

A photograph featuring a red ceramic mug filled with black coffee on the left. To its right is a white paper napkin with the text "Success starts in the mind" printed in a blue, serif font. A silver ballpoint pen lies on the right side of the napkin. The entire scene is set on a surface with a blue and wood-grain pattern.

Success
starts
in the mind

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How Do You Define Success

The dictionary definition of success is accomplishing your goals or the attainment of wealth and/or honors (<https://www.dictionary.com/browse/success>). Is that how you define it, though? For some people that will be an emphatic yes, but for others a roll of the eyes and shake of the head is likely.

Here's the thing – you're both right. Success is different for everyone. In fact, a campaign by Strayer University was petitioning for a change of the official definition of success. What would be more appropriate then?

What Is Success?

While you may agree with the idea that success means achieving your goals and attaining wealth, the rest of us may measure it differently. Perhaps contentment speaks to success more than the other achievements.

That doesn't negate anyone's personal achievements, nor does it mean wealth attainment isn't success. It merely acknowledges that there is more to a successful life than that. Some people think outside the box and personal goals can be both great and small. So, think about it for a moment. How do you define success? Have you ever really thought about it or have you long accepted the dictionary definition?

For some, true success is in having a family. While for others that holds no interest. That doesn't mean one of the people is wrong, it just means that they have different definitions of success. If you want to define success for yourself, here are a few ways you can do that.

Defining Success For Yourself

- Levels – success generally means that it took time (whether it was a week or ten years) to make it happen. However, defining success for yourself could mean that your successes take a single day or even just an hour or two. For you, a successful day could be making time to grab coffee with your friend. Or, it could be carving out 30 minutes to work on a personal project. That might not seem like a major success, but it is real because it's a building block. Grabbing coffee with your friend is part of striking a healthy work-life balance. Normally, you wouldn't consider either of these as a real success, but that's exactly what they are.

- Achievements – let's start defining your success by focusing on the accomplishments that you are proudest of. Try to come up with three to five of them. It could be paying off a credit card, leaving your job to pursue your true passion, etc. They don't have to be huge accomplishments. It could be that they are the ones that make you feel great. You could have graduated from Harvard University, but you might feel better about successfully quitting your cigarette habit. Once you have your list, is there a common thread emerging? Is it all about persistence or compassion? Perhaps they required bravery or showed a high level of intelligence. The thread is what can help you define what success truly means to you.
- Challenge Assumptions – don't stop there. You can create another list, a list of the things that you have achieved that felt much less satisfying than you could have imagined. It might be that you decided that once you reached a certain milestone you would take yourself to a Michelin restaurant for an epic dining experience.

Then, it just wasn't what it cracked up to be. Sure, you'll have the pride of reaching the milestone, but the thrill isn't what you thought. When you can understand the typical successes that haven't brought you happiness, you can more easily define what success truly means to you.

Your success doesn't need to revolve around the dictionary definition, nor do you need society at large to validate your success. It's up to you to define what success truly means for you and you can let that guide you from here on out.

Why Great Success Never Comes Easy

The road to success is often filled with obstacles and hurdles. In fact, the notion that achieving goals without challenges is often laughed at. Martin Luther King Jr. quoted "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

Obstacles, without a doubt, builds lasting character. The real challenge rests in finding the beauty within the struggle. Let's consider the reasons why success never comes easy and how to ultimately change your perception.

Success Takes Patience

When a person sets out to obtain a goal, likely the results won't appear overnight. Much like a seed planted in soil, it takes a great deal of nurturing for there to be a flower. Often times, the process of achieving a certain goal can take weeks, even years of consistent work. Developing the quality of patience isn't easy, especially when you are currently in a position you don't like.

However, the best results come with time and hard work. Many people who struggle with developing patience, like to celebrate small victories. This makes the journey worthwhile and full of excitement. Cultivating this optimistic view of patience will make this quality easier to digest.

Success Revolves Around Adaptability

Theorists who believe that creatures survive through adaptation attribute this success to uncomfortable conditions. The primary reason why these creatures survive is because they are willing to change. The same is true with reaching goals and achieving success. We cannot expect to rise above challenges without adapting our behavior, perspective, or skillset to align with our goals. The idea of changing your comfortable behavior into something uncomfortable can be scary; daunting even. However, not all change is bad change. In fact, learning how to be adaptable can take your actions to new heights.

Success Means Sacrifice

If a person wants to lose ten pounds, they have to sacrifice certain areas of life to achieve that goal. Such include fatty foods and time spent at the gym. Often times, putting in time and effort towards a goal means eliminating other activities.

This is especially difficult because some of the activities we may enjoy, such as spending time with friends, going out, or watching our favorite shows. However, in order to reach our goals, we have to prioritize our time effectively. One way to combat the sacrifice blues is to allot time for you your interests. By keeping a balanced attitude, you will be able to enjoy life while still being productive.

