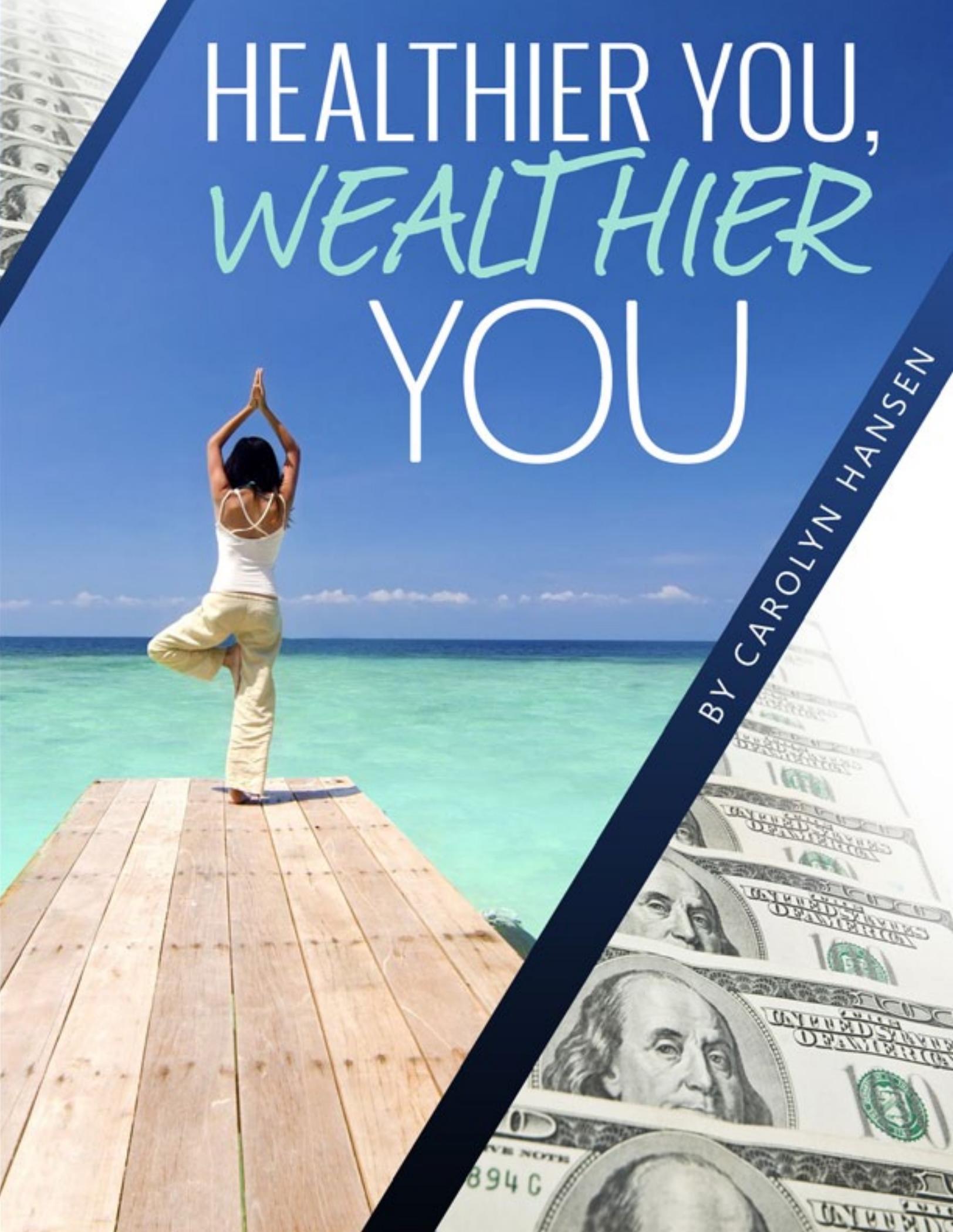


# HEALTHIER YOU, WEALTHIER YOU

BY CAROLYN HANSEN



# *Healthier You Wealthier You*

## **Success-Building Habits:**

How You Can Adopt Traits Of Greatness And Wealth

*By Carolyn Hansen*

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## About Carolyn Hansen

CAROLYN Hansen is a noted Holistic Health and Wellness Coach who hails from Whangarei, New Zealand where she owns an Anytime Fitness Gym. She has gained a reputation online as an authority on health, exercise and weight loss matters and is the author of several thousand health and fitness articles along with eBooks and programs that can be found [here](#).

She has devoted more than three decades to the fitness industry, both offline and online, teaching people the simple secrets to getting into better shape, losing weight, and improving health.

Her main goal is to change the paradigm of health care from sickness care to wellness care and will be showing people how to live longer, healthier lives while avoiding the many mistaken beliefs and practices that diminish health and longevity.

She will encourage you to become stronger and stay that way through each decade of your life, maintain your health, wellness and vitality and to ensure your “health span” matches your “life span”.



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# Introduction

AS you go about striving to make improvements in your health and fitness level, one mistake that some people make is focusing too much on their gym performance and their diet plan.

They figure that these are the two main components to achieving a better sense of well-being and if they can just get them figured out and lined up properly, they'll be set.

But, they are overlooking a number of key things here.

First, well-being is comprehensive.

You could hit the gym every single day, day in and day out, giving 110% of your effort but if you're constantly fatigued, burnt out, and suffering from chronic injuries, you are going to be anything but happy and healthy.

You'll be frustrated, fed up, and likely want to toss in the towel on your "healthy" lifestyle.

Well-being and health encompasses **everything** in your life.

It includes your interpersonal relationships.

Did you know that those who have strong social connections have stronger immune systems and therefore can combat illness better?

That's a classic example of a completely non-physiological element influencing a physiological one.

Likewise, it also includes your finances. If you are not financially healthy, not only will you not be able to afford to get the help and support you need to realize success in other goals you set for your life—nutrition, exercise, and so on. The stress you may feel from the financial strain you're under can also be extremely detrimental in your health.

Furthermore, your self-growth characteristics will also weigh in here as well. Are you someone who is just happy accepting the status quo?

Or are you always pushing the barriers to see what you can achieve next and looking for little ways that you can further your overall sense of well-being?

Those who strive for positive self-growth tend to have a different attitude amongst them—one that is more focused around health, well-being, and enrichment.

Those who are just happy with the status quo, well, they stay in the status quo. They never really move forward with their life and then at one point, look back and realize how much they missed out on because they never took any chances with their life and never went after what it is that they wanted.



They simply got comfortable and that's where they stayed.

The more you can look at all of these elements in your life, the better your chances will be at achieving the ultimate in health and well-being.

It's critical that you come to realize the fact that every single one of these elements is also going to be strongly influencing the other.

