

DEVELOPING A SUCCESS MINDSET

FOR PERSONAL, BUSINESS AND
RELATIONSHIP GOAL ACHIEVEMENT



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Introduction

Everyone is different in so many ways, so you may have a different idea about success than the next person. However, most of the time, success can be defined as ...

"The accomplishment of an aim or purpose."

That simplistic definition tells you everything you need to know about succeeding in life. You may have specific goals concerning your physical development, how you want to improve emotionally, desires and aims regarding personal relationships, and financial goals you wish to pursue. In each of these areas, you will either succeed or fail, either totally or to some minor degree.

If you look at someone who is successful in one aspect of his or her life that individual is often able to achieve what they want in other areas. Why is this so? In many cases, this all-around success achievement has to do with the fact that the same mind-set has been proven to deliver success in many different endeavours.



In other words, the way a successful athlete, celebrity, teacher, car manufacturer, politician and baker approaches tackling any important task is basically the same. All paths to success originate with first getting your mind in "the right place". This is because your mind is the headquarters of your behavioural centre.

When you approach a task with confidence and a clear set of marching orders, your brain knows exactly what to do. Human beings have brains which love clearly defined instructions, while also craving order and discipline. A set game plan combines with discipline to create confidence, and confidence gives you the belief you need to tell yourself you can succeed at any activity. That chain of events begins in your brain, and if you can routinely develop the mind-set that goes from plan to confidence to action, you will be successful many more times than when you experience failure.

Developing that mind-set is the purpose of this guide.



There are certain things which many successful people have in common. Much of the time, these individuals adopt lifestyle habits which boost their mental health. This means their brains are as healthy as possible, and working as efficiently as they can. Aside from physical and environmental changes you can make to become more successful, there are plenty of proven "mind exercises" that can help you achieve your goals.

We mentioned confidence as an important part of goal achievement. While it is true that you can possibly stumble your way to success if you don't believe in yourself, this is a very rare occurrence. As far as developing the proper mind-set for goal achievement, confidence plays a very big part. Think about the times in your life when you succeeded rather than failed. You probably had a strong belief in your ability to get the job done.

In this report, we will give you specific steps you can take to develop powerful self-confidence. Part of being confident has to do with knowing what you are going after. You get what you want more often when you are specific rather than vague. Telling yourself that you want "to be rich" will lead to more failure on the path to that goal achievement than if you tell yourself you want "to make \$2,000 per week by using a podcast, your blog, and YouTube videos to build a list and sell your information product." In this special report, we will reveal some proven practices for being very clear and detailed concerning exactly what it is you are trying to achieve.

Your path to developing a powerful and positive success mind-set begins with understanding specific lifestyle changes and health practices that promote the achievement of your goals.

Health & Lifestyle Tips to Boost Your Mind-set

The Mental Health Foundation of the United Kingdom has an online presence at www.MentalHealth.org.uk. At that website, you learn that the National Health Services branch of the UK government, since its beginnings in 1948, looked at physical and mental health as two entirely separate entities. This was the same in the United States and elsewhere around the world until recent years.

The brain was seen as important for mental health, and there were practices, tips and techniques thought to lead to better mental health that were detached from physical health practices. Accordingly, exercises and activities which promoted a strong, healthy body were not believed to have any significant impact one way or another on mental health.

In the young 21st century we know differently.

You cannot have optimal physical health without mental well-being, and vice versa. Your physical body cannot be as strong as possible without a healthy mind-set and brain. Also, you may have the most capable brain in the world, but if your body fails you, you are going to limit how long you live, and your physical failings can lead to internal processes which end up robbing your mind of much of its ability.

Make no mistake about it, your mental and physical health profiles are interconnected, and dependent upon each other.



Why This Is Fabulous News

Reading those last few paragraphs should have you pumped up and excited. After all, if you can do specific things to create physical health, like staying active more than you are sedentary, employing simple physical fitness practices can immediately boost your success mind-set. In other words, you may not be blessed with the strongest and most capable mental abilities. However, by simply and routinely adopting specific physical health and lifestyle practices, you can hardwire your brain for success.