Success Means Hard Work

In order to separate yourself from the masses, you have to put in the necessary effort towards reaching your goals. This involves trying your very best and putting in an optimal amount of effort. Often times, hard work is tedious. It may result in sleepless nights, tiresome evenings, and early mornings. However, the sheer feeling of achievement will far outweigh any inch of hard work. One way to enjoy working is to list the aspects of reaching your goal that you enjoy. Then, place those at the forefront. This will help you to continue working without growing resentful.

Success is a beautiful destination full of opportunities, challenges, and hurdles. The beauty behind these obstacles is revealing your inner strength. It's about taking something impossible and pushing yourself to your greatest capabilities.

Although the road to success isn't easy, it is definitely worth the effort. While reaching your goals, remember to stay balanced and grateful in order to actually enjoy the experience. This will make your journey purposeful and full of intention.

Reprogram Your Mind For Success

We all want to look back on the lives we have led thus far and think of ourselves as successful. There are plenty of ways you can define success, and for you, it could be buying a nice house, it might be that you want to be the best salesperson in the region.

We all have our own aspirations and when we carve out our own definition of success, instead of letting others define it for us, it's easier to reprogram your mind.

You have a certain vision in your mind of what a successful life for you looks like. How, though, can you get your subconscious mind on board with your goals?

Reprogramming For Success

We have curated a five-step list that will help you reprogram your mind for success. It starts with...

1. Visualize It

The first step is always the hardest, but the most important one. What do you truly want to achieve? Once you know, you can start to visualize it. It doesn't matter what it is you have in mind, whether it's a nice home in a specific neighborhood, sending your kids to private school, owning your own business or traveling abroad. You can't reprogram your mind for success until you have a clearly defined vision of the successes you want to achieve.

The more specific you can be when visualizing the better. Don't generalize with lead a good life or live comfortably. This isn't going to help you in the way you want it to. That means you may need to do a bit of pre-work before you can start the reprogramming process.

So, grab your pen and paper. Take five or ten minutes to envision your deal future. Make you that you write it down – you can go into detail or make bullet points. However, it's really important that you do write it down. You have your vision, what will you do to make it a reality

2. Daily Commitment

It isn't just about pre-work and visualizing, it takes a daily commitment to reprogram your mind to success. So, make time each day to write out ten goals that you need to achieve in order to reach your ultimate vision of success.

This is merely a visual reminder of what you need to do to get to where you want to go. It's also a powerful way to reprogram your subconscious into taking action. The best time to do this is right after you wake up or just before you go to sleep. Number your paper and start each sentence with I. Always be specific and only use the

3. Positive Affirmations

Never underestimate the power of positive affirmations. What is a positive affirmation? It's a short, sweet statement. They are easy to remember, and you can repeat them to yourself throughout the day. The more you use them the more embedded they become. Which means your subconscious will automatically whisper it to you. You're reprogramming your mind to think positively.

4. Meditation

You can find five minutes, that's all you need for a bit of meditation. It allows you to both clear and calm your mind, thus allowing you to focus on your vision for success. The key is to be consistent, so if that means writing it in your official daily schedule, then so be it!

5. Exercise

Physical exercise is another effective way to support your mind. Of course, your body will also thank you. Physical exercise boosts the release of endorphins, which will clear your mind and make the decision process easier. Physical exercise is much like recharging the batteries of your brain.

Realizing Your Success: Ditch Your Baggage and Start Fresh

Have you been feeling stunted on your road to success? Does it seem like no matter what you try, you still feel weighed down by something, unable to achieve your goals or succeed? You might be getting held back by the past baggage you're still carrying around. In this article, we're going to explore how baggage can affect your road to success and how you can drop that baggage and start fresh, finally achieving success.

How Can Baggage Affect Your Success

There are a few ways in which the baggage you're carrying around can hinder your success. First off, a mistake you've made in the past can haunt you and keep you from taking risks or seizing opportunities out of fear you'll make it again. Past failures can keep you from trying to succeed. If you're being bogged down by your baggage, the only way to move on and succeed is to ditch that baggage and start fresh.

How to Put the Baggage Behind You

Letting go of baggage can be difficult, especially if you've been carrying it for quite a while. Past hurts, mistakes, and failures tend to stick with us. There are a few things you can do to help release them, however, allowing you to move on and succeed.

Reflect on the Choices You've Made

We can't go back; we can only go forward. The only way to rectify past mistakes or errors is by addressing them and learning from them. You should make amends where necessary and fully analyze what was done and the choice you made. Once you've done that, you can learn from the situation and make better choices in the future.

Learn to Love Failure

You don't learn much from success or getting it right; it's in failures that we learn and grow. Failure is a necessary part of life that, in some cases, can even lead you to a passion you never knew you had. Appreciate your failure for the growth opportunity that it is and learn to love it. Once you start using your failure to empower your success, you can ditch that baggage.