They are not all separate entities, where one isn't going to have that big of an impact on the next and you simply can put in time and effort in one area of your life and see the appropriate payoff you're going for.

You need to be focusing on all of these areas. When you do and you see improvements in one area of your life, you will see those improvements transfer over to other areas of your life and have a positive influence there as well.



So it becomes a strong win-win.

Work and effort you put into doing any form of self-improvement will help you achieve greater success all across the board.

And this fact is what successful people know.

If you were to get a group of those who have attained a high degree of wealth and accomplishment in their lives all in one room, you would come to find some very common traits amongst these individuals.

Those traits?

### **Hunger for enrichment.**

They are not satisfied with simply being.

They are only satisfied when they are on the move—when they are improving in some way. When they are achieving new things that they've never achieved before.

### **When they are growing.**

Until you come to understand what it is that you can do to help improve your growth and development in each of the areas of well-being however, it will be impossible to achieve success.

In this book, we are going to go over all that you need to know. We're going to walk you through all the things that you can be doing to help improve your overall well-being by outlining for you all the traits and characteristics of successful individuals and then giving you information on how you can achieve the same greatness yourself.

My hope is that after reading this, you will be able to put all the pieces of the puzzle together and achieve a higher standard of living for yourself. In addition to this, you should also come to realize just how much to life there really can be when you adopt this form of mindset.

Self-growth fosters new opportunities and when you are living each day to the fullest, taking full advantage of all that you can do, you will see success like you've never seen before.



First we're going to begin by talking about the fitness realm of things and everything you need to know to achieve a higher quality of physical health.

This is an important one because once your physical fitness goes, it's downhill from there. So many people take for granted how important it is to focus on staying in good health and once they get struck with disease; it's only then that they realize how vital this is.

Next we'll talk about the emotional fitness element of things. We'll discuss how vital it is that you are taking care of your emotional well-being and what you can do to ensure that you are not only staying physically healthy, but as mentally healthy as well.

Far too often people overlook mental health and here again, mental health will have a major influence on your physical health and even your financial health as well.

From there, we'll talk next about the financial health realm and what this represents for you. Just like the emotional and physical health, this one is closely interconnected and when you present a strong financial health, every other area of your life will also improve.

This isn't to say you have to be rich to be healthy however, so don't let yourself come to believe that. More it's just that you need to focus on doing everything possible to ensure that you are looking after your finances, avoiding money stress, and learning how to create a life that allows you some freedom to do what you really love without having to worry about being strapped for money.

We'll also cover and address the importance of self-esteem and confidence. Successful individuals tend to have greater self-esteem as well as a self-belief in their capability to achieve success.

Before each of these discussions, you will be provided with a short quiz as well so you can test your own personal status and see where you're at and which improvements you may need to be focusing on more than others—what areas are most lagging that could use some extra special attention and care.

When you can learn and identify your weakness—when you can become humble enough to realize that you do need improvement in certain areas, this is when you can overcome any problems you are currently experiencing because you are open and ready to take the necessary steps in order to do so.

Those who neglect their problems—who just shove their weaknesses under the rug are not those who go on to see success.

They are the ones that are going to accept the status quo and remain in the exact same position for the years ahead as they are now.

Who do you want to be?

Someone who is constantly growing and developing or someone who is stuck and not moving forward?

Hopefully your answer is clear.

As we move through each of these discussions, we'll also give you some take-home tips, strategies and advice that you can put to use immediately in order to move forward as you hope to.

This way, you can get a direct game plan in place that will help you move to the next level and achieve the ultimate sense of well-being that you are going for.

So if you're ready, let's begin by first talking about the physical fitness realm and identifying where you currently stand and what steps you can take to improve your overall status in this area.



## *An Introduction To The Physical Realm*

**ONE** big mistake some people make when assessing their status in this area of their life is to only focus on their overall body composition or fitness level.

They look in the mirror.

If they're lean, chiseled, and muscular, they think they've achieved success.

If they're soft, lack muscular strength, and showing signs of aging, they think they are a failure.

Do you see yourself in this black and white picture?

What you need to remember here is that the physical realm is going to be about much more than just your overall body appearance and composition.

Are you healthy on the inside?

That is just as important as how you look on the outside.

You can take someone who looks thin and defined on the outside who is riddled with health concerns because they have used a slew of unhealthy eating and exercise strategies to get there.

Likewise, you can take someone who is carrying a small amount of extra weight but who focuses on a diet that's very rich in healthy foods and who regularly takes part in a variety of physical activities who is in very good overall body health.

Sure, excess weight to a larger degree is never going to be healthy no matter how you slice it, but you need to step away from the idea that how you look is the only factor relating to how healthy you are on the inside.

This is not the case at all and thinking this way will only increase the chances that you find yourself misguided and in trouble.

By taking a much more wholesome approach to this element, you can position yourself far better for success.

Before we get started, let's give you a brief quiz that will help you assess where you currently are with regards to this element of your life.

- 1. I partake in regular cardiovascular exercise:**
  - a. Never
  - b. Once per week
  - c. 2-3 times per week
  - d. 4-5 times per week
  - e. Daily
  
- 2. I perform strength training exercise:**
  - a. Never
  - b. Once per week
  - c. 2-3 times per week
  - d. 4-5 times per week
  - e. Daily
  
- 3. The last time I went for a full physical was:**
  - a. I can't remember
  - b. I only see the doctor when something is wrong with me
  - c. 4-5 years ago
  - d. 2 years ago
  - e. 1 year ago
  
- 4. My blood pressure level is:**
  - a. I'm not sure
  - b. Higher and I'm currently on medication to help lower it
  - c. Higher and I'm making lifestyle adjustments to improve it
  - d. At a normal level
  - e. Lower than normal
  
- 5. My cholesterol level is:**
  - a. I'm not sure
  - b. Higher and I'm currently on medication to help lower it
  - c. Higher and I'm making lifestyle adjustments to improve it
  - d. At a normal level
  - e. Lower than normal

**6. How much sleep do you get each night?**

- a. 4-5 hours
- b. 5-6 hours
- c. 7-8 hours
- d. 8-9 hours
- e. It varies depending on the day

**7. When looking at my energy level at the end of the day, I would say that:**

- a. I am drained and only want to fall asleep on the couch
- b. I'm fatigued and regularly just stay in
- c. I feel energized some days and fatigued on others
- d. I feel fine and am regularly doing things in the evening
- e. I'm tired but I force myself to hit the gym or do other physical activities anyway

**8. My body weight is:**

- a. 20+ pounds overweight
- b. 10-20 pounds overweight
- c. At a healthy weight or slightly above
- d. At a healthy weight or slightly below
- e. 20+ pounds underweight

How did you do?

