

The background of the entire page is a photograph of two people climbing a large, textured rock formation. One person is higher up on the rock, reaching out towards the other person who is lower down. The sky is blue with some white clouds. The text is overlaid on this image.

10 Keys To Living A Successful Life

- Report -

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10 Keys to Living a Successful Life Report

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“Success is getting what you want but happiness is wanting what you get” – Dale Carnegie

What is Success?

What does it mean to be successful in life?

Dictionary.com defines success as: “The favorable or prosperous termination of attempts or endeavors.”

People have their own definitions of success. Some people find success in money, others a healthy family, still others a good reputation, close friends, or simply the ability to live a free and calm lifestyle. More important than how other people measure success is how you define it for yourself. Only by figuring out your own personal definition of success can you hope to achieve it.

What does it take for you to become successful in life?

Achieving success is about setting personal goals. By achieving these goals, you achieve the success you were hoping for. There are goals that seem small, and others that seem overly ambitious. But what’s important is that your goals are important to you, and that you are ready to take the necessary steps to reach them.

Goals need to follow the SMART philosophy:

(S) Specific - It cannot be vague or general in nature. If it is refine it to something specific)

(M) Measurable - You can gauge the goal in order to measure its success)

(A) Agreed - Agree on the goal and get others involved to agreed on it)

(R) Realistic - Must be something that you know you can do)

(T) Timely - Set a date for the goal to be achieved)

What small goals have you set that helped you get to your bigger goals?

It is important for you to create smaller goals on the path towards larger goals. These smaller goals will help you achieve success that can help you see that you are on your way to achieving a level of overall success that you can be satisfied with. If you only have a single, big goal in mind, you need to achieve smaller things along the way to keep you motivated and on the right path. Only if you create smaller goals can you do that effectively.

10 Keys to Living a Successful Life

What are some qualities you would see in successful people?

1) Successful people don’t expect other people to do their work for them.

Why would you choose to not expect other people to do your work for you?

Those that are successful know that only they can achieve success for themselves. There is no success in a “hollow victory.” You can cheat or have others help you “succeed,” but if you do so, the success will feel empty, and you will never fill that hole

you hoped to fill. Achieving success is about keeping yourself on focus, working hard without waiting for success to magically come to you some day.

Successful people also understand that for things to get done they need to get done. Only you have your own goals. You cannot focus on achieving greatness by sitting and waiting for things to happen. One of your most important assets is time, and if you allow time to be wasted while other people do your work for you, then you are not going to be able to get things done within the time that you have.

2) Successful people leverage their assets to get what they want in life

How can you leverage your assets?

There are many different ways to leverage your assets. You have a network of people that you can trust around you, and they support you on your path towards reaching your goals. Your friends, family, and relationships are all part of this network, and you can leverage this network to become more successful. Leverage doesn't mean "take advantage of." It simply means use the paths that are available. That is why they are there.

One of your other major assets is time. Time, while a scarce commodity, is also yours to do with as you please. Find a way to leverage your time – as well as your other assets – towards achieving your dreams, and you'll find that you are able to help launch yourself towards success and excellence. Your assets are there for you to get the help and assistance that you need to find success in life, and it is within your rights to leverage your assets whenever you need assistance on the path towards that success.

3) Successful people seek advice, coaching and counsel

Why would you seek advice, coaching and counsel in your life?

On the road to success you are bound to meet with challenges. Those that are stubborn against seeking out the help from others are going to find that they are left out on the creek without a paddle, searching for land without a map. There are others that can help them find their way, but those that are not willing to use these offers are purposefully making it harder for them to succeed.

Since successful people thrive on positivity and great advice, coaching and counsel help put those activities in your life. Successful people understand that friends and family have limited resources, and turning to someone who has expertise in helping people become successful is a great way to make sure you are receiving that feedback and support in your life.

4) Successful people believe and follow universal success values and principles

Why would you want to live by universal success values and principles?

Achieving success is also about having a clear idea of what success truly is. Success is not only about achieving a goal. It is about achieving goals that are in line with your values and living a life that is determined to bring you the joy and happiness that you thrive for. Those that live against their values are seeking out things they do not need, and lusting after items they do not really want.

Successful people are honest and true to their word. They stand according to their life's values, and don't let something like wealth or success go to their heads. They choose to make decisions based only on their principles and values, and allow those values to play a role in everything they do.

5) Successful people have positive support in their life

How can support help you achieve your goals?

Successful people have a social support system that is designed to help them succeed. They understand that times can get tough and even the most positive outlook can feel discouraging, but they also know that they have family and friends on their side, and these family and friends are determined to help them continue on a long term path to success and keep them motivated better than anyone. They are fierce friends and stay close to their family, so that their friends and family wishes them to succeed as well.

