

UNLOCKING THE SECRETS TO SUCCESS

Creating the life you want does not have to be an impossible task. Dreams are what provide focus and purpose to our life. When we were young, it was easy to dream and we believed we could do anything our hearts desired. As our responsibilities grew, we became more involved in our day-to-day existence. Our dreams started to fade; oh, they are still there, but we just don't see how we can possibly make them a reality.

The secret to success is not really a secret at all. It is about having a dream, a mission for your life and a plan on how to get there. The universe rewards those who know what they want, believe in it with all their heart and pursue it with a passion. Use the following 5-Step formula to plan your future success and then don't let anything prevent you from getting it.

Step 1

Create your **Life's Mission** – the first and most critical step toward achieving the life you desire is to define what that life is. YOU determine what success is for you. It is not based on what others want you to do or what the common beliefs about success are. It does not have to be about money, possessions or other materialistic measurements.

Your definition of success may include material possessions such as wealth, a new home, a luxury car or other possessions. However, it could be more emotional or egotistical, such as the power that comes from attaining the position of CEO or creating a large successful business. It may be relationship based such as finding and nurturing a loving commitment. It may be driven by altruistic dreams of helping others who are in need and creating a legacy of service.

There is no one method to describe what success looks like or feels like. It is as personal and individual each of us. Make sure your definition is yours or you will begin to resent

your life and the people in it. Success has no particular description but it is always a conscious decision. Achieving success requires conscious thought and specific action.

Defining success must be your first step; for a life worth living is one that is driven by our dreams and aspirations. Success must come from your heart and stir your passions to be true success.

Start by writing your definition of success and internalizing it as the driving mission of your actions and thoughts.

Step 2

Develop your **Vision of Success** — your personal vision allows you to begin to visualize the life you will have once you have fulfilled your success definition. Visualization is a very powerful tool to allow you to see the life you will have before you get it. Use visualization to create excitement for what you are doing and to allow you to begin the important process of setting goals.

So many times, we cannot get to where we want to go because we cannot do the one thing we **MUST** do ...

believe!

It will be impossible to get the success you want in life if you don't completely believe that it will happen. The process of creating a vision creates a subconscious picture for you. Locking this into your subconscious mind opens up your beliefs to the possible and focuses your thoughts on the positive steps you must take.

Take time and find a quiet place with a cup of coffee, a pen, a pad and an open mind. Start writing out, in descriptive of terms as possible, what your life will look like when you achieve success. Define what your life will be like in your most important relationships, where you will live, what you will do, how much money you will have and what your legacy will be. Pretend that you are celebrating your 100th birthday and you are reflecting back on

your life. What was it like? How would you describe it if you were telling someone else about it?

Make sure you are visualizing it in as much detail as possible. Write it out, then go back, and review it. Then turn it into a written statement that you can hold on to and refer back to on a regular basis to inspire and guide you. The vision statement should speak to your heart and define the big goals for your life.

You will use this vision statement to establish the specific goals you will be working on. Now that you have locked the idea and vision of what you want in your conscious and subconscious minds, you will find that the goals you set are meaningful and purposeful.

Step 3

Establish a **Strong Plan of Action** — no matter how much you plan and dream it will all be for nothing if you don't take action on it. A plan without action is nothing more than a dream. Don't let anyone try to tell you that if you just believe and think positive thoughts your perfect life will materialize for you. It requires a lot more than just thinking about it to make it happen. As was stated earlier, you have to **BELIEVE** with all your heart that you will succeed; that is a fact! However, once you have internalized that belief, then you must take action every day on it.

Develop your action plan by working backwards from your final success goal to what you need to accomplish in the next year. What can you realistically achieve in the next year by taking small steps each day? How far do you need to get in the next 12 months to make sure you stay on track to where you want to be? Once you have determined that, break it down even further into a 90-day plan. The 90-day plan is important because it allows you to break your goals into small enough pieces that your mind can focus on it. Our mind cannot focus on tasks that are too intimidating. It is easier to focus when a large goal is broken down into manageable chunks.

