

Ten Habits to Help You Become More Successful

Success starts with you.

Everything you do today is a result of your personality, your motivations and your habits, so it follows that, if you adopt a certain set of habits in life, you can make yourself be successful. Here's a good start:

1. Visualize your success.

Think about the future you want and visualize it. Successful people focus on their vision of success and constantly have to aim and graft. Unsuccessful people often think about what they can't have, can't get and can't succeed at. Be positive. Keep focused. Be the master of your own success.

2. Be 100% committed.

Successful people are committed to achieving what they really want in their life, are you? Are you willing to sacrifice your time and your energy to get what you want in your life? Very (very) few people succeed in life by mere chance. Most people have to work hard, be committed and make real sacrifices to get ahead. Stop wishing for a miracle and start building your own.

3. Don't let your comfort zone hold you back.

Many people are afraid to change. It makes them feel unsure and insecure. Super-successful people thrive in times of change. They'll take the risks that other people aren't willing to – and no, they may not always work out. But when they do, they reap the rewards.

“Do not be embarrassed by your failures, learn from them and start again.” Richard Branson

4. Learn to be productive.

Successful people don't wait for things to happen, they make things happen. But lots of activity doesn't necessarily mean productivity. You need to learn how you work best and you need to learn how to prioritize different tasks and if possible, delegate ones you don't need to be doing yourself.

“If you want to make an easy job seem mighty hard, just keep putting off doing it.”

Olin Miller

5. Seek passion

It's hard to move forward and be successful if you're not remotely passionate about what you're doing. Every day can become a drag. You don't have to LOVE your job, but you should be passionate about making it work. Otherwise, it's too easy to procrastinate, do things halfheartedly and quit. Seek passion in all you do. (Or at least try to be happy!)

6. Remain focused.

Life will always throw curve-balls your way as a test of your tenacity. Don't give up. View these challenges as an opportunity to learn and evolve. Remain flexible. Remain focused. Remain determined.

7. Make self-care a priority.

Without a healthy body and mind, it becomes ever more difficult to maintain focus and drive. Our goals and aspirations can feel more and more distant. Incorporate exercise daily, have a well-balanced nutritious diet, practice stillness every day and check-in to that inner voice. Never stop having fun – life's too short to be unhappy!

8. Is waking up earlier the answer?

A lot of super-successful people opt for the early wake up, including Tim Cook (3:45 am), Michelle Obama (4:30 am) and Jeff Immelt (5:30 am). This tactic helps people to get a head start on their day and while the "late" wakers are just waking up, they'll already be mid-task and raring to go. This would also give you time to do that workout (remember, healthy body, health mind!)

9. Do something different.....to produce different results.

"Insanity is doing the same thing over and over again and expecting different results."

Albert Einstein

And he is a bit right! If you're doing something and it's getting you nowhere, it's time to rethink, re-examine and re-tackle the problem or project. The same goes for your dreams: ask yourself, if I keep on doing the same thing, will I achieve my goals and my dreams?

If your answer is a no, it's time for you to change your approach.

10. Believe.

If you don't believe in yourself, you're bound to give up or fail. Self-confidence and action will help you to push on and make a success of your life. Do you believe that you are able to do it? Do you believe that you are able to make it come true? Start your journey to success by first believing that you are able to.

Summary

"Success" can mean different things to different people. But whatever it means to you, getting into the right mind-frame and having the right attitude will help you to get there. Keep going, you can do it.

Adapted from:

11 Habits That Will Help You to Become More Successful BY CHARLES TRIVETT

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