



# 7 Secrets of the Super Successful

1 Sept 2014

*Hello*

There have been numerous studies over the decades to understand what makes some people more successful than others. Despite what many folks think, it is not your background, or your education, or your parent's wealth, or your parent's occupation, among other reasons given, that result in success. Successful people come from all walks of life, have varying levels of education including none at all in some instances, have parents (and sometimes don't have parents they ever knew) who had vastly differing amounts of wealth, and grew up in very different neighbourhoods including childhoods spent in orphanages. What distinguishes the successful from the unsuccessful, in study after study, is that there are certain things they do which other folks do not.

1. **They stay healthy and work on remaining healthy.** If you are physically or mentally unhealthy you are not capable of your best. Health is one of those things we take for granted while we have it. If you have ever been really, seriously ill, you will know how difficult it is to do any work, let alone do really great work. If you are racked with pain, popping hundreds of pills a day, or mentally in a terrible space, you cannot be the best you can be. Staying alive and sane is difficult enough. Realising your potential is close to impossible. Super successful people take care of their health. They eat right most of the time, exercise, get enough sleep, and make time to rest and recharge. If they do have a chronic health condition they work hard to manage it.

2. **They have a vision and practice visualisation.** They take the time out to develop and refine their vision. As human beings we are lost without a vision. We need a vision. We need to have somewhere to focus our attentions and efforts. The brain is goal-directed and it is designed to work towards achieving goals. We are happiest when we are focused on achieving a goal provided it is aligned with what we value. If you are so busy you don't have time to set a vision for what you want in your life, you are not going to have a life that is worth living. Once you have started to think about a vision for your life, work the vision: Refine the details and spend time visualising the outcome. You need a vision for all aspects of your life where you want to be successful, including career, finances, relationships, health, social etc.

3. **They take action - persistent and consistent action.** Life rewards action. If you sit there and do nothing you achieve nothing. Many people avoid taking action because of a fear of failure. Fear of failure is not going to stop you from failing, it is going to stop you from succeeding. Everyone has failed, over and over again. Every single person who has succeeded has many failures behind them. Stop fearing failure. Look at failure as learning, as feedback that something needs to change. Learn to welcome failure as feedback and as evidence that you are one step closer to the success you want. It doesn't matter what other people think. You don't want to let the opinions of others determine how far you go in life. You don't have to wait until all your ducks are in a row to start. Just start. The way usually appears. Actually it always appears unless what you are doing is the wrong thing for you.

4. **They master their thoughts and feelings.** Everything we feel and everything we do, starts with a thought. If you are feeling sad it is because you are thinking something that makes you feel sad. Every action you take is preceded by your thoughts around taking that action. People who are super successful know that their thoughts determine their destiny. Now we have so many thoughts every day, and so many of them we are not consciously aware of, that to master our thoughts is a work in progress. The successful make it their business to work on their thoughts,

to understand how what they think limits or empowers them, and consciously change their thinking to thoughts that empower them and propel them to success.



5. **They do what they love and they love what they do.** Do what you are passionate about. In his book, "Beyond Talent", John Maxwell cites a study conducted by Kriegel and Patler of 1500 students. At the start of the study the group was divided into Group A, 83% of the sample, who were choosing a career based on making money now in order to do what they wanted later. Group B, the other 17% of the sample, chose to do what they wanted to do now and then later pursue the money. Twenty years later 101 of the 1500 had become millionaires. Of the millionaires, all but one, 100 out of 101 were from Group B - the group who had chosen to do what they loved first.

6. **They prioritize.** They clean up the incompletes and the clutter and finish stuff. Clutter, whether it be physical or mental clutter, zaps your energy and prevents you from focusing. If there is one thing top sportsmen and women learn, it is to have laser focus. You have to tune out all the distractions. If you are surrounded with lots of incomplete tasks and unfinished projects your attention and focus will be divided. If you want to be super successful you need to be focused. Before you start the really important stuff, finish the incompletes.

7. **They resource themselves for success.** No one can do it all by themselves and be super successful. You are not expected to do it all by yourself, and if you think about it, it is self-sabotaging to try and do everything yourself. Between all the people you know, the books that have been published, courses and seminars you can attend, and information you can find on the internet, there is virtually nothing you cannot find a solution to. If you ignore all the resources available then you are limiting yourself. However, be selective about the resources you use. Not all will give good advice.

***"Success is nothing more than a few simple disciplines practiced every day"***

- ***Tim Rohn***