In an ideal scenario, you want to be answering either C or D to all of those questions. If you are in the A or B range, you have some serious work to do to improve your health. You may have been using unhealthy habits for quite some time and now they are just growing and growing and are going to be causing you great problems if you don't take action to do something about them very soon.

Fitness has passed you by and you are likely at risk right now for a wide number of different diseases and conditions.

All in all, you need to make some changes.

If you were answering E to most of these questions, you may be overdoing your effort in this area. Remember that balance is key. If you are focusing on doing too much exercise, other areas of your life are going to suffer and pretty soon, your workouts will be all that you have left.

You will also find that in time, you stop being fit as well. You suffer from overuse injuries, you may start to lose muscle mass, and you start noticing that you lose all joy for doing your workout as well.



Basically, you are miserable because your life revolves around exercise and you have not seen progress in the last few weeks despite putting in so much effort.

When it comes to fitness, more is not more.

In many cases, more is less—in fact, in some cases, more just means a fast track to stopping exercise altogether, either because you hate it or because your body physically can't do ANY form of exercise any longer because you are so overworked and riddled with chronic overuse injuries.

Doesn't sound so pleasant, does it?

Yet, this is what you will be in for if you continue along your current path.

So always remember that for exercise to be healthy, it should be done in moderate doses and more focused around improving your health than you aesthetics.

As much as you may set a goal purely related to looking your best—and there's nothing wrong with wanting to look your best, always keep in mind that if you are simply just focusing on doing whatever you need to do in order to get healthy, looks will often follow along.

You may not get ripped and so lean you can see muscle striations, but that is not healthy anyway.

Remember, all those fitness athletes you may strive to be like do not maintain that low level of body fat all year round.

You see all the pictures of them looking this way however and that is what you have come to believe. It's time to break this belief as it will only hold you back and could lead to you feeling less confident in yourself than you should be.

One thing that very successful people do, that you must start doing yourself is only comparing you to **you**.

Do not compare yourself to others.

It's time to realize that you should only be focused on things that you can control. The more you focus on things that are out of your control (such as the behavior of other people), the less empowered you will feel, the more helpless you will be, and the more frustrated you are likely to be with everything overall.

What you really need to be focusing on is all the steps that you can take right now to improve your current situation.

What can you do today to make tomorrow better?

And, if you wake up tomorrow and are better than you were today— you've made progress and should feel great about that.

If you constantly strive for day to day progress, over time, you will become more successful. This puts the focus on things that you can do and takes it away from everything that other people are doing.

It's the mindset that you want to maintain.

So if you are currently sitting at a much less than optimal level of fitness, what can be done in order to help you move forward to see better success?

Let's go over some of the main areas to consider.

## Step 1: Start Cardiovascular Training

The very first thing that you should be doing is beginning with a cardiovascular workout program. Now, in the future, it is going to be best if you can perform an interval/sprint training program of some kind as these are well proven to be the best types of exercises for boosting your resting metabolic rate, improving your fitness level, and helping you stay lean overall.

But for now, that may be too intense. If you have not participated in a formal training program of any kind, diving into sprint training will just leave you injured and begging for mercy.

Begin by working up to performing 30-45 minutes of continual cardio training. It doesn't matter so much what form of exercise you choose to do here as long as you are doing something that keeps your heart rate up for that extended period of time.

I'd highly recommend doing something that you thoroughly enjoy because the more you enjoy it, the more likely you are to stick with it and that, more than anything else, will establish whether you see success.

You will not get results if you are constantly falling off the bandwagon—that much is certain.

Then once you are able to do this 30-45 minutes straight, then you can move over and begin that interval training work.

For intervals, you will perform 30-60 seconds of very intense exercise coupled with 60-120 seconds of active rest.

Repeat this 5-10 times, starting with a warm-up and finishing with a cool down. This form of exercise will really take you to the next level and allow you to see far superior benefits compared to what you were seeing before.

Here is an example of light interval training:



## Step 2: Begin A Strength Training Routine

Once you have the cardiovascular element underway, it's time to get onto a strength training program.

Note that if you are not strength training already, you should start this immediately.

So many people come to believe that they should only be strength training if they are at a healthy body weight already but this isn't the case at all.

Strength train wherever you're currently at because of all the exercise varieties that you could perform, it may just be the healthiest variety around.

The precise type of strength training protocol you choose to use will be your decision and there are plenty around to choose from so I won't go into too much detail on actual strength training program design. Do note that for the purposes of all round health and fitness enhancement, a full body approach or an upper/lower split will tend to produce the absolute best results possible, so that's the one you should be focusing on.

As you do your strength training exercise, do be sure that you are getting the days off each week that you need. Remember that both interval training and strength training are very taxing on the body so if you are not tending to rest, that is where you will find yourself beginning to overtrain and injuries will set in.

Never strength train more than two days in a row without a day of rest in between and make sure that each muscle group has at least 48 hours of rest itself before being worked again.



### Step 3: Get Lifestyle Active

Now that you have the formal workout program down, the next step is to get lifestyle active.

What is lifestyle active?

It's the secret that naturally thin people know about.

Basically, lifestyle active refers to the fact that the more active you are on a day to day basis, an easier time you will have maintaining your body weight.

In fact, what most people don't realize is that all those little activities you do throughout the day—taking the stairs, walking to work, getting the mail after dinner, cleaning a room in your house, going window shopping—and so on—can burn as much if not more calories than an actual gym workout.

So if you're someone who does your gym workout and then comes home to sit on the couch for the rest of the evening, you are making a grave mistake.

The more up and active you get throughout the course of the day, the more calories you will burn which then means the more calories you can eat and still maintain your body weight.

It's definitely a win win as far as you are concerned.

The nice thing about being lifestyle active as well is that since all this activity is typically done at the lowest of intensity levels, this means that you won't be stressing your muscles, bones, joints, ligaments, and tendons nearly as much as you would with your formal workout routine, therefore you will not see the threat of injury as much either.

Remember, doing a gym workout does not give you a free pass to lay around the rest of the day. If that's what's happening, you would likely be better off skipping the gym and just getting lifestyle active instead.

At the end of the day, this would likely yield you even better results.

## Step 4: Tend To Your Sleep Needs

Moving along, the next element that you must get into place to maintain a healthier lifestyle is your sleep quality and duration.

If you are not sleeping enough each night, this is going to influence you in a major way as well.

Lack of sleep has been linked to everything including heart disease, depression, excess body fat in the abdominal region, strokes, high blood pressure—and on and on it goes.

Sleep is something that you must be doing for optimal well-being. Not only for health, but also just so that you feel better throughout the day and maintain enough energy.

If you are so tired from lack of sleep that you hardly want to get out of bed, you can imagine what this is going to do for your ability to be lifestyle active.

