

You're never going to be successful if you can't master this power, ever.



And that's to 'shut up'. Yeah, simple as that... just shut the hell up.

I had a very, very bad habit of telling people my struggles to gain sympathy and telling them my wins to gain applause...

Trust me when I say, it is not one you want to keep in your life.

People are the biggest influence around you. Period.

And their words can have an even bigger effect.

Struggles are fine, as we've discussed previously, it's necessary on that path.

I can understand the need to share or vent to someone you trust and how it can be of help, but disclosing all your issues to every single person you meet is just not it.

Fishing for sympathy is a trap in disguise.

Not only will it destroy your self-respect and confidence, but it will forever keep you from getting strong.

The strongest people are the ones who have overcome their biggest issues all alone, some by choice, and most by circumstance.

The same view applies to sharing your success.

People are the single most difficult things to understand in the whole wide world.

I'm sure you've had friends, people in your circle, or even family members that you once thought were going to be your rock- the ultimate good guy for you- who then turned out the opposite.

So, sharing your wins and progress with your immediate and new group is not a good move in any way.

The main reason why people often underestimate their progress and fail to see their small successes along the way is precisely because of this.

For example:

Let's say John and Adam are friends.

John used to be overweight, and finally, he gets the drive to go make a change and hits the gym.

A few months later, he's down 5 pounds, and he meets his friend Adam.
He's pumped to tell him that he's working out again and about his progress.

He does, expecting praise, and the first words out of the guy's mouth are,

"5 pounds? That's it?"

You can imagine how that would make John feel, right?

Now, you could argue, "Oh, that won't make a difference. I don't care what he thinks."

Yes, yes, you do.

Even though you may try to suppress it, subconsciously, you will feel those words batter you down, your drive will be out the window, and goals done for.

So, suffer in silence and succeed in silence, that's what I have for you.

But then again, don't strip out your circle.

Yes, you will want to share with some, but in doing so, just be selective about who you share with and what you share.