in the first place? Does my salary in my current career permit me to do so or do I have to take a second job, or maybe quit and source for a new job so that I can finally own my owe car?

Or maybe you wanted to start up your own business. So write down the equipment you need to get this business going. It could be more networking contacts, capital, finding a place to lease, so on and so fore. By doing this, you will start to realize how you are going to get about getting the funds needed. For example, for the start up capital, you could start by asking for loans from your family or friends, and if that does not work out, you can try out bank loans.

Deciding on what are the relevant skills needed is vital part in reaching your goal. So think clearly and ponder upon the skills that you lack. You may not necessarily go

and learn that particular skill from scratch, but rather go and outsource it to someone with that expertise. Learning how to liaise and network with people is crucial as it saves a lot of time for you to do other more important things. Remember, it is not good to be a jack of all trades, as normally you would be a master in none.

Change your attitude towards your current lifestyle. Do not be afraid of hardships as 'no pain, no gain'. Your goals are only impossible if you do not wish to sacrifice your time and effort to achieve it. The path towards success is often filled with numerous obstacles and dangerous terrains that will impede the weak-hearted from moving on. Failure is inevitable and the important thing is to learn from past mistakes and transforming into a better person.

For all this to happen, you have to welcome change, be open-minded about it. If your current lifestyle is hindering you to proceed on with your dreams, then change your lifestyle. Of course it is easier said than done, thus writing what you wish to change is a good reminder for you to refer to whenever in doubt. Pin that piece of paper on the fridge, or on your bathroom mirror, just somewhere obvious.

By tidying up your life, you start to paint a clearer picture of what it is you really want and what steps you are going to take in turning that picture into a reality.

#3—Take Action

All work and no play makes Jack a dull boy. All talk and no action makes Jack a dreamer boy.

Dreams stay as dreams if you do not wake up. The previous 2 steps were the easy parts where you only write down what your dreams and aspirations are and what are the equipments you need to assist you in attaining those goals. Now comes the hard part—actually taking the initiative to make those changes and the starting out is always the hardest.

Wake up and tell yourself, 'Today is going to be different, because I change my life'. What are the things that you have written down on your To-Do List? Start doing them today. Suppose to call someone? Well, pick up the phone and call now. Make small but definite changes in your life and you will be amazed at how much closer you are to your goals.

Here is a secret tip to a simple yet dramatic way of changing your life—live healthily. The basis of success is plainly by having good health. After all, what is success if one cannot even enjoy the fruits of one's accomplishments with a sickly body? There is no use in slogging your body and soul out if at the end of the day you are plagued with illnesses. Of course, there are those that just have bad health and just cannot help it. But if your body is in a good condition (or even if it is not), you should always make an effort to stay as healthy as possible. A healthy lifestyle is a good habit that will make it easier to achieve your goals.

For example, always wanted more time? Start waking up earlier! We all live with 24 hours a day (unless you live on another planet), so how is it that some people are able to accomplish more than you within the same amount of time? Curb your habit of pressing the 'snooze' button whenever your alarm clock rings. Set a goal time for when you would want to wake up. Every subsequent week, set your alarm clock to ring 10 minutes earlier than your scheduled timing till you have finally reached your goal. Use that 10 extra minutes to read the newspaper, go out for a jog, or simply enjoy your breakfast instead of wolfing it down (or even totally forgoing it). A good sleeping cycle is important in keeping a sharp and energized mind prepared for the day's activities.

Learn to eat healthily too. One way of doing that is to merely have proper meals at the relevant timings. Another suggestion is to have 5 to 6 smaller meals instead of the 3 big main meals. This prevents snacking in between meals. Also, try not to eat 3 hours before you sleep as the food may not be digested properly before you sleep. Studies have shown that food taken just before sleeping forces the body to use its energy on digestion instead of helping you recuperate from the day. This may make you feeling less energized when you wake up. If you do feel the urge to start snacking, try having something healthy like an apple or a handful of nuts. This is a great way of maintain of one's figure.

One more excellent way to have good health is to exercise regularly! The good thing about exercise is the vast array of different work outs that you can do to keep fit. From jogging to swimming or even going to the gym or just climbing up and down your stairs, there just so many ways of exercising. So decide on which exercise you would want to try and start working out.

Exercising not only keeps one fit, but it also energizes the mind. By exercising at least twice a week, it helps promotes psychological well-being. And a keen mind is needed to fuel oneself into reaching their goals.

Turn your dreams into a reality. Become the successful person you wish to be. All this cannot happen unless you are serious about achieving your dreams. Take risks and do not be afraid to stumble and fall.

Do not just breathe, eat, sleep, and aimlessly watch the days go by. Live life and make your life something worth living for. Be proud of the changes that you are making in your life and believe without a doubt that you are changing your life to be much better than it was before.

So start taking action. Dreams can only become reality if you dare to change. Become a different person from the one you were yesterday. Stop complaining about the poor circumstances you are in and your recurrent meetings with bad luck. Choices, not circumstances, determine your success. We do not have to pursue success, because once we start changing the way we live and work towards our goals, success will be attracted to us.

#4—Visualization

After you have started to make changes in your life, the important part is to have momentum, to keep on moving forward. You have to constantly motivate yourself to not give up and keep the ball rolling no matter how tough it is. This last step cannot be taught in the manner of the previous 3 steps as it is a matter of how strong your desires are in achieving your goal.

This report cannot teach you what or who to believe in, as ultimately it is you who decides what is worth striving hard for. But, instead, this can instruct you how to keep your desires, whatever they may be, burning stronger and stronger each day. And visualization is the key.