Rather than going out after work, you'll want to come home, cozy up on the couch, and not move.

Clearly not ideal for maintaining higher activity levels.

You should be aiming for 8-9 hours of sleep each and every night. And don't think that you can skip sleep on the weekdays only to catch up on the weekends.

It doesn't quite work this way and if you are not sleeping during the week, it's impacting you regardless of how much you sleep on the weekend.

Furthermore, sleeping in too much on the weekend can also make it harder to sleep on the weeknight, so that's something else to consider.

## Step 5: Focus On Nutrition

Finally, the last element in this game is the nutrition element and it is a big one. Perhaps the single biggest mistake often made by those who are hoping to improve their fitness and health level is neglecting nutrition entirely.

Make no mistake about it however, if you are not taking the steps to eat a healthy diet, you will not be taking the steps necessary to feel better about yourself, your body, and see a decline in your disease risk.

You cannot out-exercise a poor diet plan.



Basically, if you think that exercising hard in the gym daily means you have a free pass to eat however many calories you want from whatever foods you choose, you are misled.

Furthermore, if weight loss is something that you are striving to obtain, it is going to be far easier to see the weight loss results you're after if you actually are eating well.

It's just too hard to burn off as many calories as you could potentially take in through five minutes of poor food choices.

For instance, let's say you indulge in a slice of cheesecake.

Do you know how many calories this is?

It'll be around the 400-800 mark depending on how large that cheesecake is and the variety.

Do you know how long it would take you to burn off these same calories?

**One to two hours.**

Do you have that much time to exercise each day—or at least on the days you aren't eating right?

Most people don't and even if you did, as we explained earlier, doing so would be a fast track to burnout and injury.

Wise people – successful people – realize that diet accounts for up to 80% of the results that you see.

If you aren't eating the right diet, you can do what you like with your workouts but your body will not be moving in the direction you want it to be. It's just that simple.

So start taking steps to get your diet in alignment.

For some of you, this might just mean facing your poor food habits that have developed over the years. For others, it may be learning more about what good nutrition means. If you aren't someone who regularly focuses on healthy eating, you may not know any better.

If you feel overwhelmed with all the information out there and have no idea how to move yourself closer to success, then you need to be focusing instead on learning this information.

Here is a great plan where you can actually learn what good nutrition means because then you will understand why you should be doing the things you are:

### [21 Days To Healthy Eating](#)

When you understand what good nutrition really means, you can make wise choices throughout life no matter where you happen to be.

And remember if you do have weight to lose, you should approach it in a slow and steady manner NOT a quick-fix approach.

Don't fall for fad diets or regimens that take you to any extreme.

Whatever diet you choose to use should be one that you could realistically see yourself doing for years to come.

Sure, as you lose weight you will be making adjustments to that diet so that you don't keep losing weight, but the overall nutritional principles should still be the same.



This way, you can seamlessly transition from your diet to your weight maintenance plan without a problem.

Aiming for ½ to one pound of weight loss per week is right where you want to be, so this should be your focus.

Only if you have 30+ pounds to lose could you try for faster weight loss but even then, 1 pound per week tends to be a nice safe number for most people so they aren't experiencing extreme hunger or low energy levels as they move through their diet.

So there you have the key steps to take to improve your physical realm.

As you start taking action and notice how much better you feel while doing so, chances are good that you will want to keep taking action like this well into the future.

You'll never want to go back to how you were before because now you will see, clear as day, how miserable living like that really was.

## What Your Self-Care Program Will Mean To Your Business, Career Or Life

Think of your self-care program like the centre pole in a tent. If you put it up correctly it will be strong and hold up your tent in stormy conditions. If you neglect to make sure it is strong it will collapse at the first sign of bad weather.

**The strength of your body is your own centre pole holding up your health and ultimately your life and will give you more:**

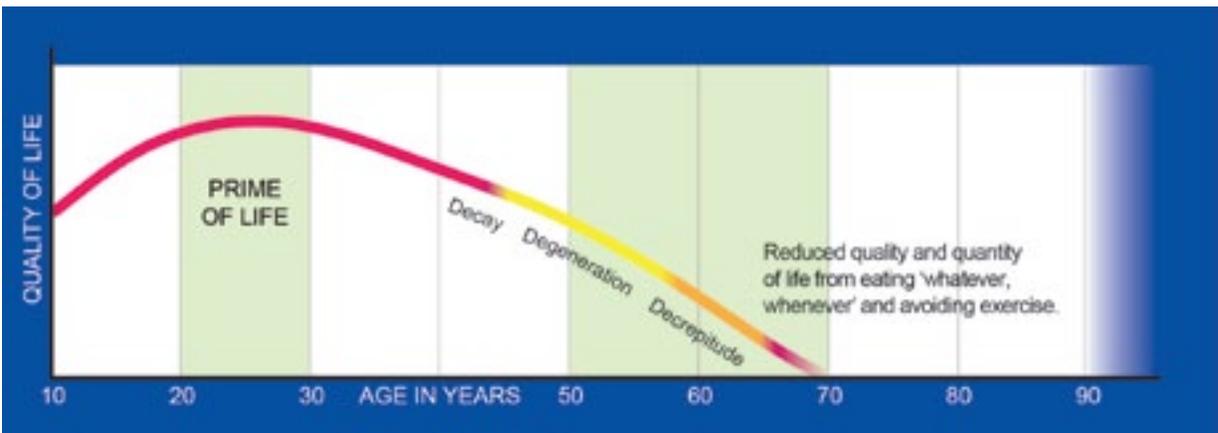
- ▶ energy—to do more of everything with less effort
- ▶ stamina and endurance—so you can go for longer without fatigue
- ▶ brain health—which means better thinking, better focus, more creatively, better problem solving, more stickability, better planning and direction in business and your life
- ▶ productivity—better, faster for longer
- ▶ self confidence and self worth—to go after life's opportunities
- ▶ action taking—just having to show up and get your exercise session done several times a week means you are already an action taker
- ▶ self-discipline—taking the time for your own self-care bolsters this special trait which can then be applied in other areas of your life, like wealth creation.

You also manage stress which means being calmer, happier and saner which gives us a better ability to deal with life's ups and downs.