6) *Successful people create progressive, smart goals*

How can smaller goals help you reach your larger goals?

Successful people understand that success is not “all or nothing.” As you make your way towards your ultimate goal you are achieving plenty of smaller successes on the way, and you are leveraging these success both as motivation to help you reach your ultimate goal, and as validation that you are a successful person – one that is certainly achieving things on the path towards their vision. When a successful person fails to reach a larger goal they still know they succeeded, because they will see all of the smaller goals they were able to reach along the way.

7) *Successful people have positive self esteem*

How can feeling confident in yourself help you achieve success?

Everyone – even successful people – go through life struggles. When you do not allow yourself to have good self-esteem, you take each failure personally, as though failing to reach a goal means something negative about your character, even if the problems that arose completely beyond your control.

Knowing yourself and feeling confident in your abilities helps you overlook those struggles, because you know they are not a reflection of your true self. You remain steadfast in trying to achieve your goal, and you let the ambition to reach your goals consume you, but you do not let what happens on the path to those goals be an indication of your own value or worth. You let your dreams be a part of your values, but you do not tie your value into the success of those dreams.

8) *Successful people make tough decisions*

What are some ways that failing to make a decision can harm your ability to reach your goals?

Successful people have another quality: decisiveness. They understand that they need to make decisions every day – some large, some small – and so they make those decisions without sitting around and waiting for an answer to come to them.

Decisions are about taking action and making the tough choices. Those that wait and act indecisive are wasting time trying to reach their goals. People fail to make decisions because they are afraid of making mistakes, but if you make decisions in line with your values, taking what you know at the time and coming up with the most logical next step, you can never make a mistake, no matter the outcome. Good processes are always the right decisions, and those that are willing to make logical choices in line with their values and principles are going to increase their chances of being a success.

9) *Successful people appreciate learning*

What are some of the things you can learn to reach your goals?

Successful people thrive on learning and information. They appreciate the idea of time, practice, and knowledge, because they know that when it comes to all of the information in the world, they know very little. Those that do not love learning often try to trust in what they know too much – they assume they know everything, and often fail to learn about things that may change their habits, ideas, goals and intents. They ignore other ideas and viewpoints and instead consider themselves to be the foremost authority on things despite the knowledge that is out there to consume.

Knowledge is always power, and by focusing on learning more about the world around them, successful people will be able to make better and more logical decisions, have more powerful ideas, and find new ways to reach their ultimate outcomes. Successful people understand that there is always more to learn, and they seek out this knowledge like a quest with no end, focusing on learning as much as they can, whenever they can.

10) Successful people are prepared for the outcome of their dreams

What are some ways that reaching your goals can make you feel worse, not better?

Successful people also understand that reaching their goals alone will not change their lives. Far too many people expect the joy of reaching a goal to be all fulfilling. Yet the truth is that living a happy, abundant, and successful life also comes from appreciating everything you already have every day.

People that do not understand this expect their goals to be what changes them. It is like those that go shopping to help them feel better when they are sad. Yes, they may feel temporarily happy because they have a new shirt or new shoes, but after a few days the happiness will wear off, and they will have to either buy more or go back to the way they were.

Achieving success, then, is also about appreciating everything you have and everything you've created on your way. It is about making sure that you are not waiting for a goal to change your life – instead, you have already focused on making your life better every day, and using the goal as simply another thing for you to always appreciate. Successful people do not let their success define their happiness, because doing so will make it harder to stay positive and appreciate the joys that the success brought.

10 Keys to Living a Successful Life are:

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- 2) Successful people leverage their assets to get what they want in life**
- 3) Successful people seek advice, coaching and counsel**
- 4) Successful people believe and follow universal success values and principles**
- 5) Successful people have positive support in their life**
- 6) Successful people create progressive, smart goals**
- 7) Successful people have positive self esteem**
- 8) Successful people make tough decisions**
- 9) Successful people appreciate learning**
- 10) Successful people are prepared for the outcome of their dreams**

Doing what it Takes to Achieve Success

Successful people have a true understanding of what it takes to be successful. They understand that they need to seek advice from others and get in touch with their true values. They need to have good self-esteem and do what it takes to overcome any of the challenges that get in the way. They need to make decisions quickly, leverage time and take the action necessary to achieve their goals.

But perhaps most importantly, they truly understand what success is, and appreciate everything that it takes to get there. They know that success is only important if it truly matters to them, and that on the path to their goals they are successful every day. They do this by getting in touch with their values and understanding everything they need to understand about how to live a successful life.

Scott Epp, Certified Professional Coach and President of Abundance Coaching believes that each of us can live abundantly and have success in life. Scott is passionate about helping people create an abundance mindset and live with strong core values. You can get a complimentary session by going to www.abundancecoaching.com. Live with extravagant passion and have abundance in life!