Let's look at a few behaviours and activities that lead to physical health and well-being, while also naturally and automatically improving your brain health.

Get a Good Night's Rest

The negative rewards for not getting enough restful sleep regularly are very serious. We have known for decades that if you don't routinely get 6 to 8 hours of quality sleep each night on a regular basis, your odds of developing the following health problems rises dramatically.



- Heart attack and heart disease
- Heart failure
- Overweight and obesity
- High blood pressure
- Lack of emotional control, frequent mood changes
- Vision problems
- Diabetes
- Poor balance and flexibility
- Stroke
- Irregular heartbeat
- Diminished sex drive
- A severely weakened immune system, meaning a greater risk for falling prey to any illnesses, ailments and disease
- Mental fog and poor mental functioning

As far as developing a mind-set for success, that last item on the list of health hazards linked to poor sleep habits is important to note. In both long and short-term studies, the mental abilities of individuals who don't regularly sleep for 6 to 8 hours are downgraded. Even after just one or two nights of poor sleep habits, mental performance, memory, recall, the ability to learn new things, focus and other brain-based skills suffer significantly.

Drink Plenty of Water

Did you know your brain is approximately 85% water? If that doesn't drive home the importance of staying hydrated regularly, nothing probably will. Water is needed by your brain to support the electrical processes by which your brain communicates with your nervous system. This is how your brain gives your body directions, so without sufficient water, your brain's electrical energy field would not function properly.

Psychology Today tells us there is a very delicate balance between water and different chemicals and elements in your brain that is required for proper mental functioning. The neat thing here is that if you consume too much water, it is simply passed through your system. However, don't give your brain enough water regularly, and you don't allow for the best mental health. This means that when you try to create a cycle of planning, becoming confident and then acting towards achieving a certain goal, your chances for success are diminished.

By the way, your physical health is also linked to proper water consumption. Your body is roughly 60% or 65% water. You sweat out water every day. Even if you are not very active, water passes from your body through urination, and whether you recognize it or not, water is constantly leaving your body through the pores of your skin.



One major reason you want to stay hydrated is to fuel your body's most powerful detoxing system. When you consistently drink lots of water and pass it through sweat and urine, you promote a healthy waste removal process. Water is one of the simplest ways your body gets rid of toxins, poisons and other waste chemicals that can do your mind and body harm. Keep a bottle of water handy all day long. This is a simple practice which can lead to a healthy body and mind, promoting the basis for a confident success mind-set.