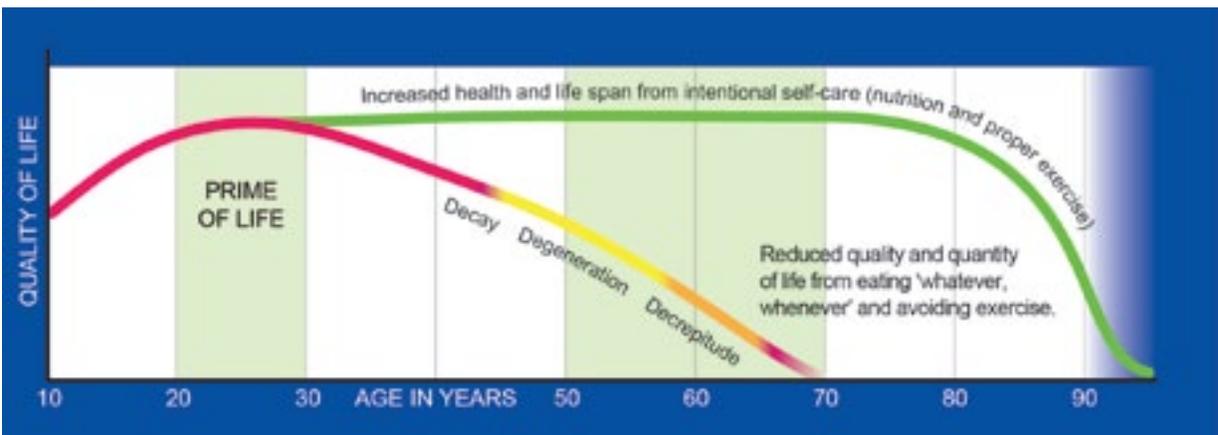
All of these attributes such as being stronger, fitter and healthier combine to give you a better chance at being wealthy and successful either in your own business or career... and the biggie... your lifespan is extended and you can stay there for longer. This means if you choose, you can delay retirement or can enjoy the results of your success for longer.

Having a higher level of health (beyond simply not being sick) gives you more of that number one precious asset—more quality time in each and every day as well as an overall longer and higher quality of health and life. Your health span will equal your life span so you can squeeze the most out of this one and only precious life.

In fact, we can take it from this...



To this...



Think ahead to the last third of your life. Most people are filled with dread at the thought of getting old and tend not to dwell on this time. But the fact is, **choice not chance determines your destiny** especially at this time in your life.

This “last third” can be a very exciting, rewarding, fulfilling and successful time of your life. And if you feel you were not as successful in business or life in the previous two thirds of your life and want another shot at it be assured you can begin again.

You can embark on a second or third career or simply carry on with what you have been doing if that is what you love.

Think of this time as not just “over the hill and going downhill” but in fact “over the hill and picking up speed”.

But you have to prepare for this time. No good landing there in mid life in poor health because of years (maybe decades) of self neglect thinking all there is to look forward to is the outgoing tide to the final event.

In the previous years of your working life you may have been tied to the 9 -5 grind whether you have your own business, a career or job and so have been restricted in your freedom to explore other options that can lead to success.

Regardless of age everyone has spent time building a wellspring of skills, experience, knowledge and wisdom and it's sitting there simply waiting to be tapped into.

As an example of what you can do to take this a step further, with the right guidance these resources can be honed into a product or service and put online in one of the thousands of established niches earning you a healthy income to give you more choices in your life.

Imagine being able to travel and with just a laptop you could continue to make money to support yourself or do other exciting things at the same time.

I think you will agree the possibility that this last third of your life could be an exciting prospect in comparison to the normal winding down so many people settle for. Being financially independent as well as being engaged and fulfilled along with travel opportunities, new relationships or even a new career make for possibilities that you can barely imagine are within your grasp.

But all this is not possible without peak health and the sooner you start this process the better off you will be.

This is why your own personal fitness and strength is the perfect place to begin as it builds lessons on commitment, motivation, self-discipline and above all— taking action.

Now that we've discussed the physical, let's now move forward and talk about the emotional element of successful individuals and how you can go about making some vast improvements there to position yourself for a better future.

## *An Introduction To Emotional Fitness*

THE next element of total fitness and well-being that needs to be discussed is the emotional fitness element of things.

This is one that goes highly overlooked by so many people and sadly, will be one that will really influence their functioning.

While your physical fitness and well-being will impact how well you can do the various activities you want to do throughout life, your emotional fitness influences whether or not you can do them—period.



Once your mind starts to go, depending on how severe it is, make no mistake about it, it will influence the quality of life you are going to be seeing.

Obviously someone who is slightly down and not feeling like their usual self will not be nearly as impaired as someone who say is suffering from dementia, but it's still most certainly going to influence their quality of life.

Your emotional fitness level and well-being isn't just about whether you have a particular mental disorder either. It accounts for far more than that.

It basically describes your entire outlook on life and all that you have in your life.

For instance, is your mind always focused on the positive?

Are you a glass full kind of person or a glass empty one?

This **will** influence how you lead your life on a day to day basis.

Those who are most successful in life are not only glass full kind of people, but they are also always those who are constantly looking for opportunities.

Some may call them lucky but more often than not, it's not that they are lucky per say, but rather that they choose to see and believe in opportunities that others may not.

As they move through their day to day life, they aren't just letting life happen to them.

They are taking steps to ensure that they are doing everything in their power to make the absolute most of each day they are given.

If they're having a bad day, they are not going to let it ruin the rest of the day.

They look at what's going on, accept what's going on, and then leave it at that.

This emotional fitness—your mindset and your resilience to push past anything that is holding you back or that could be viewed as a set back is one of the biggest secrets successful people know that unsuccessful don't.

While unsuccessful individuals typically view life as something that happens to **them**, successful people view life as something they create.

They are the ones who hold the power, not the other way around.

Furthermore, another important difference to note is that those who are successful are focusing their emotions on what they can control—not what they can't.

If you often find yourself becoming emotionally affected—whether you're becoming upset, frustrated, angry, or otherwise at something that is beyond your control, this is really going to be impacting your life in a negative way.

For you to best manage your emotions and keep yourself in a “good place” in your life, you need to learn the difference between within your control and out of your control.



If you are allowing yourself to be emotionally influenced too heavily by things out of your control, you will not be leading a healthy and happy lifestyle.

Emotional well-being is something that many people overlook because it simply cannot be measured so easily. You can't assess your emotions like you can blood pressure so since it's not something you can see or something that you can read, you don't give it the attention that it deserves.

But, it's time to start doing this.

Let's give you a brief survey to get started to see where you currently stand on the emotional well-being area of your life.

