

Seven Steps to Success

Success is as much a journey as it is a destination; the following are simple steps that the greatest men and women on earth took to help them reach their dream destination.

- 1) **Begin to think successful-** Fill your mind with all the things that mean success to you. This could be a car, a house a lifestyle you've always wanted or it could be health & wellbeing. What ever success looks like & feels like to you, begin to fill your mind with those very things. Be positive and optimistic, you'll find that most successful people have a positive mental attitude
- 2) **Surround yourself with successful** people or positive influences that will help you reach your pinnacle or support you in your goals and dreams. Look at the people you socialise with or work with? Are they lifting you up or bringing you down? What is your environment like, does it fit in with your picture of success and achievement? We as humans have so much potential we were born to live our dreams
- 3) **Feed yourself** with good things; reading a self-development book or an inspirational biography. What are you watching or reading? Does it influence how you deal with life? Your mind is absorbing the information and it will sit in your subconscious mind and you will eventually feel it and then begin to believe it. This also works with food; feed yourself with some good wholesome foods and your brain will function much better and you will have the focus and energy for success.
- 4) **Dress for success-**Yes even what you wear can help you become more successful- Think again about some of the successful role models, what do they wear? How do they carry themselves? Your body language is also part of what you wear...do you fill the room with positive and thriving atmosphere. Clothing doesn't just mean suited and booted it's what you picture success to look like. It could be latest fashion accessories or simply your own unique style complimenting your shape and colour.
- 5) **"Me" time-** most successful people will take time out to think about the bigger picture. Plan their day, week, life...they take time out to enjoy their hobbies and interests and this may include letting off steam with a personal trainer, playing golf doing an extreme sport or relaxing in a spa, whatever it is take time out.
- 6) **Write down your goals-**This is key to success, have a journal where you write down your goals try and be specific as possible. When you write them down they stay in your subconscious mind and your mind will begin an attraction to those very things and you'll think its coincidence, but it's not, it's the law of Faith or some people call it the law of attraction in motion.
- 7) **Get some support-**Hire a Coach, Consultant or an Advisor to help you achieve your goals. The truth is, we all need a boost or someone to talk and bring out the best in us. When beginning some serious changes toward success knowledge from an expert can prove really valuable or some one who motivates you to take each step toward your destiny.

Written with you in mind-Neelam

Keep checking for more hints and tips on Living your Dream;
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