Forgive and Cleanse

You have to forgive those that have done you wrong or hurt you in some way, but you need to let them go with the transgression. You won't truly leave your baggage behind until you correct what caused the problem in the first place. Surround yourself with better people that make better decisions and provide you with support, encouragement, and challenge your mind.

Let It Go and Move Forward

Ultimately, the only way to ditch your baggage and truly move on is to let it go. Once you let it go, you can move on and head down your path to success unhindered. Letting it go isn't easy in the slightest, but it's the only way.

If you've been having trouble achieving success lately, it may have something to do with the baggage that's been weighing you down. Having too much baggage and letting it get the better of you can directly affect your success. You have to let this baggage go and start fresh to truly succeed. We hope that through this article we have provided you with some useful ways to try and move past your baggage and continue on the path to success. It's important to note, however, that this list is not comprehensive. Each person is unique and handles their baggage in their own way; what works for one person may not work for another. If our methods don't work, don't give up; please look into other ways in which people have left their baggage behind them so you can get back on track to succeed.

The Connection Between Self-Confidence and Success Outcomes

Every successful person has had their own unique experience and path to success, but there's one thing they all have in common: self-confidence. Self-confidence is the key to success; it's what pushes you to try new things and take on new challenges.

It's important to note, however, that too much confidence can be a problem; it's all about finding the right balance. Through this article, we'll explain the connection between self-confidence and success along with some tips to achieve the right balance.

What Can Self-Confidence Help You Achieve

Self-confidence is one trait that can definitely get you far in life. It's what helps push you take the next step, try new things, and take on new challenges. It helps you stand out at a job interview and take the lead when necessary. It empowers you to take risks and put yourself out there.

Having and displaying a healthy amount of self-confidence can help you get your dream job or land a promotion, make an impression or get a date, etc. This trait can help you achieve challenges you never thought possible.

How Can Self-Confidence Help You Succeed

Those who possess and exude self-confidence tend to be self-starters and go-getters. They typically make good leaders and managers. In this way, self-confidence can help you succeed in the workplace. Self-confidence can also be a very attractive quality, when evenly balanced.

Self-assurance can show your potential partner that you know what you want in life, are capable of handling difficult situations, and have something valuable to offer. It can also help to push you to try new things you may not have thought of trying before for whatever reason. It can help to quiet the doubt before a performance or in trying something new you're afraid that you might not be the best at doing. Self-confidence can help you push past those roadblocks you've put up and achieve success.

Getting the Right Balance

One of the hardest things about self-confidence is finding the right balance of it to actually achieve success. Too much self-confidence and you can come across as arrogant and even deter people from wanting to be around you; it can make you seem mean or angry, as well. Too little self-confidence and you become a pushover that settles for far less than they deserve.

It's all about balancing your confidence with humility so that you have a healthy mix of both. To keep the right balance of self-confidence, you'll need to watch yourself closely and do your best to judge if you're too confident in any given situation.

If you find that you're being too confident, check yourself with some humility; remind yourself of your flaws and the ways you could use to improve. If you find that you're not being confident enough, give yourself a pep-talk; remind yourself of all the ways you're unique and all the skills and value you bring to the table.

Self-confidence is the key to success. This trait helps you to push what you think are your limits, take risks, try new things, and take on new goals and challenges. Self-confidence can help you nail a job interview and land a date, but too much of it can deter possible future employers and friends from wanting to hire you, speak with you, or spend time with you.

It's important to have a healthy balance when it comes to self-confidence, but that balance can get you very far in life. We hope we've helped to explain how self-confidence can lead to success; now go out there and boost your self-confidence.

How Thoughtful Planning Improves your Productivity

Managing your time can be as difficult as trying to find the pot of gold at the end of a rainbow. You start each day with a mental list of all the things that need to get done in a specific timeframe. Yet, more often than not, the hours slip away and you find yourself at the end of the day having accomplished only a fraction of what you set out to do.

Does that sound familiar? Well, don't worry, it happens to all of us. But the smart ones know how to end the cycle of wasting time. They've put their hands on simple tricks that allow them to fully utilize the hours they have during the day, tick off items on their list, and even enjoy some rest and relaxation before they end their day. Then they wake up and have to do all over again.

Some people believe that being busy is the same as being productive which is not true in the least because if you don't slow down, your reactions will come from a place of chaos instead of calm and clear thinking. Simply reacting to everything being thrown your way isn't effective time management - it's simply wasting time.

But what exactly is time management? It's using your time productively and efficiently. It constitutes many aspects, the most important of which is understanding yourself. That's number one. Once you understand yourself, you can make the right lifestyle choices to enhance how you deal with work, family and friends.

Here are 5 tips successful people use maximize their productivity.