Spend 5 to 10 minutes each morning when you wake up, and every night before you sleep, to look back at your Reality List. Read them aloud and with conviction. Change all the sentences that start with 'I want to be...' to 'I will be...' and firmly believe that you WILL become whoever you choose to be.

Before going to bed, imagine yourself living the lifestyle that you have always wanted. Paint that picture as vivid as possible and constantly fuel yourself with the energy to work harder than the day before to achieve your dream. Successful people all have one thing in common, and that is the strong and everlasting desire to attain what they want. Only you can fire up and keep your desires burning, and only you can easily put them out and throw it to one corner.

Another good way of imagining that you have already accomplished your goals is to actually feel what it is like doing so. For example, if you always wanted to own a car, go for a test drive today! Feel the interior design of your dream car and take it out for a spin. After the test drive, you will feel more motivated than ever to keep

working towards your goals. Keep on sowing these seeds of positive thoughts to your mind everyday. They will be the fuel that keeps your desires burning on.

Fall And Fall Again

A wise man once said, "Failures are merely stepping stones to success."

Success and failure go hand in hand. Just like you would only understand the true meaning of joy after going through sorrow, the true taste of success only happens after you have experienced failure. Imagine that your parents were millionaires and they gave you with a huge sum of money that made you a millionaire too, would you consider yourself to be successful?

The true measure of your success is not by calculating how many income you earn, but rather through your failures and how you pick yourself up after that. Falling down is inevitable when walking down the path of success. What makes a successful person is his unrelenting desire to reach his goal and pick himself up again each and every time he falls. He learns from his mistakes and emerges a stronger person.

Of course, this is not telling you to purposely go and make mistakes but rather, to not be afraid of failures. If it happens, it happened for a reason. So find out that reason and learn from that experience. As someone once said, 'A man's errors are his portals of discovery'. See this as an opportunity to expand your horizons. Dare to take risks for there is no such thing as a successful coward.

Evidently, there will be times when you will feel all alone and everything feels like a heavy burden to carry. You think that you have reached rock bottom and may even start to feel that somehow, your goals do not seem that worth it after all. It is times like these that really reinforce the importance of step 4; to keep on visualizing your dreams and keeping your desires strong.

Another way of coping with your failures is to seek for assistance. Do not be too stubborn to ask for help, it is not a shameful thing to do. Arrogance can lead to your

downfall. Many a times, we fail because we depend on ourselves too much. But it is always possible to take someone's hand to assist us in getting up. We may be blinded by our own faults that sometimes, only an outsider can point out to us.

Lastly, success requires patience. It is not something that is attainable overnight. Some may bump into many failures, but all these lead to only one triumphant success. Perseverance is essential in lasting a long time. Keep your desires and dreams burning on till the day you have changed it to reality.

So fall, and fall again. We are not 'Humpty Dumpties' where we will shatter into pieces, broken beyond repair when we fall down the wall. We are human beings that are capable of handling heartaches and failures. And each time instead of breaking apart, we bear the scars of our fall, mended but not forgotten, moving on to become a more resilient person.

Conclusion

As you can see, success is attainable for anyone!

Just by following these 4 simple steps, I can guarantee that you will be one step closer to reaching your goals. Remember to continuously look at your Reality List and start cancelling out the dreams that have become a reality.

Start turning your life around and become the successful person you had always wanted to be!

So take out that a blank piece of paper now and start scribbling down all the points that I have mentioned earlier. Remember, how real your dreams will become will only depend on how serious you are in attaining your goals.

So stop dreaming, and take the first step to changing your life, right now.

To Your Success,



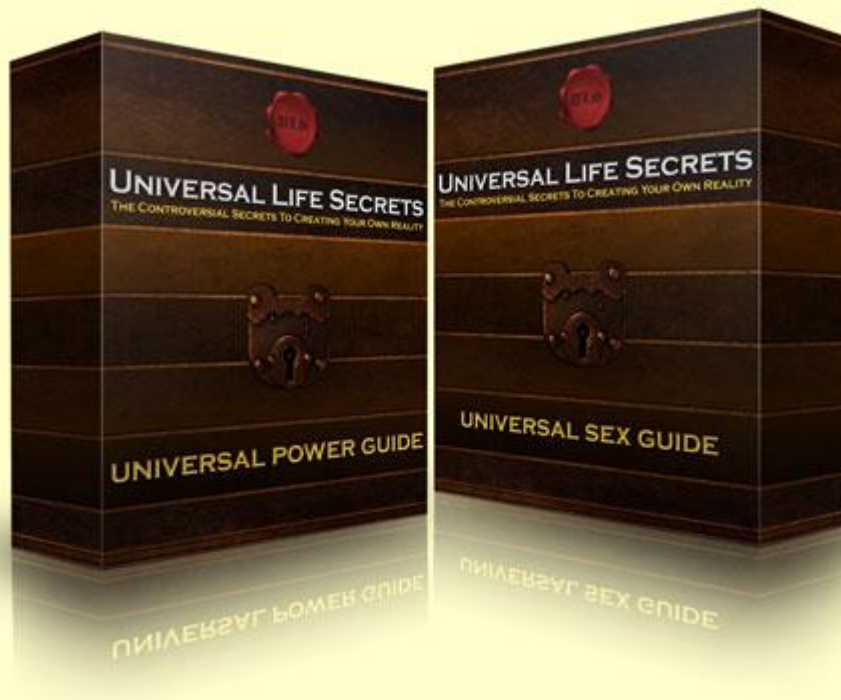
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