

# SUCCESS PRINCIPLES UNLEASHED

## CHECKLIST



# Success Principles Unleashed Checklist

Most people never become successful because they're not willing to pay the price of success. It's a choice they have to make where they have to step out of the box, make some changes to their existing lifestyle, drop old habits and pick up new ones and invest effort, attitude and morale to keep things going. This checklist will run you through the simple tips and techniques to achieve the success you've always wanted.

## Chapter 1: Set Big Goals

If you're going to set yourself up for success in life, then you need to set some mighty meaningful goals for yourself. So as a starting point, the first and foremost thing to remember on the journey of personal success is a positive attitude towards everything.

## **Better To Aim High And Miss, Than To Aim Low And Achieve**

It's always better to aim high, even if you don't succeed at first. When you aim big, you dream big, and tell yourself that you stand a chance against all odds.

## **Set Purpose Driven Goals**

When setting goals, you need to think about how to achieve them, what you need to do to achieve them, and how much time you need to get there. But the real driving force that'll actually make you sweat for any goal is WHY you need to achieve that goal.

## **Give Yourself A Timeframe To Work With**

Without setting a timeframe to achieve any particular goal, there will be no sense of urgency. The importance of getting anything done is great, but the importance of getting it done in time is even greater! Giving yourself a duration for a specific task will make you more productive in that short time than you would be without it.

## **Chapter 2: Make Real Decisions**

Everyone has to make decisions in their daily life. While some of them are small, others are big and have a profound impact on your life. So, it's very important to evaluate all aspects of an issue before coming to a decision. There are a few things that, if considered, can help you make good decisions that you won't regret later in life.

### **Make Smart Decisions**

Most people don't realize the importance little decisions have in life. When you make a decision, it initiates events in your life that unfold into either something good or bad, depending on whether your decision was smart or not.

## **Carry Out Your Decisions**

People are always making decisions about the changes they want to bring in life but often end up ignoring them. You must carry out your decision. If you have strong willpower and you're dedicated about something, you'll surely be able to carry it out.

## **Don't Look Back**

It's not always easy to carry out your decisions. Sometimes, there will be hurdles along the way. If you want to quit smoking, you might be peer-pressured to derail from this decision. Or people around you could tell you that one smoke a day doesn't do any harm.

You need to remember why you started in the first place. Before you made this decision, you must've thought a lot about the health and social changes it'll bring in your life. Every time you feel like you are derailing from your path, remember why you started the journey in the first place.

## **Chapter 3: Consistency is Key**

Consistency is the magic ingredient for success, be it personal betterment, business, academics or just the relationships with loved ones. Without consistency and the will to stay steadfast in what you are trying to achieve, only failure awaits.

### **Be Committed And Persevere**

Perseverance means having unwavering persistence in accomplishing anything no matter the difficulties and obstacles along the way. With perseverance, you can learn new skills, pass the exams, close a deal, achieve financial and personal success, and even build a castle for your family.

Just like solving a jigsaw puzzle, if the piece doesn't fit, try another one, and then another one until it's completed. Without it, the puzzle would be left incomplete. Similarly, all goals are left

unachieved, all success unknown till one learns to stay committed and persevere.

## **Have A Routine For Success**

Having a routine is vital for success in general. Without proper division and allotment of time you give to a particular task every day, there is no way of achieving consistency. It should be such that your mind automatically rings a bell to remind what you must be doing at that particular hour.

## **Create Good Habits**

Being consistent leads to the development of good habits. Creating good habits ensures success in all areas of life. Doing something once in a while or when you get the time doesn't get you anywhere near achieving your aims and aspirations. Instead, the keys to achieving any goals you set for are consistency and making quick decisions. This decision to do something every day is, in other words, your habits.

## **Chapter 4: Nothing is Impossible**

Everyone says that nothing is impossible. But do they actually believe it?

If you really want everything to be possible, you have to start believing it. You'd be surprised by the power that belief has in life. You can make everything possible if you condition your mind to think so.

### **Condition Your Mind to Think Positive**

Optimism is an essential part of success in life. Once you condition your mind to think "well and good", it'll have a positive impact on all your decisions and thoughts. Having a positive outlook on life is the first step to achieving success. You will never become a brilliant photographer if you keep telling yourself that it is impossible for you to capture something beautiful.

