



## 5 tips to success

Only a small percentage of success has to do with your intelligence. The big part of what creates success is determined by your way of thinking. Our brains develop confidence based

on the belief that our behavior matters toward creating the outcomes we desire. Retrain your brain into thinking optimistic and your on your way to becoming successful.

- 1. Have a genuine interest in others** - If you don't care about others and how to best serve them they won't care about what you have to offer. How do we show we care? Well,



generally people love to talk about themselves, so just ask questions and then listen. You're more likely to succeed at whatever it is you're looking to achieve by having people trust you. A great way to build that trust is by being interested in how you can help them or what you can do to offer advice to enhance their lives. So put your phone down and strike up a conversation, because you never know who you will meet and how that one person could change your life or you change theirs.

- 2. Find what you love** - I'm sure you have heard before do what you love and never work a day in your life. Steve Jobs once said "Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do". I have found this to be true in my own past experiences. See if you're doing something that doesn't fuel your passion for life then you can fall into the negative Nancy pool of sludge and it can be a hard place to crawl out of. Take some pen and paper and write down things you enjoy, things you're passionate about and things that make you feel alive and this can lead you to what you love. So take some



time to figure out what makes you happy and go out there and find what it is that you can do to make a living with it and more importantly a life.

- 3. Believe in yourself** - It can be hard at times to believe in something. Life is full of negative chatter, from yourself and from others. But if you were able to believe in Santa Clause for 8 years your perfectly capable in believing in yourself for like 5 minutes. Your



mind is a powerful thing and with time and consistent effort you can train yourself to

believe in yourself. Start off with 2 minutes a day filling your mind with positive affirmations. Self talk can seem silly but the more you say something the faster you start to believe it. Successful people aren't perfect and they weren't born full of awesome sauce, it took work and commitment to working on themselves mentally. If Dumbo just believed he could fly he would have just done it, but he needed some positive vibes and a little trick to the brain with a feather to learn how to believe in himself. But once he did there was no turning back he soared and so can you!

- 4. Add value** - It doesn't matter what your role is or where you work. What does matter, and it matters a lot, is that you step back from your activities and ask yourself, "What can I do or make that would be of greater value for these people?" What kind of ways can you add value to peoples lives? For one appreciation goes a long way letting someone know you appreciate them makes them feel like they have done something good and who dosent like to feel like they have done good? Share knowledge with them if you know of an article that would benefit them share it with them, if you know of a new restaurant that opened up with their favorite type of food tell them about it. Sharing is caring and if you have something



“ Success is not final, failure is not fatal, it's the courage to continue that counts.” -Winston Churchill

that they would benefit from then don't hold it to yourself share the love. Smile and say hello to people, in our times now so many of us are really starving for social interaction. We spend so much time staring at our phones and multitasking that were loosing the ability to have meaning conversations. Lastly complement them, we all desire to be accepted and if your complementing something about them they will feel accepted. No one likes to be the last one picked for kick ball or the person laughed at for not having the coolest

outfit, while these things happen it's in your control to be the person that finds away to make them still feel valued. So take the time to make someone feel valued because if they feel valued they will more likely listen to what you have to offer them and be grateful that you shared it with them.

5. **Be Resilient** - Being able to bounce back from a negative outcome or a setback is important in your success. Resilient people expect to face challenges at different points in their lives. Instead of feeling upset or feeling like a victim, turn it into a lesson learned and take action to improve or bounce back. Stay flexible things in life are always changing



nothing ever seems to stay the same so be flexible to changes or improvements. Resilient people know that every setback, every failure, everything that goes awry, is a lesson in disguise. While it is important to move on from mistakes, tell yourself that you will first figure out what you can learn from the experience and how you can turn it in to a positive. You are in control of your thoughts so choose to make them worth thinking and become successful in your life.