1. Work smarter, not harder.

First off, stop multitasking. Say you're doing 3 things at once. You end up giving each thing only 33% of your total focus and energy which means you end up with mediocre results. A smart thing to do is to set up a time to check your email, social media or answer voicemail. Try allocating half an hour first thing in the morning and later in the evening so you can set it aside and focus on other things. Another thing that affects your productivity is when you break up your work into smaller chunks. The alternative? Work in increments of 90 minutes, then take a half hour break.

2. Set up goals.

Planning diligently means you have a vision of what you want to be doing in 6-months' time, or even a year. So draw up a long-term plan using general terms, don't get too specific with the details. Then think of several things you want accomplished this month and write them down. Then tackle each week with smaller, more specific goals to help you reach your big monthly goal.

Write up your weekly plan on Sunday evening so that when Monday rolls around, you already have an idea of what your next step will be. Be sure to get 3 'big' tasks first before lunch time when you're most productive. You'll feel relieved later in the day when you start to feel sluggish that you'd taken care of them first.

At the end of the day, check off the tasks you've completed. It'll fill you with a sense of pride at how much you've accomplished.

3. Get tech-savvy.

There are so many apps nowadays that can help you organize your time and make things run a little bit smoother. It can organize your schedule and de-clutter your thinking so you have time to focus on more important things. They can also help you use your time more efficiently, like when you're waiting in traffic or at a doctor's office, you can use an audio reader to get some reading done, or answer important work emails or voicemail.

4. Enjoy healthy habits.

Certain habits in life start out as must-dos but actually benefiting us and we end up enjoying them. Healthy habits like waking up early, eating right and exercising are things we should be doing daily. And the extra bonus? These healthy habits boost your productivity and improve your concentration levels.

And for those who claim they don't have time to exercise, try standing up at your desk for 10 minutes, then sitting back down again. You can also take a walk for several minutes around your work area before you get back to your desk. What's even better is going outside for a walk. Get some sunshine and fresh air is a great way to clear your head and get some fresh perspective on whatever task you're working on.

5. Organize your workspace.

Keep your desk free from any clutter except the necessities; your laptop, stationary and, maybe, a small plant. You'll also need whatever project you're working on at the moment. Everything else either goes on a shelf or in a drawer.

A great tip is to have 3 separate compartments for things that need done now, things that can wait but need to get done before the day is over and things that can wait until tomorrow. When you actually see your workload divided up allows you to stop worrying about other tasks and focus on the one at hand.

5 Ways Self-Understanding Benefits All Facets of Your Life

Socrates said, "To know thyself is the beginning of wisdom," but how do you do that exactly? Is it knowing how you like your eggs or whether you enjoy audiobooks more than paperbacks? Does it include your religious or political views?

Self-awareness is a bit harder to figure out because it's more implied than said directly. Yet it's so powerful that it motivates our day-to-day behavior and actions. But if you were to ask someone what their self-beliefs are, they probably wouldn't know how to answer, or where to even begin.

Basically, your beliefs can be traced back to your developmental, educational and social backgrounds. Self-understanding is apparent in how you interact with others; it's knowing your values, needs, habits, emotions, weaknesses and strengths. It influences your behavior, thoughts and emotions.

You start becoming a person with a vision; a plan, both professionally and personally. Self-awareness becomes a catalyst for development and personal growth. It also allows you to become more motivated, less stressed and, more importantly, accountable for your successes as well as your failures.

Each one of us has a distinctive image of themselves, which basically revolves around 3 main features:

- Physical characteristics
- Personality characteristics (i.e. traits which are the precise and constant characteristics that describe you as an individual)
- Social characteristics (these provide you with your social identity)

Studies have shown that those with little self-understanding suffer from low self-esteem, higher levels of stress and intolerance. They blame everyone around them but fail to hold themselves responsible. Those, on the other hand, who have a high level of self-understanding, tend to be more confident, resilient and enjoy a can-do attitude to everything life throws their way. There are a few ways to boost your self-awareness, such as:

- Look at your decisions objectively. It won't be easy, but it's worth it if you want to understand yourself better and reach self-improvement.
- Keep a journal. The whole point of self-understanding is self-awareness, and what better way to do that than to write down your thoughts and decisions on a daily basis. It keeps memories fresh and accurate.

- Practice mindfulness. One essential tool for self-understanding is a clear mind, and one way to reach a sense of calmness is by practicing yoga and mindful breathing.
- Exercise and eat right. A calm mind requires a strong, healthy body which can help you ease anxiety and prepare you for whatever comes your way.

Now that you know what to do, here are some of the benefits of understanding your needs and wants which leads to a better understanding of yourself:

1. Better decision-making. Better self-understanding leads to better decision-making and having the confidence you need to stand by your decisions.
2. Less inner conflict. When your external decisions and actions reflect your inner thoughts and emotions, things go more smoothly. You experience less stress and more harmony.
3. Boost self-confidence. Expressing who you are, and your desires lead to more happiness and a higher level of self-esteem and confidence. Plus, it'll help you get what you want.
4. More self-control. Knowing your self means you know which decisions will boost personal growth and development and expand them further, which negative habits will create strife and problems, and stay away from them.
5. Tolerance and empathy. Your self-understanding creates awareness of others. You become more tolerant of others and empathize.

