

LIVE YOUR BEST LIFE NOW: 5 WAYS TO BECOME A SUCCESS MAGNET!

There is only one true success in the world – and that is living your life in your own way. And there is only one failure – when you quit trying to realize your dreams.

Where you are right now is the result of all the choices you have made in your past. Living a life on purpose begins with your understanding how to use your **powers of personal choice** to make the decisions that will turn your dreams into reality. So how do you begin to create your own plan for success?

1. DEFINE YOUR GOALS AND AFFIRM THEM OFTEN!

- To transform your dream into a reachable goal YOU MUST BE CLEAR ON WHAT YOU WANT!! A dream may be the guiding light of your life, but without a clear definition you'll never actualize it. An ancient Japanese proverb says this very well: "Vision without action is a daydream. Action without vision is a nightmare."
- Make your goals so clear you can see and feel them. Follow the images that come to you. Ask yourself if they fit with what you want and work with them until the picture in your mind is totally clear. Write them down and keep a copy of this in front of you every day.
- After you have defined your goals specifically, use affirmations to keep the images clear and focused in your mind. Affirmations are extremely powerful. They can help you shift your focus from "I can't" or "I'm afraid" to "I can" and "I will".
- Use words or phrases that help you picture what it is you want to achieve. Be specific; keep your words in the first person, and STAY POSITIVE. Example: "I am surrounded by people who value, and respect me for who I am and what I do."
- By affirming your goals clearly in your mind, you are sending your subconscious a message that will support and encourage you. You become attuned to whatever is relevant to your goal, and you begin to notice new opportunities.

2. FOCUS, FOCUS, FOCUS

Studies show that people tend to stay focused on a particular activity if that activity has the following components:

- A way to measure results or keep score
- Control over the situation
- A specific goal
- Rewards for achieving the goal

Successful people are people who are motivated to keep focused on their goals. They are constantly in front of them and they take specific, measurable steps to attain them every day.

What you focus on you attract. Thomas Leonard, the father of personal coaching has called this principle "irresistible attraction." When your purpose is clear, you become attuned to

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"At the moment of commitment, the entire universe conspires to assure your success." - Goethe

what is relevant to your life or business and opportunities begin to show up. This is known as the principle of **synchronicity**.

3. MOTIVATION & ACTION

Make a decision to accomplish at least one activity each day that moves you toward your goals.

Thomas Jefferson said, "I'm a great believer in luck, and I find that the harder I work the more I have of it." Plan to commit at least 30 minutes per day to plan for the following day. Make a list of the items you want to accomplish and work straight through the list. Plan to finish each item before you move on to the next. This time management tip alone saved Charles Schwab millions of dollars when he was president of Bethlehem Steel.

Remember, success doesn't come from the hours you put into your work but from the work you put into your hours.

4. POSITIVE MENTAL ATTITUDE

A positive mental attitude, according to Napoleon Hill (bestselling author of Think and Grow Rich) is the most important key to choosing actions that will lead you to what you want in life. This is one area where you can exercise absolute control over the outcome at all times. It is the single most influential aspect of your "success" consciousness. Your mental attitude will determine whether you view your life as a success or a disaster.

The way we see and feel about ourselves at any given time determines exactly how we experience life. A positive mental attitude enhances our personal power and makes it possible to keep moving ahead even when circumstances and trials beset us.

A good sense of humor is an important component of PMA. It can put you on top of any situation. You are never without power if you can find the humor or absurdity in a situation.

When problems threaten to completely overwhelm you – stop! Take an MV (Mental Vacation) break. Even 30 minutes spent doing something enjoyable and relaxing can liberate your mind and emotions and help you return to your tasks with renewed concentration and energy.

Keeping a positive mental attitude, especially when faced with rejection or setbacks, will boost your self confidence. Whenever you find yourself thinking negative thoughts – stop and refocus. Replace those thoughts immediately with positive affirmations. Say them aloud. With gusto!

Developing the PMA habit takes a lot of time and patience. The long range impact of your success in life will not be determined by what happens to you but what you THINK about what happens to you and what you CHOOSE to do about it.

5. PATIENCE, PERSISTENCE, PERSEVERANCE

If it seems like you're working and working and your goal is still a long way off - don't get discouraged. You are never wasting your time! You're always learning and building momentum toward your future in the form of experience, self-knowledge, and confidence.

After a while you notice that you're accomplishing more with less effort. Things are getting a little easier. Situations don't frustrate you like they used to. That's the success result - it comes from having the courage to keep plugging away and refusing to give up.

The task in front of you right now is to **plan your work and then work your plan**. Define your goals clearly (write them down, keep them in front of you!), stay focused on them, and keep a positive mental attitude.

You will get there - whatever that means for you. You will have your share of divine intervention. Your talent and knowledge will support you. But there is no substitute for a great attitude - patience, persistence and perseverance. Winston Churchill once said, "If there is no wind, row." Sometimes all it takes is the willingness to just hang on.

Refuse to allow unhelpful criticism or negative circumstances to deter you from your goals. Remember that the real fun in life isn't arriving at your destination - it's the journey. The work you do, the people you meet and the experiences you have along the way are what will make it all worthwhile.

You are all you need to succeed. Your life is like a great novel waiting to be written - some of it is written by fate, some is written by God, but the part by which you are ultimately judged is the part you write yourself.