- 1. When something bad happens to you, you:**
  - a. Dwell on it for days
  - b. Let it impact you that day, but by the next day you're typically fine
  - c. Call a friend and vent, usually to find you feel better afterwards
  - d. Take it for what it is, assess whether it's under your control and then move on
- 2. When you look at your social network, you would say:**
  - a. You are mostly alone and have no real close people in your life
  - b. You have a large group of acquaintances, but wouldn't necessarily call them close friends
  - c. You have one close friend who you can always turn to
  - d. You are close with your family and your immediate circle of friends
- 3. You would describe your ability to focus on the good in all situations as:**
  - a. Very poor—you constantly prepare for the negative
  - b. So-so—you try and look at the bright side, but it really depends on the scenario
  - c. Good—you are someone who assesses both sides of the equation and can usually see good in any situation
  - d. Excellent—you acknowledge the bad and then immediately move on to think about what lesson can be learned from the circumstance and what good will come of it
- 4. When you go to bed at night you find yourself:**
  - a. Reflecting on all the horrible things happening in your life
  - b. Reflecting on what went wrong that day
  - c. Reflecting on what you are going to strive to do in the future
  - d. Reflecting on all the positive things that you did that day and what you hope to do tomorrow

## 5. You learn new things:

- a. Hardly ever—you are too busy for learning
- b. Only when required—if you must learn how to do something, you put forth the effort to do it
- c. Quite regularly—you like challenging your mind
- d. Daily—you are committed to continual learning in your life

Have a look at your answers to the above questions and see how you did. If you listed mostly A's or B's, you have some work to do as far as your emotional fitness is concerned.

If you find yourself answering C or D (preferably) to these questions, you are in pretty good standing right now and chances are high that you feel on average, happier than most people.

You are committed to emotional well-being and constantly striving to improve where you currently are so that you can create a better future for yourself.

If you weren't a C or D, what can you do to get there? What can you do to help yourself become more successful?

Let's have a look and walk you through some of the key things that you'll want to be focusing on.

## Set Daily Goals

The very first thing that you should be doing to take your mindset and turn it upwards is to start setting daily goals for yourself.

Don't ever let yourself just get up and start your day.

### **Start your day with a purpose.**

What is it that you hope to achieve?

What can you do today to ensure that it is better than yesterday?

This is the frame of mind you want to be in each and every time you begin your day.

In doing so, you are going to help to make sure that you are focused on continual growth and never just feeling satisfied with the status quo.

Furthermore, it will immediately give you a reason to get up energized and ready to take on the day.

Having this purpose— a mission if you will— will really change how you approach your day and your life in general once it becomes a habit.

This purpose or goal that you want to obtain should not be something that you'll struggle to do. It should be something that's relatively easily achievable with just a little bit of effort because if it's too hard, you'll just end up discouraged and that's precisely what you do not want.

Each time you set this goal for the day, go to bed in the evening and reflect back on whether you achieved it. If you did, you are going to notice you feel better going to bed and feel even more excited for the next day to come because it's a chance to do **more**.

Remember, this is what successful people do in their life. They always focus on creating more.

If you never take the first step though— take that initial goal to get things kick-started, you are never going to create more. Instead, you will maintain the status quo.

## Make An Effort To Look At The Positives

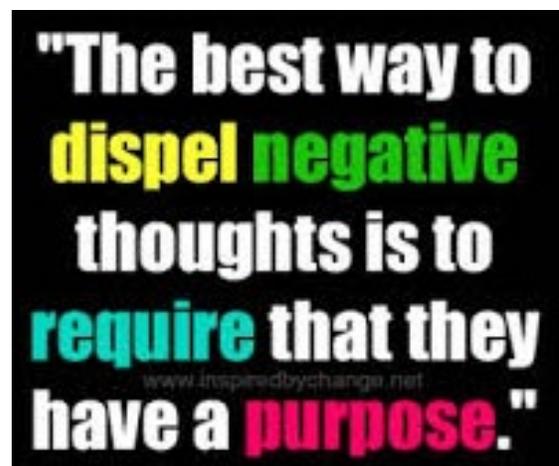
Next, another emotional fitness element to focus on improving is to start really turning your focus to the positives. If you are far too often looking at the negatives as you go about your day, clearly you are not going to be as happy and upbeat as someone who is more focused on the good.

This is normal and natural. If you focus on the bad, you will be in a bad frame of mind. It would happen to anyone.

So your first step is to make yourself more aware of what you are focusing on. Do you find yourself constantly focusing on the good things in your life or are you focusing and dwelling on the negative?

Until you actually realize and become more aware of where your focus is, you will not be able to change it. Awareness is going to be step one in the equation.

Once you are more aware, you can start taking conscious steps to change your mental viewpoint and get yourself on a better track to success.



For instance, next time you catch yourself looking at the negative in any situation, stop immediately.

Stop the focus and then force yourself to write down three things that are good about that situation or circumstance.

Now, depending on the circumstance, this could be a hard task, but push yourself to do it and make sure to **write them down**.

In the beginning phases when you are simply looking to change your viewpoint, this is going to be critically important because it will help you really realize just how often it is that you are dwelling on the negative and will help your brain see how much more effort you are putting in now to focus on the positive.

Over time, you will find that you are writing less and less down as you are naturally looking at the positives first.

If you assess positives then you don't need to stop and write things down as you weren't dwelling on the negatives to begin with.

Over time, it will just become natural and normal for you to look at the positives completely and you will no longer see negatives at all.

You just have to get to this point.

So carry around a pen and notebook with you wherever you go and start doing this exercise. While you may feel slightly silly at first doing it, trust me, it will make a difference in the level of success that you achieve with your life because the more you focus on the positive, the more positive elements will simply come your way.

## Build A Support Network

Moving along, the next step is to focus on building a strong support network and social circle.

Those who have a strong social network reliably experience more day to day happiness and health than those who don't.

Basically, the stronger your support network is, the more people you will have to turn to when times get hard, who will help you get through this.



But note that you should not strive for quantity, but rather quality.

If you have five very close friends or family members who you can count on daily, you are going to fare better than someone who has 10 acquaintances who they could barely call friends.

It's quality that matters here most so develop a few strong relationships and you'll tend to fare better.

Those individuals who have strong social circles also tend to have stronger immune systems and being part of a good social network boosts your immune system considerably. You'll fall ill less often and also notice that you are not suffering from daily high's and low's to quite the extreme you were before.

Furthermore, those who have strong social ties are also more likely to experience fewer feelings of depression. When you are all alone, you will feel it in everything you do, so it pays to have some close friends or family there to go about life with you.

Successful people will typically always rate having those who are very close to them as one of the determining factors in their success.

## Learn To Say No

The next step to take to help improve your emotional fitness level is to learn how to say no more often. You may think this is more to do with time management than it is emotional fitness, but do not discount how much a jam packed schedule with no "you" time is going to influence your emotional well-being.



When you have a to-do list that never ends or you know that the next time you will get a break from the "go-go-go" of busy life is five days away, it's going to make everything feel that much more tiring.

You'll get exhausted just **thinking** about all you have to do and this will make you even less likely to look at the positive side of things and to focus on what you can do to better yourself into the future.

Instead of bettering yourself, you'll be more concerned with simply **getting things done**.

How can you do your best if you have 10 other things to do that day and no time to spare?