Remember that overthinking won't get you anywhere. Part of self-understanding is acting upon your decisions to help improve your relationships, career and self. By honoring who you are and your choices, you become a smart, well-balanced self-aware individual.

5 Ways to Improve your Concentration

Having your senses besieged with tons of information, sights and sounds is overwhelming. While at work, you will get interrupted, on average, about every 11 minutes. Then it takes you almost half an hour to get back on track with what you were initially doing. To top it off, scientists estimate that we receive, on average, around 34 gigabytes of information daily.

It's no wonder that medical experts are claiming that the epidemic of this century is Attention Deficit Disorder. Our brains are constantly jumping from one thing to another that we've gotten to the point that our attention span is 8 seconds, which is less than even than that of a goldfish!

Luckily, there are things that can be done to boost your concentration, focus and even memory skills. Read on to learn five of the most important concentration-boosting tips.

1. Know yourself.

We all have those couple of hours when we feel we're at our prime. For some, it's early in the morning, while for others it can be later in the day. So figure out when your prime time is and use it to your advantage. Save those precious hours for your biggest projects.

Also, make sure you work in 90-minute batches then take a 15-minute break. And no matter how good you think you are at multi-tasking, it's best to avoid it. Doing many things at once cuts back your concentration levels by 40%. Besides, it leaves you frazzled and stressed out.

2. Eat right and exercise.

Nutritious food, loaded with vitamins and minerals, helps boost blood flow to increase focus levels. Exercise regularly also stimulates your body into secreting endorphins which are 'feel good' hormones. They help lower your risk for depression while motivating your creative juices and ability to concentrate for longer periods of time. Even if it's just a walk outside around a nearby park, you'll feel much better once you get some fresh air and enjoy being around nature.

Exercise isn't only for your body - but for your brain as well. There are numerous games that boost concentration, like crossword puzzles, number puzzles as Sudoku and many others. You learn how to concentrate while, at the same time, having fun.

It's even better when you have to work hard to earn an award because your brain secretes dopamine when there's a certain goal you have to strive for. Dopamine is another 'feel good' hormone which if become too low in your body can have a

3. Get tech-savvy.

There are many new apps being introduced daily with the aim of organizing our lives and managing our time. And while many prove to be effective, there are those that manage to waste more time than actually save it. So pick and choose wisely the most efficient apps for your lifestyle.

Being technologically smart also means knowing when to turn off your devices. There's a time to check social media and emails, and there's a time to wind down and get some work done - with no distractions from your phone.

4. Organize your work area.

Declutter, revamp and even redecorate if you need. Look at your workspace and determine what it needs to be comfortable and organized. Do you need shelves? A plant? New lighting? And on your desk, you should have only the papers you need for the project you're currently working on.

5. Practice mindfulness.

Certain practices, like meditation, helps your mind focus on one thing at a time, instead of being bombarded by several things at once. This enhances your ability to stay focused on one task until it's completed. Mindfulness, which means you focus on all the aspects of the present moment, also allows you to handle stressful situations with more finesse and aptitude, and less anxiety and panic.

Hopefully these 5 tips on how to boost your concentration will help you achieve a more focused, more productive lifestyle.

Are The People Around You Supportive Of Your Success?

It doesn't matter how smart or talented you are, or if you come from a rich family, you are the total sum of the people you spend your time with. They can either push you to try new things and excel, or they can bring you down, teach you bad habits and essentially put a damper on your successes.

There's a saying that goes, "Your net worth is correlated to your network." To explain this scientifically, your brain is made of up of neurons, cells that transmit nerve impulses, that control all kinds of activities in your body, both physically and psychologically.

There are special kinds of neurons, called mirror neurons, which fire up whether you yourself are doing a certain action, or whether you're observing someone else do it. So basically, you get the same feeling when you watch someone do something just as if you were doing it yourself.

So, think of your group of friends, if they complain a lot, you will too. If they can't manage to save money, or eat a lot of junk food, or smoke, you'll mimic their bad behavior. And just the opposite is true, as Robert Kiyosaki states in his book, Rich Dad, Poor Dad, "If you hang out with a group of successful, positive-minded individuals who believe in taking responsibility for their lives, you will move to become a proactive individual who shapes his/her future.

