

The 5 Steps To Success In Life

Success is the sum of small efforts, repeated day in and day out. - Robert Collier

The purpose of life isn't to be happy. It's to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well. - Ralph Waldo Emerson

We all want success in life. Whether it's success in business or family or just success in overcoming a bad habit. The destinations may be different but the steps to getting there are all the same. Here are 5 steps that are essential to success in life.

1: MAKE THE DECISION TO STOP BEING AVERAGE. This is one of the most important steps to success in life. You need to make the decision, once and for all, to stop letting yourself be just another average Joe. This is the time to decide if you are really serious about being successful in anything you do. Because this kind of success requires a mindset that is not that of the rest of the herd. It requires the ability to think and act outside the box and be willing to make the changes necessary to reaching your goals. So, it is now time to pull away from the herd and start thinking for yourself.

2: REALIZE YOUR DREAMS. If you can, close your eyes for a moment and take a deep breath and try to relax. Try to push all the thoughts out of your mind. Now I want you to ask yourself a question and try to be honest with yourself when you answer. Ask yourself, "If I could change anything in my life what would it be?" This can be anything, where you live, what you do for a living, anything. After you've answered your question, paint a picture in your mind of what this changed situation would look like. Think of the details, the sights, smells, etc... Now that you have this image in your mind, open your eyes and write down a couple of paragraphs that describe what you've envisioned. This is your dream. Now, when I say dream, I don't mean THE DREAM, the one and only dream of your life. I mean A DREAM. One of many. Each thing in your life that you want to improve on or change starts with A DREAM and this is one of

them. Every other thing that you want to change you can use this method to clarify or realize that particular dream. But if you don't clarify what you want it will be very hard to get it, let alone know whether or not you've already got it.

3: SET GOALS. We have all heard about the importance of setting goals. Well, it's true, but how do you go about doing this. Let's start by defining what a goal is. A goal, in this case, is a set guideline of when and how to complete a task. (It may also be the completed task itself, depending on the situation.) So, if your goal is to reach your dream than you would decide what needs to happen and how quickly you can and want it to happen.

So, get that pen and paper out and make a list of all the things that need to be done to reach your dream. And then, under each item, decide what needs to happen or change for that particular task to be accomplished. Finally, make a time frame for these items. Each item is a mini goal to accomplishing the picture you've already painted.

4: FIND WAYS TO STAY MOTIVATED. Now, the hard part. The first three steps are very easy compared to this one. Anybody can do what we've already talked about. But what sets apart the average person from the successful one is the ability of that particular person to consistently put forth the effort to accomplishing their goals. That is where motivation comes in. You need to learn the skill of keeping that fire going inside you. Without this fuel of desire and a clear resolve you'll be dead in the water in a week.

So, find what works and stick with it. If exercising keeps your confidence up and your energy high, then don't miss a workout. Whatever it takes, find what works and stick with it. And, whenever you feel your drive start to fade or you start questioning why you're doing what you're doing, just go back to that pad of paper and re-read your description of your dream. This will often re-ignite the fire and get you back on track.

5: ENJOY THE PROCESS! Just as important as the first 4 steps, this one requires little effort but is often missed. And notice that I didn't say, enjoy yourself when you reach your dream. You don't want to feel like you are slaving away for the mirage in the distance. The process should be rewarding on its own as you are seeking to get the most out of every day.

All throughout your life you will be working on "That Next Goal" so if you are only happy when you reach it, you will never be happy because there will be a new one right around the corner. Success in life is not about reaching a final destination but instead it's the process of constantly upgrading your life to a better version. So, if you are just grazing with the herd, I won't blame you for feeling down. But if you are in the process of pursuing the life that you desire for yourself and your family than I hope that you find yourself satisfied RIGHT NOW as well as in the future.