## **Attitude is Key to Success**

Your attitude matters a lot. If you're not serious about something, you can't expect to excel at it, can you? So, you've made your mind about learning to play the piano. To actually learn, you have to stay determined. There's no going back once you've made your mind. Keep reminding yourself that you are only stopping once you've made it possible.

## **Learn to Take a Blow**

Life isn't all cotton candy and unicorns. If you start a journey, you're bound to face bumps along the road. You must be prepared for everything. Keep your disaster management plan ready so that you aren't totally thrown off by any problem you face.

Sometimes, one thing can ruin an entire day or week. Learn to look at the brighter picture and think of all the positive things that happened in that day.

## **Chapter 5: Be Accountable**

There comes a certain time in your life when you realize that now you are accountable for everything you do. The idea is quite daunting as accountability is needed in all spheres of life.

### **Take Responsibility**

The first step of being accountable is to take responsibility. Now, it might be a personal responsibility or one that affects others around you. For instance, if you're the head of a family, you have to be accountable to them too. Or, if you're leading an excursion tour, you have to be accountable to your tour group. Remember this: With great power, comes great responsibility.

## **Say It Out Loud That You'll Do It**

Positive affirmation is very important so it's crucial to keep reminding yourself that you will do it. Sometimes, you get side-tracked by events or people but you mustn't let this be permanent. You're also accountable to yourself for your mission or goal in life.

## **Be Honest**

Just as accountability is important, so is honesty. It's very important to be honest about the results. Whether you're working alone or in a team, you have to stay honest about the outcome of your efforts. Success only becomes possible when you own up to your mistakes.

## **Chapter 6: Live in the Moment**

Living in the moment means to be fully aware and mindful of the present moment. It may involve some effort on your part as it means not dwelling unnecessarily on the past, or being overly anxious about the future. To live in the moment is to seize the moment you are in, living it to the fullest, experiencing it without letting the past or the future distract you.

### **Be Present And Mindful**

Being present in the now and being mindful of the very moment you're living in allows you to make it even more valuable and meaningful. Instead of pondering over the past or worrying over the future, make the most of the present.

## **Meditate**

If you find yourself caving in to distractions easily, consider meditation. Meditation can be very helpful in learning how to live in the moment. It's a practice that helps find inner peace and acceptance, both of which are essential for being mindful of the present moment.

## **Practice Gratitude**

Gratitude and living in the moment go hand in hand. Without living in the moment you can't be grateful for the little things that make life worth living. A witty answer, a hilarious joke, that first bite of a delicious steak, the patter of rain against your window, the giggle of your child when he sees you. If you're not mentally present and mindful of these little things that make every moment of life precious, you can never be grateful.

## **Chapter 7: Be Adventurous**

Being adventurous is to experience something different from the norm, something exciting and maybe even risky. For every individual, the meaning of the word 'adventure' differs greatly. For some it may just be staying up late and out past the curfew, and for others it could be skydiving, climbing Mount Everest, learn scuba-diving, etc.

### **Step Out Of Your Comfort Zone**

Your comfort zone can be a very small, confined space. In this small space, all things are familiar to you. There are no new experiences here, no new lessons to learn and no challenges.

Stepping out of your comfort zone means trying new things that you're not comfortable or familiar with. Try doing things that you haven't done before or never thought you'd ever do. Push yourself to get new experiences, to get some excitement in life.

## **Be Open Minded And Learn From Experiences**

To enrich life with adventures, it's important to be open-minded and to learn from experiences. To be open minded is to accept that there are things you don't know about, and also things that you could be wrong about. It means to be open to the idea of changing your thoughts, opinions and perceptions from new experiences and being open to new challenges, and ideas.

## **Prioritizing Adventure Over Convenience And Safety**

However, this doesn't mean you risk your safety and security for an adventure. It doesn't mean putting your life or the life of others at stake. What it means instead, is that you need to let yourself out of the shell that makes you feel safe and at ease.

Growth and success are almost always contrasted with comfort and safety. Whereas growth leads to learning, creating, doing, resisting and failing; comfort leads to stability, pleasure, protection and safety. But growth can't happen if you choose comfort over learning.

And success demands growing, overcoming obstacles, maybe even failing but then getting up and trying again. So you can't continue to keep clinging to the "easy" and avoiding what's "challenging" if you want to be successful at anything.