If you hang out with a bunch of pessimists who believe the world is out to get them and there is nothing worthwhile, you will start descending into the negative whirlpool at some point, even if you are initially a positive individual"

So how do you know whether the people around are helping you become the version of yourself? Here's what you should do. Make a list of the people closest to you in your life with whom you see on a daily basis and spend most your time with. Place each person into 1 of the following 3 categories:

- A Group

These are the people in your life who are constantly pushing you to do and be better. They're supportive of your choices as well as your mistakes because they know your weaknesses and know how to comfort you when the chips are down, and also what to do to help you get back up. They may even know how to market your skills by helping you expand your network. And they, themselves, are successful and motivated people because they share your goals and ambitions.

- B Group

The 'B Group' is where you'll find friends that are almost 'A Group' but aren't there quite yet. They still have some self-development and growth to work on, but, at the same time, they're supportive of your drive and determination.

- C Group

Also known as the blood-suckers, these people will whisper your successes while loudly publicizing your failures. They seem to be so good at pinning you down in a harsh cycle of self-destruction. They're the ones who usually blame everyone else for anything that goes wrong in their lives, and think people are out to get them.

The famous Greek philosopher and teacher, Epictetus, said, "The key is to keep company only with people who uplift you, whose presence calls forth your best." and long before him, the Father of Western Philosophy, Aristotle, believed that friendship is made of up 3 factors, "Friends must enjoy each other's company, they must be useful to one another, and they must share a common commitment to the good."

So, take a good look at the people you surround yourself with every day and decide whether they're helping or hurting you. If it's the latter, don't be afraid to start distancing yourself from them. Don't cut them off completely; just spend less time with them. Then go out and find people who raise you up, encourage and support you.

10 Tips To Set Your Mind Towards Success

Courage. Heart. Acumen. Accountability. All incredibly valuable traits, and all necessary for the success mindset.

Whether you wish to experience serious changes, or you're looking to fine tune, here are 6 tips to set your mind towards success.

1. Redefine Accountability

For some, the mere mention of accountability results in a shudder. There are negative views of accountability, and perhaps the dictionary definition will only serve to reinforce that view.

Life, and business, will often thrust us into circumstances that are beyond our control. Your success doesn't need to rest in the hands of others. If you rely on others to save you, you are paralyzed in a world of victimization.

You struggle to think creatively, clearly, or quickly. Instead, you should be taking charge of your circumstances, whatever those may be.

You shouldn't feel that being true to your goals, and yourself, is a chore. Accountability is your gift to yourself. It is a mindset that you have set and accepted voluntarily, one that will ensure your success and not something that you have to shove down your own throat.

2. Plan Your Success

With every dream, must come a plan. If you desire success, understand that it won't just happen.

You need to actually sit down regularly and work out the strategy you will require to achieve that success. Consider every detail, every step that will lead you to success. You must also accept that those plans may need to change from time to time and altered to fit in with reality, this should not be viewed as failure, but as a smart strategy to reach goals.

3. Believe In Your Success

Having giant dreams is tremendous, and your dream of success may seem as though it is beyond what you are capable of, but you must believe in the dream. Heart is key for true success.

If you don't believe that you can attain that success, then how will you stay motivated?

4. Set Realistic Dreams

The goals of success and working towards a dream must be set in some basis of reality. Ask yourself, is the success truly achievable? Can it be done? This goes beyond believing, it goes to reality, if your dream is to prove the sky is purple, how realistic is that?

Here's an excellent example!

A person without any education beyond high school has a dream that they can build a multi-million-dollar company. That's a huge dream, but it's believable, it's happened before.

Now, here's a terrible example.

A man of 95 who suffers with arthritis and asthma has plans to run a marathon in less than three hours. That's an immense dream, but also an impossible one!

5. Be Patient

Instant gratification is rarely an element of real success. Real success takes time, and effort and this requires real patience.

6. Don't Allow Circumstances To Control You

As mentioned above life can throw all types of circumstances at us. This can leave us feeling victimized by the circumstances or shortcomings that we believe we don't have the strength to change on our own. This results in people living below their potential.

We look to others that can solve all of our problems for us, but we cannot let our circumstances define us, what we do or who we are, we have a lot more power than that.

7. Ask For & Accept Feedback

Asking for the advice, thus criticism, of others is a wonderful way to create and instill accountability. An important aspect of getting feedback is convincing people that you need honest feedback.

Whether you're asking your friend, significant other, mentor, or a colleague for feedback, let them know they're not going to suffer any ramifications if they are completely honest with you. Moreover, if you can find a way for the feedback to be anonymous then do so, then you'll know you're guaranteed honesty.

You'll learn how to determine which feedback is helpful, and which should be disregarded. No matter what you hear, accept it, process it, and learn how best to

8. Courage

Taking risks requires courage, and courage is needed to achieve success. Be brave, be bold, and reach for success as if your life depends on it.

9. Work For It

You're certainly not going to succeed by sitting on the couch watching Netflix, so the only way you're going to succeed is by taking all of those tips above and applying them.

Those who achieve success work for it and you should work towards that success every single day.

