



Ten Things Successful People Do Differently



10 Things Successful People Do

Introduction



- Why have you been so successful in reaching some of your goals, but not others?
- It turns out that many people do not succeed in achieving all their goals.
- And the question remains – Why are we not highly successful?



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Our Answers and 10 Tips



- We can point out two answers:
 - You are born with certain talents and lacking in others.
 - It is not a question of who you are but what you do.
- We have prepared a set of 10 tips about this subject.



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Tip 01 - Get Specific

- When you set yourself a goal, try to be as specific as possible:
- Think about the specific actions that need to be taken to reach your goal.
- Just promising you'll "eat less" or "sleep more" is too vague.



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Tip 02 – Seize a specific time to act on your goals

- It is important to have a specific time to work out your goals.
- So, decide when and where you will take each action you want to take, in advance.
- Studies show that this kind of planning will help your brain to detect and seize the opportunity when it arises, increasing your chances of success by roughly 300%.



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Tip 03 – Know exactly how far you have left to go

- Achieving any goal also requires honest and regular monitoring of your progress.
- If you don't know how well you are doing, you can't adjust your behavior or your strategies accordingly.
- Check your progress frequently — weekly, or even daily, depending on the goal.



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Tip 04 – Be a realistic optimist

- When you are setting a goal, by all means engage in lots of positive thinking about how likely you are to achieve it.
- Believing in your ability to succeed is enormously helpful for creating and sustaining your motivation.
- Studies show that thinking things will come to you easily and effortlessly leaves you ill-prepared for the journey ahead, and significantly increases the odds of failure.



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Tip 05 – Focus on getting better rather than being good

- Believing you have the ability to reach your goals is important, but so is believing you can get the ability.
- Believing the fact that you can change will allow you to make better choices, and reach your fullest potential.



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Tip 06 – Have grit



- Grit is a willingness to commit to long-term goals, and to persist in the face of difficulty.
- It is important to mention that effort, planning, persistence, and good strategies are what it really takes to succeed.
- Embracing this knowledge will not only help you see yourself and your goals more accurately, but also do wonders for your grit.



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Tip 07 – Build your willpower muscle

- Your self-control "muscle" is just like the other muscles in your body — when it doesn't get much exercise, it becomes weaker over time.
- But when you give it regular workouts by putting it to good use, it will grow stronger and stronger, and better able to help you successfully reach your goals.



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Tip 07 – Build your willpower muscle

- To build willpower, take on a challenge that requires you to do something you'd honestly rather not do.
- It will be hard in the beginning, but it will get easier, and that's the whole point. As your strength grows, you can take on more challenges and step-up your self-control workout.



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Tip 08 – Don't Tempt fate

- Don't try to take on two challenging tasks at once, if you can help it (like quitting smoking and dieting at the same time).
- And don't put yourself in harm's way — many people are overly-confident in their ability to resist temptation, and as a result they put themselves in situations where temptations abound.
- Successful people know not to make reaching a goal harder than it already is.



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Tip 09 – Focus on what you will do, not what you won't do

- Do you want to successfully lose weight, quit smoking, or put a lid on your bad temper?
- Then plan how you will replace bad habits with good ones, rather than focusing only on the bad habits themselves.



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Tip 10 – Learn to improve yourself first not the others

- Improving yourself is the key to improve the environment and the people that surrounds us.
- It seems odd but improving ourselves first allow us to acquire the necessary elements to help people and the environment out.

IMPOSSIBLE
IS AN
OPINION.



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