## **Chapter 8: Words of Success**

Words and language are unique to human beings only. They're like superpower which you can either use for the good or the bad. Unfortunately, people don't often realise the impact words can have. Whether it's the expression of love, the instructions on a manual or the speech of a captain just before a game, the words we use can change the outlook on everything.

### **Beliefs Are Shaped From The Words You Use**

Has someone ever passed a remark that makes you insecure? Things like "you have a funny smile", "you have a big nose", "you have really bad breath", scarring you with insecurities with yourself. As a result, you subconsciously learn to smile with a hand over your mouth. Or get nervous speaking to someone too close to your face. That's how words mould your beliefs. That is how words from others change what you think of yourselves.

## **Mind Your Vocabulary**

The words you use can pave your way to success, or downfall. Come to think of it, speakers make a living out of it. Be it a religious speaker, a motivational speaker or a teacher. They all use their vocabulary to their best in order to convey things better to you, in order to improve your understanding of a concept and leave an impact on you.

## **Use More "I can" Rather Than "I can't"**

These are words that are entirely related to you. They can either make you or break you. Read a new recipe that seems yummy but too complicated? Was your answer “I can't do this”?

Notice what you negative self-talk without even trying. Do you think that you can succeed in anything if your words betrayed you from the very beginning? So be aware of your self-talk consciously or subconsciously. What you put behind the word ‘I’ or ‘I am’ will impact your beliefs greatly. The more self-defeating words you use, the more opportunities in life you’ll miss out on.

## **Chapter 9**

### **Be a Lifelong Learner**

Learning is not limited to how many school and college years you've had. Instead, it's a constant, ongoing process of evolution. One that involves acknowledging that you don't know everything.

It's an important factor in shaping your personality, introducing new concepts and ideas to you and helping you educate yourself without any limitations.

#### **Embrace Learning And Constant Improvement**

In order to become the best version of yourself you need to implement this rule in your life. Accept the fact that no information you have is already complete and there could be more to know about it. Be open to more knowledge and facts instead of being rigid and deciding that what you already know is final and enough.

## **Never stopping learning**

There are so many reasons why you should never stop learning, and not one logical reason why you shouldn't. The struggle and desire to learn all your life can shape your personality for the better.

Everyone knows that one person in their circle who's charismatic and interesting to talk to. Someone who genuinely has something to contribute to conversations instead of mere opinions. Someone who has knowledge and stories to share with everybody. Such are lifelong learners.

## **What Stops You From Becoming A Lifelong Learner?**

Often times, we're guilty of being not 'open' to learning new things. If someone tries to get our facts right, we end up getting in an argument because we're too stubborn to admit that we could be wrong and the other person is actually doing us a favor.

It's important to remember that the most precious commodity in life is not money, but time. It can be a huge barrier to lifelong learning.

In order to be a lifelong learner, you need to change your mindset and concepts about it. You need to make learning a priority. There are no rules, no boundaries. You need to embrace this journey and learn about anything, from anyone or anywhere.

## **Chapter 10**

### **There's No Such Thing as Failure**

In life, you are bound to go through some ups and downs. A strong individual is someone who manages to pull through anything and everything. In order to win in life, you must understand that there is no such thing as failure.

#### **Don't Be Afraid of Rejection**

The idea of failure is different for everyone. For some people, the idea is quite daunting while for others, it's just downright depressing and discouraging. Failure comes in different forms and means. But ultimately, it simply means that you lack of certain skills to succeed at that moment.

Rejection can be a huge blow if you're not prepared for it. You must always be prepared for rejection because it will come your way at some point in life. Don't be afraid of it and don't refuse to accept that it has come your way. Instead, accept it and polish yourself to be better.

## **Failures Are Stepping Stones For Success**

It's quite a paradox that you have to fail in order to succeed. Yet, it makes a lot of sense. If you fail at something, that doesn't make you a failure. It is a signal that simply tells your current approach does not produce the result that you want.

By understanding this concept, instead of throwing in the towel, all you need to do is to make new adjustments and try again until you succeed. A world renowned example is of Thomas Edison performing about 10,000 experiments to come up with the perfect model for a light bulb.

## **As Long As You Learn From The Experience, It's A Success**

Failure is an amazing experience in its own way. When you fail, you learn new things about yourself. You learn a new way to cope with something and you discover your capabilities that never surfaced before. Just like that, you also learn new things about the task at hand.