10. Perfect Your Decision Making Skills

The ability to make decisions is key to success. You are the master of your own life and your dreams, and decisions you make drive your goals, successes, and dreams.

Spend some time regularly evaluating your decisions to ascertain whether they support your goals, or take you further from them.

5 Behaviors You Never See In Highly Successful People

Everyone has a different interpretation of what success is, or what it means to them. However, when you break it down, everyone can come to an agreement on it meaning that success is accomplishing a goal, or attaining a meaningful purpose.

That may be a loving relationship, it could a form of artistic expression, or it could be career advancement. Regardless of what the goal is, true success is never an upward, or stable, journey that is achieved easily. The world's most successful people are always aware of this fact, and they often have behavioral traits which set them apart from the rest.

If you are struggling to achieve what you want in life, you may want to consider starting with an inward look. You will likely require a shift in your mindset to bring yourself in line with how successful people behave, and doing so can improve your chances at success.

It's fair to say that when you work with amazing leaders and executives you notice what does and doesn't work in the long-term. It isn't necessarily personal habits or intrinsic characteristics that will determine your success. Instead, it is all about your behavior.

What does behavior really mean? It's all about how you communicate, how you react to stressful situations, how you interact with the people around you, the attitude you have in dealing with clients and colleagues, how hard you work, and whether you are disciplined, and focused.

You may know some dysfunctional people who have gained success, but eventually these behaviors will catch up with them and result in self-destruction. Just have a look at the 5 behaviors that you will never see in highly successful people.

Panic

Dealing with high pressure and stressful situations in the business world are a common occurrence. Things can't always go according to plan, and they often go horribly wrong. It's just part of the territory. What highly successful people don't do is panic. If you can't override that adrenaline spike and stay calm during a crisis, you're not going to last long.

Fanaticism

While passion is a massive driver in success, you can take it too far. When you cross the line from passion into an over the top fanatic- your energy and passion starts to work against you. It results in flawed reasoning, poor decision making, and a skewed perception of reality.

Laziness

When you are truly driven to achieve greatness, you have one fundamental truth: it's going to be a long haul, and it's going to be a lot of hard work. That's why highly successful people are so disciplined, and highly focused. A lot of people are slackers, and quite simply, it's why they don't go on to achieve great things.

Naivety

Okay, so we may all start out with a wide eyed, gullible approach in the business world. However, the sooner you turn skeptical the savvier you become, and the better your chance at succeeding. Why is this true? Suckers don't succeed. Highly successful people question everything and will always trust, verify, and consider the source.

Oversensitive

Thin skinned people do not make great leaders, nor do they tend to be highly successful. They drive themselves crazy with every little criticism, and obsess over every comment that offends or upsets them.

That makes the business world a difficult place to exist for the oversensitive and thin skinned. That's why seriously great business leaders often have a sense of humility, and a good sense of humor. While life may be serious, you can't take yourself too seriously.

Additionally, when you can't handle your emotions and act out you transfer that energy to the people around you, and it makes everyone miserable.

Are You Sabotaging Your Own Success?

There is an old saying that the very person standing in the way of your success is yourself. Although we wish to change our current circumstances, there are many sabotaging acts that we perform to ourselves. It is easy to place the blame on outside sources, especially when success seems so hard to attain. However, it takes true courage to look within yourself and identify your own personal flaws. If you are having trouble reaching a personal goal, perhaps consider these signs that point to your own self sabotage.

Are You Comfortable Being Stagnant?

Success requires leaving your comfort zone and pushing your own personal boundaries. Often times, people fear leaving what they know because they're afraid of the unknown. Are you caught in the trap of being comfortable? If so, you may be holding yourself back from the success you deserve.

Do You Enlighten Yourself?

If you aren't surrounding yourself with inspiration or opportunities for knowledge, you are setting yourself up for failure. Much of this includes not practicing, not devoting time to your goals, or even reading. By fully immersing yourself in your goals, you are likely to stay motivated. Keeping yourself engaged is one of the hardest, yet most fulfilling aspects of achieving success. Train your mind to constantly want to get better and you will always seek achievement as opposed to staying comfortable.

Are You Surrounding Yourself With Toxic People?

A flower cannot bloom in a field of weeds. If so, the process is rare and complicated. The same is true with us; we cannot reach a certain level of success if we surround ourselves with toxic individuals. Often times, we keep those in our inner circle for fear of conflict, fear of letting go, or other reasons. However, keeping negative energy within your life will only stifle your future success. Surround yourself with people who inspire and encourage you in order to reach the level of achievement you deserve.

Do You Put Yourself Down?

Speaking negatively about yourself is the number one reason for failure. These negative thoughts can begin to infiltrate your actions and thus hold you back. Do you constantly tell yourself that you aren't good enough, capable, or even deserving of success? If so, you are holding yourself back from growth.