The Importance of Being Physically Active

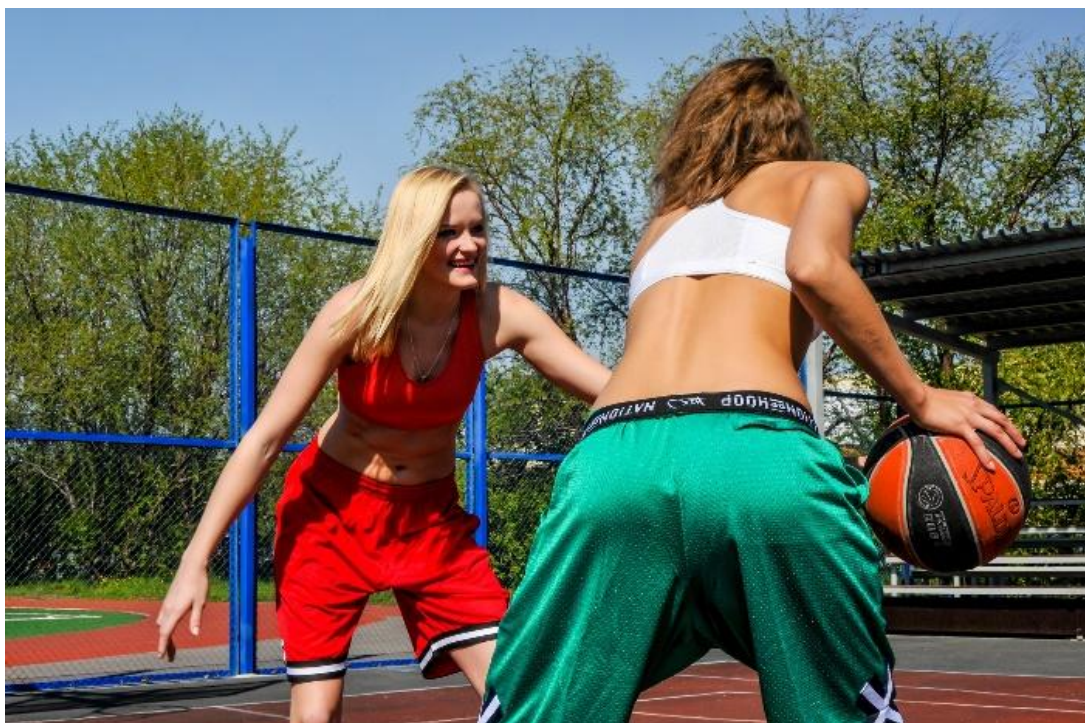
Some people think of exercise as a dirty word. They regard the mere mention of exercise with frowns and consternation, anger and fear, and even downright hatred. That is a shame. When you exercise regularly, you

contribute greatly to your mental and physical health. And by the way, you don't need to think of exercise in the traditional manner.

Exercise simply means *staying active frequently*. A 2017 study showed that walking for 20 minutes a couple of times each day was as beneficial as intense aerobic exercise in providing physical and mental benefits. The World Health Organization (WHO) recommends adding 150 minutes of moderate to intense physical activity to your weekly regimen for significant mind and body rewards.

This means you don't have to sign up to an expensive health club or experience intimidating, musclebound bodybuilders at your local gym to enjoy the benefits of exercise. Take a brisk walk around your neighbourhood with a friend. Walk your dog. Play with your grandkids in the backyard. Go dancing more frequently. Take up hiking or tennis as a hobby. The good news about the WHO recommendation, which is agreed upon by the Mayo Clinic and other health authorities, is that you can break that 150 minutes of activity down into any number of bite-sized pieces.

The WHO research showed you could either perform 30-minute sessions of physical activity 5 times a week, have 10 sessions each 15 minutes in length, or any other combination. As long as you reach at least 150 minutes of significant physical activity each week, your mind and body benefit.



Eat Right

In the information-filled slice of human history that is the 21st century, nearly everyone has access to vast amounts of knowledge. This means it is probably no big surprise to you that people who eat fewer processed foods, less simple carbohydrates like refined sugar, and more fresh and nutritious fruits and vegetables are almost always healthier than people who don't eat this way.

Physical health experts believe that as much as 65% to 75% of your overall health and well-being depends on what you eat. The simple lifestyle practice to take away from this fact is to eat more foods you know are good for you, and fewer meals at restaurants and fast food drive-through windows.

Trade in your unhealthy sodas for green tea, black tea and water. Coconut and almond milk should take the place of dairy milk. Sugar steps aside for raw, unfiltered honey, Stevia and unprocessed molasses. For beef go grass-fed, poultry should be pasture-raised, and fish needs to be wild-caught rather than farm-raised.

Eat organic and raw produce whenever you can, and skip highly processed breads and baked goods, instead opting for minimally processed or unprocessed whole grains. Add healthy, natural spices and herbs, nuts, seeds and berries to your diet as well. These are simple dietary practices that promote the physical and mental health necessary to create the perfect platform for a success-oriented mind-set.

Cut out the Stress... Mental, Physical and Environmental

Stress is a killer. You probably do not have to see any research or studies to convince yourself that stress is no fun, mentally or physically. When you become too stressed out mentally, you can't think and focus, you have a problem controlling your mood and emotions, and you are no fun to be around. Your productivity and efficiency in performing tasks is greatly diminished, even if those tasks are physical rather than mental.