Many times, we think about action as meaning “work.” If the dream you are pursuing stirs your passion and engages your heart, the action will be inspired and will not seem like work.

Don’t mistake motion for meaningful action. Just because you are busy does not mean you are doing the right things. Make sure your 90-day goals tie directly to your one-year goals that tie into your definition for life success. Inspired action will lead you to the life of your dreams.

Step 4

Stay Focused on Your Path - Once you have chosen your path to success and set your action plan, the next step is not let anything get in your way! Your attitude must be one of determination, focus and discipline. Be determined to take action every day and have the self-confidence to do what you need to in order to reach your goals. So many times people give up on their dream when things start to get difficult. Successful people push through any barriers that get in the way and keep moving forward. General George S. Patton is quoted as saying, “courage is just fear holding on one minute longer.”

Everything you try will not be perfect the first time. That is ok! You learn through your failures as much or even more than through your wins. The most successful people in the world have suffered many failures along the way. Expect them ... embrace them and celebrate what you learn from them. But, most of all stay committed to your path. If you need to make small adjustments along the way that is fine, but don’t change the plan - change the execution.

Perseverance and failure cannot exist together. Failure only occurs when you decide to give up. Perseverance overcomes failure when you refuse to quit. It is not really a failure if you learn from it and use it as a stepping-stone toward your goals. Remove the word failure from your vocabulary and come to a deep understanding that success comes from life-long learning and setbacks, mistakes and miscalculations are all a part of the learning process.

Accepting a setback as failure is the path of least resistance. By accepting failure and letting it deter you from your mission you are accepting the easy way out. Stay determined and committed and don't let anything get in your way. You will be rewarded with the vision you established for your life. That will make it all worth the effort and focus you give it.

Step 5

Choose Success as a Habit – From the earliest stages of our life we have been taught ideas that cause us to limit our beliefs. If you ask most people if they want to be rich or successful, they will say yes. But, then reality sets in and the path to success just seems too long and hard. Understand that your journey to success will not happen overnight. When most people realize this, they start to back down from their dreams. It is easier to turn away from a dream than it is to push through the obstacles that will inevitably come up.

Choose to stay focused on your goals and you will begin to see things starting to line up in your favor. Since you have broken your long-term goals into smaller, manageable goals, your small successes will start to add up. Once this starts to happen you will begin to see success as a habit. The accomplishment of one goal will lead to the accomplishment of another goal and you will begin to see winning as a way of life. It is this pattern of wins that starts the momentum that will carry you to where you want to go.

Achieving success in life is really a succession of small victories that build over time into everything you have defined in your definition of success. You must change your mind-set to focus on the positive things that are occurring in your life. Don't worry about the small set backs or the failures that you encounter. There will be some of both during your journey. They will be insignificant as long as you see them as learning and growing experiences and don't let them deter you. Make achieving your goals a habit and you will be amazed at what you can accomplish.

Choose the life of your dreams and don't accept anything less. These 5 steps will lead you to the wealth, career, successful business and happiness you want in life. Each of these steps requires a plan, which is more than we can cover in this special report, that you will work on and a set of action items. So many times people want their life to change, but don't really know what they truly want. Nothing can be emphasized more than this — know what you want, take action on it every day and don't let anything get in your way!

Now, it's time to get started on building your dream life. Good luck!

About the author:

Dennis A. Kelley — author of *Achieving Unlimited Success*, speaker, entrepreneur and business coach — is uniquely qualified to help business owners and other professionals succeed without limits. Kelley is the founder of the D. Kelley Group and provides coaching to entrepreneurs and professionals. With 30 years of experience in financial services, Kelley has held executive positions in some of the world's largest banks including a position as a regional bank president. In his coaching business, Kelley guides business owners and professionals to the new skills they need to improve the quality of their businesses — and their lives. Visit www.AchievingUnlimitedSuccess.com to learn more.