Those who are not taking time for themselves are far more likely to suffer from emotional disorders and far more likely to take their anger, frustration, or feelings of being overwhelmed out on their friends, family or significant other, potentially lessening the social ties that we mentioned above.

Clearly, if you hope to maintain and foster strong relationships, random outbursts are definitely not going to get you there, but make no mistake about it, if you are overwhelmed, they can be hard to control.

Furthermore, a busy schedule—especially if it's busy with things that you truly do not want to do but said yes to out of obligation is just going to mean that you are more likely to become overly stressed.

And, as you become overly stressed, this is going to wear you out and not only put your emotional fitness at risk, but put your physical fitness at risk as well.

Stress is incredibly detrimental and anyone who is under extreme levels of stress on a day to day basis is going to be feeling it.

While using good stress management techniques is clearly going to be beneficial to a degree, it's not going to relieve you entirely of the influence stress has on your emotional well-being.

So start saying no. When someone comes to you with a request and you already have 10 other things on the go and no time to spare, DO NOT feel bad for saying no.

Think of it as you investing in your future. Remember if you have more time in the day to give 110% to everything that you do choose to do, chances are you will get further and create a happier life for yourself than if you are giving only 80% effort but doing more things total.

You will feel more enriched, more satisfied, and more fulfilled if you focus on the most important elements of your life, possibly letting a few other elements go.

Realizing that you aren't superman and can't achieve every single thing that you set out to do is hard for some people, but it's a must if you are going to be successful.

Those who are highly successful guard their time more than anything. They realize that how they choose to spend their day is the most important choice they will make because time is one thing that you can never get back in life.

Choose how you spend your time wisely as it is the one thing that will define your life.



## Invest In Continual Learning

The next trait that almost all successful people have that you should make certain you are focusing on yourself for your own emotional health, is a commitment to ongoing learning.

This is another reason to learn to say no to all those people who are trying to take away your time. If you are too busy with the day to day, you will never have time to grow.

Growing is what makes you a better person and helps you become more accomplished. Personal growth is what leads to feelings of satisfaction in life and opens new doors for opportunities into the future.

Whether you choose to take a night class, read a self-growth book, do a workout, take a yoga retreat, or otherwise, investing in continual learning is something that is a must in your life.

Try and do something daily that forces you to grow or pushes you past your comfort zone.

If you feel like you are scared of something or worried that it may not go just as you had hoped, then take this as a sign that it is likely time that you do something about that thing – whatever it happens to be.

Pushing yourself—be it through learning new things or trying something you have not done before or have been scared to do is one of the greatest ways to improve your chances of success in life.

Remember, if you do the same thing over and over, you are going to get the same results.

Change comes from doing something different.

So ask yourself, when was the last time you did something different?

By growing as an individual, you are investing in your emotional fitness level to the maximum potential.

## Surround Yourself With Emotionally Developed Individuals

Finally, the last thing that you should be doing for your emotional fitness is to focus on surrounding yourself with others who are emotionally developed themselves.

As the saying goes, “you are the sum of the five people you are closest to”.

Meaning, if you are putting yourself around other people who are where you want to be in life, there is a much better chance that is precisely where you are going.

They will help inspire you, push you, and get you thinking about things that you may not have considered before.

Furthermore, when you are putting yourself around those who are more emotionally developed, this also has a positive influence on you as well.

Rather than dwelling about your current situation, you will be inspired by looking at where they are and will want to do everything you can to move in their direction.

Likewise, if you are surrounding yourself with negative individuals or those who are simply not focused on self-growth like you are, guess what this is going to do to your own natural outlook?

It's going to take away from it completely, making it harder for you to go after what it is that you want to obtain.

Mindset is everything and your mindset, whether you like it or not, is going to be influenced by those who are around you.

So take care to tend to this and make sure that you aren't around those who are only taking you away from where you want to be.

So there you have some of the key points to know and remember about your mindset. It's far too easy to let mindset get overlooked as you go about your busy day to day life.

While you may be in fine emotional health now, remember that if you aren't paying attention to where you're at and making sure that you are making changes for the better, you may not be okay with where you're at into the future.

Just as your physical health will deteriorate if you aren't constantly looking over it, your mindset will as well.

Just as you exercise to improve your physical fitness, you should also exercise to improve your mental health as well. This comes in the form of strong social support, reading and enrichment, goal setting, learning new things, and maintaining a positive frame of mind.



Think of these as the vitamins for a youthful brain and the ingredients for long-term life success.

Now let's move forward and talk about how financial fitness comes into play.

## *An Introduction To Financial Fitness*

If you're like most people out there, obtaining some degree of financial wealth or freedom ranks very high on your priority list.

While you may not be someone who cares about becoming filthy rich as for you materialistic objects just don't really have the appeal to you that things that money can't buy do, there's no doubt that anyone who has experienced financially hard times knows that not having to worry about money is a very good thing.

As soon as money stress enters the picture in your life, it quickly becomes an all-encompassing thing that will overtake your well-being in all elements.

Money problems is also one of the top things that can tear couples apart and your significant other is one of the closest ties and relationships you have. So if money tears you two apart, you are now losing that social connection we spoke about earlier as well.

You need to take steps to get on top of your finances.

Now, some of you may be thinking—but what if you aren't well-paid at your job and it's just not possible for you to become **rich**?

Remember, rich is a relative term.

Rich doesn't mean having the money to buy fancy cars or a big mansion—or even take expensive vacations each year. The real definition of being rich is not having to be controlled by money any more.

When you can reach a point in your life when money is working for you—that is financial freedom and is what you should really be striving for. Those who obtain this will quickly realize that the happiness it grants them is far more than any happiness they will get from their \$100,000 car.

Freedom—not having to be controlled by money—is priceless.





Most people can obtain this if they work hard enough and are wise with how they manage their money.

One of the top secrets of those who are very wealthy is learning to live below their means. They practice being frugal—at least to some degree—and this keeps them free from money worries.

Let's give you a brief quiz to start to assess where you currently are so that you can determine if you need to make changes ahead.

**1. When you get your paycheck you:**

- a. Run off to go shopping, getting into deeper credit card debt
- b. Pay off some bills, but make sure you have some spending money as well
- c. Pay off all your bills, which eats up your entire paycheck
- d. Pay yourself first in the form of an investment, then pay off your bills, then spend money on things you need if there is money to spare.