Physical stress is just as problematic, in a different way. Whether you suffer the stress which accompanies a physical injury or a sickness, the negative impact on your body is significant. If you catch the flu or cut yourself, you damage your body's physical health. While stress is a normal physical process, your body undergoes to protect you from perceived danger, when stress is too significant or regularly occurring, that is when a host of mental and physical problems can develop.

You should also be concerned about environmental stressors. This means that if you live in an area where the air quality is poor, you may be unconsciously inhaling toxins and poisons that are sapping your physical and mental health. Environmental stressors can also include loud noises, poor drinking water and negative emotional surroundings. Successful people know how important their environment is for keeping their brains healthy so they can focus on achieving their goals.



Upgrading the Way You Think for Success

Have you achieved everything you wanted in life? If not, it probably isn't because of a lack of effort. People who struggle to lose weight for decades, or perhaps their entire lives, are usually not lazy. On the contrary, many times people who struggle with obesity have tried every weight loss diet plan and exercise routine they could get their hands on. If this is true, why haven't they succeeded?

The Process Produces Results

The reason for failure many times is because a person didn't understand how to think about success the right way. They needed to "upgrade" their approach to success. Much of the time, the simplest way to upgrade your way of thinking about success is to focus on the process, and not the results you are experiencing, or hoping for in the future.

This means that once you set your mind on a specific goal, develop a step-by-step plan of action. Accumulate the tools and skills necessary to complete the first step on your path to goal achievement. Then act, focusing on the first step that leads to success. If you develop an appropriate plan of action, give yourself the tools necessary to undertake that plan, and focus on the step-by-step process rather than the long-term goal, successful achievement of that goal is virtually insured.



Visualization

Did you know your unconscious mind doesn't know the difference between reality and imagination? When you present your mind with images of success, and they are real or simply visualized, your subconscious automatically believes what it is "seeing". This fact is shared by celebrities, athletes, politicians and successful businessmen and women that understand visualization is a simple but incredibly powerful tool for reaching any desired result.

Basically, you close your eyes and visualize in your mind the very specific and exact result you're looking for. Don't be vague here. Also, don't be scared to dream big. After visualizing the end result, visualize the independent steps you need to take along the way to get to that goal achievement. Then visualize the very first step you need to take to begin that journey. Don't underestimate the career, emotional, physical, financial and relationship goals you can achieve with this process, when you take a few minutes to do this each morning when you rise, and each evening before bedtime.

Positive Thinking and Overcoming Fear

Courage is not the absence of fear. Courage is doing something regardless of fear. The fear is present, but you undertake some task anyway. One way to develop this courage is through positivity of thought. Tell yourself, "I can do this, people have done it before, and they are no better than me." If you fail, look at it as a positive learning lesson, not a negative performance.

If you practice the dietary, physical fitness and sleep practices mentioned earlier, you make your mind and body strong. This makes it easier to think positive, even in the face of adversity. Remember that no opinion matters as much as yours. This means that when you have to overcome fear and negative thoughts on the way to achieving some big goal, positive thoughts lead to the courage that can keep you marching forward to the desired result.

Boosting Your Self-Confidence Levels

It was mentioned earlier but bears repeating ... confidence is important for developing the mind-set that leads to success. You have probably met brash individuals before, self-confident people that appear unfazed by even the most difficult of tasks and responsibilities. They ooze success and self-confidence, two characteristics which often go hand in hand in high achievers.

If you suffer from low self-confidence, which often leads to failure rather than success, the following checklist can help you become a more confident individual.

1 – Remind yourself when you have succeeded in the past. Even if you are thinking about past victories that are unrelated to your current goal pursuit, reliving former successes can lead to future victories.

2 – Teach something. Everyone knows things that others desire to know as well. When you teach, you naturally raise your level of confidence, because you are reminded that you provide value to the lives of others.