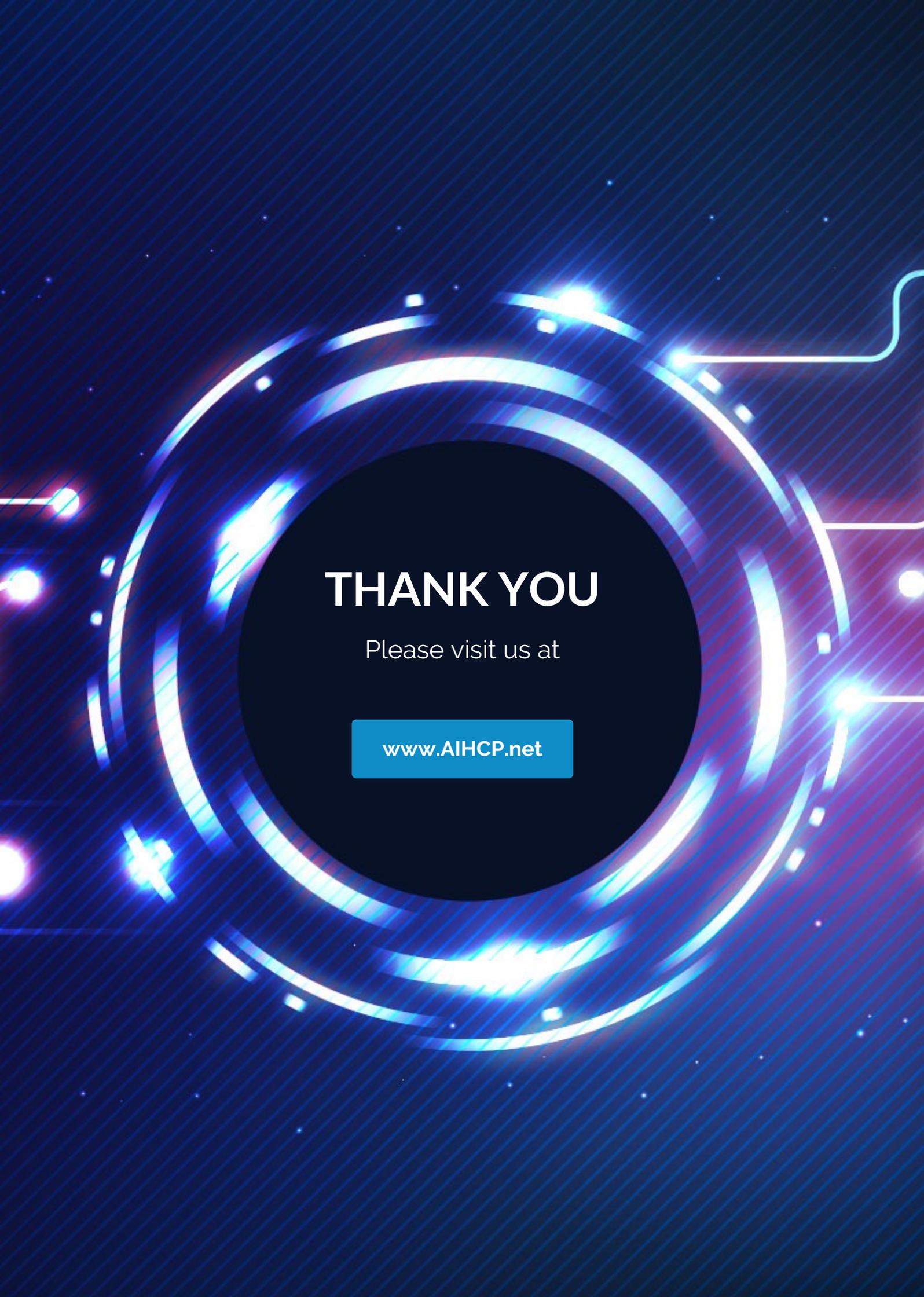
Do You Fail to Act?

Failing to act can be just as bad as negative self-talk. Why? Because actions create results. It is easy to idealize your dreams, but it's quite another to actually take steps towards them. It is easy to get into the habit of talking about ideas or aspirations without making instant moves. This only creates an atmosphere of inactivity that drains motivation. If you wait for the right conditions to act, the opportunity may be passed. This is why acting is so vital.

Are You Negative?

Energy is contagious and very real. If you give out negative energy, likely you will get that back. If you are mean, vindictive, or complain endlessly, that same energy will come back to you. If you find yourself in the midst of drama or surrounding by bad circumstances, take a good look at the energy you are putting out. This will determine if your energy is pure or toxic.

Sabotaging your own success is a sad and disappointing experience. With so many outside factors contributing to possible failure, it only makes sense to be your biggest advocate. In order to do so, you have to believe in yourself more than others will. By doing so, you will guarantee your own personal success without holding yourself back.



THANK YOU

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