3 – Surround yourself with positive people. Negative people bring you down. They are like emotional vampires, sapping energy and positivity from you. Spend your time around positive people and your self-confidence grows.

4 – Congratulate yourself for successful baby steps. Every worthwhile journey is full of smaller journeys and step-by-step processes. Don't be afraid to enthusiastically congratulate yourself when your efforts lead to success, no matter how small.

5 – Trust your gut. Your gut feeling is there for a reason. Go with your initial feeling, and you will find you are tapping into a subconscious knowledge of what you should be doing most of the time.

6 – Remember that failure is just an event, not who you are as a person. It is just a one-time thing, which teaches you a lesson about what will not work in the future.

7 – Outsource what you are not good at. Beating your head against the wall by attempting to do something which is difficult for you is not only unproductive, but it can sabotage your self-confidence. Focus your energies on what you do best, outsource the rest, and your self-confidence grows.

Knowing What You Want... Being Specific

Do you know why small fish travel in schools of hundreds and sometimes thousands? This is because it makes the job of the predator much more difficult. You may have seen videos of schools of fish moving together in large balls. The fish are constantly moving, never swimming far from each other, and this behaviour increases the rate of survival of all the fish.

When a large predator fish attacks this swarming, churning, always-moving school of fish, it often passes directly through without successfully eating anything. This is because it is focusing on the entire school of fish rather than a specific individual.

Lions, cheetahs and other big-game predatory cats do exactly the opposite. They take their time surveying a herd of prey animals, such as water buffalo or antelope. They understand that this planning session will pay off when they finally identify a single animal to target. This leads to a very high success rate when hunting. They know exactly what they want generally (to find an animal to eat), and once they understand their general goal, they then make it very specific (I am going to pursue one particular weak, slow or injured animal).

Being specific about what you are trying to accomplish, extremely detailed and specific, is vitally important in the creation of a success mind-set.



In many cases, the difference between success and failure is simply being able to identify a focused target. Think about it. If all your energies are diluted, scattered across numerous targets, what are the odds that you will hit any of those individual targets? Now think about the opposite situation. Everything you think and do is focused on achieving one very specific, laser-focused goal. Your odds of success cannot help but improve dramatically over using a "shotgun approach" to goal achievement.

Knowing What You Want Also Means Taking One Step at a Time

It is okay if you desire to accomplish multiple things in your business or personal lives. There are probably many areas where you would like to improve your performance or reach some higher level of achievement. The same is true with most people. If you strive to achieve very little in your life, you are probably going to do exactly that. So, for high achieving individuals, there are always many areas where they want to direct their efforts.

While wanting to achieve a lot of positive change in your life is admirable (and definitely doable for anyone), you will only be able to do that if you eat the elephant one bite at a time.

More on elephant eating in a bit. For now, you should always be writing down your short-term and long-term goals. There are those things which you want to accomplish this week, this month, this year, in 5 years, in 10 years and eventually. Many of those longer-term goals will only happen if you string together smaller victories along the way.

Again, being specific is very important here. Write down all the things you want to have happen in your life emotionally, physically, financially, career-wise and in any other area.

Now look at what you have in front of you. What are those things which absolutely must be accomplished first, before other goals can be achieved? Taking this "one step at a time" approach is something most successful people do on a routine basis. They eat the elephant one bite at a time.

How Do You Eat an Elephant?

There is an old proverb/saying that is used in goal achievement courses and classes. The class is presented with the unenviable task of devouring an entire elephant. The whole elephant must be eaten, tusk, tail and all. This seems like a pretty improbable undertaking until you step back and look at the problem like successful people do. With a success mind-set, it is easy to see that there is no way you can eat an entire elephant unless you take the process just one bite at a time.

Use this selective, focused, step-by-step attitude when pursuing any goal, and you will find even the most daunting tasks giving in to the unrelenting pressure of a powerful success mind-set.

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