**2. When you think of money you feel:**

- a. Anxious
- b. Scared
- c. Calm
- d. No emotion

**3. The things you value most in life are:**

- a. Cars, houses, materialistic objects
- b. Fancy vacations, dinners out, expensive experiences
- c. Time spent with others, experiences shared with those you love
- d. Self-growth and development

**4. If you were asked about your current retirement planning, you would say:**

- a. You are still working on getting out of debt, never mind retiring
- b. You have a loose idea in your mind of how much you need, but have not yet started saving
- c. You are putting away with your company's retirement planning (or a self-directed vehicle of your own)
- d. You have a full retirement plan all laid out and have already started taking action to realize those goals

**5. If you see something you want to buy you:**

- a. Buy it on credit – you only live once
- b. Buy it if you have the money to do so
- c. Think about it for a few hours and then buy it if you still want it
- d. Only buy it if you need it

So now that you've answered these questions, assess how you've done. Were you mostly A's, B's, C's, or D's?

If you were A's, you have some money issues that you need to work out. You may even want to invest in seeing a financial planner to help you put your best foot forward and make sure you are changing some of the poor financial habits you currently have.

If you were B's, you're not in quite as dire need of a tune-up, but you aren't on the way to financial freedom or even success for that matter.

If you were C's, you're positioned fairly well and will likely not have to be stressing about money too much, but you could still use some improvement.

If you were D's, you are in control over your finances and using a future investing mindset. You are on track to financial freedom and never being controlled by money again.

Money management can be a tricky thing because so many people have strong emotions that are connected to money. Therefore, making changes to how they manage their money doesn't just impact their financial life, but their emotional one as well.

For instance, let's say as a child growing up your parents were always trying to save money and would never let you buy what you wanted to buy.

As an adult, if your partner tells you you can't buy something because they are the saving one of the two of you, you may come to resent them for it and even rebel, going to buy whatever it is that you wanted because you won't be told "no" like you were when you were a child.

Uncovering any emotions you have directed towards money will be key in freeing yourself from them or at the very least, reworking them in your mind so that they aren't going to be impacting you nearly as much.

When it comes to money and wealth, proper planning is absolutely key. This is the number one factor that will determine whether or not you see financial success.

If you have a budget in place and have set up some good financial goals for yourself moving into the future regarding retirement, education planning for your children, and any other major purchases you want to buy, then you should be able to get yourself on track and see the savings happening.

But, if you just “fly by the seat of your pants”, spending money when you have it, you are not going to be in for the same future.

What’s worse is that many people who lack the planning and organization with their money are also more likely to be living month to month and this can create a whole load of stress in itself.

Not knowing whether you have enough money to cover next month’s rent or mortgage is potentially one of the most stressful hurdles you could face in your life, so getting ahead and building up a savings reserve for hard times is vital.

In this discussion, hopefully you are spotting some trends amongst finances with fitness.

To achieve a desired body weight—or realize weight loss, one of the top things that you need to get into place is a good diet program. Tracking your calorie intake and making sure that you are managing your intake versus expenditure is vital for your body weight to move in the direction you want it to.

See how that’s similar to financial management?

You need to manage your spending with your earnings in the exact same way.

Therefore, those who are very successful with building up a good level of fitness and losing any excess weight they may be carrying are very often also quite successful with managing their money.

The two tend to go hand in hand so if you are excelling at one, chances are good you will excel at the second.



This is great news for you because it means changes again to one area of your life are going to be that much more likely to lead to positive changes in another area.

The key with being successful in finances and really getting ahead is monitoring very closely what your spending is and making sure that you are spending less than you earn.

If you can do this, you are on track.

One big mistake that some people make however is focusing only on their income side of things. They are constantly looking for ways to earn more income. Find a better paying job—ask for a raise—take up a side hobby that pays well.

But, don't overlook the spending side of the coin as well.

Ask yourself, are you spending money each month that you really don't need to be? Are there magazine subscriptions that you never find yourself reading that you should be cancelling?

Do you really need 139 stations on your TV or could you do fine with a more basic package—or possibly canceling the TV entirely?

Start looking for ways you can trim your budget just like you look for ways you can slash calories from your diet without doing a big overhaul.

If you look closely enough, most people will easily be able to find a way to trim down their budget a couple hundred dollars each month, if not more and if you then put this money into savings, you are getting ahead.

It's critical to know and educate yourself on the power of savings. When you invest your money, you are going to see a very significant and beneficial return on that money **over time**.

This is where people get misguided. They want more pleasure now. So they could put the money into savings but the rewards of doing so won't really show up until 10-30 years from now (depending on how old you are, your rate of return, and your financial goals).

Or, you could spend that money now and realize benefits **now**.

Just like with food, you could indulge in what you shouldn't be eating and get some pleasure in the here and now.

Or you could pass on those unhealthy foods and you will find that you feel that much healthier into the future and your body weight will get to where it should be.

That takes patience however.

Most people lack patience.

When you gain the capability to wait for a reward—to not indulge when you know you shouldn't—that is when you are really going to be heading straightforward to success.

*Patience is not the ability to wait, but the ability to keep a good attitude while waiting.*

So many people never take the time to develop this skill however thus they never break free from their immediate gratification attitudes.

When you can achieve this however, you will find that all your goals whether they are financial or fitness related are going to come that much easier.

You just have to have faith that your actions today will pay off into the future.

Now let's give you some tips and strategies that you can use to help yourself develop the traits that you're looking for in this realm to see success.

## Get A Budget In Place

The very first thing that you should be doing if you hope to achieve financial success is, as we noted above, getting a budget into place.

Just as you track your calorie intake, you also need to track your spending. A budget makes it easy.

With so many different online programs, excel programs, and phone applications available now, there is no reason that you cannot be budgeting quickly and effectively.

For the first month or two, simply track your spending. See where your money is going.

Make sure that you write down when you are spending, where you are spending, and how much you are spending.

This is going to help you better assess exactly where your money is going. If you're like many people out there, you arrive at the end of the month with a near-empty bank account and have no idea where that money went.

If you aren't tracking it, you are going to be in for some trouble ahead. It's the only way to gain control over your finances.

Then once the first month or two is up, you will be reading to actually start forming a budget for yourself.

This is where you should categorize your spending into various places—home costs, groceries, entertainment, personal expenses, and so on. Everyone will be unique in what they spend their money on and which categories work best, but if you can get these general ones covered, you should be set.

Remember that this is not set in stone and should be adjusted as you go within reason. If you notice you have under-budgeted for groceries for instance, increase it up but you may also want to consider cutting back in another area so that you can maintain the original total monthly expenditure that you have set for yourself.



## Trim Your Lifestyle

Next, start looking for those ways to trim your lifestyle. Maybe you could walk some places rather than driving your car everywhere to save on petrol.

Or, perhaps you can cook meals more often in the home with your partner than going out to eat to save costs there.

There are plenty of creative ways to save money if you are looking for them. Most people simply don't seek them out. They just spend, spend, spend and next thing they know, it's month's end and they don't have any money left.

If you can start trimming your lifestyle slowly, you won't feel as deprived and will be able to adjust and adapt to your new lower cost lifestyle and then make further cuts from there.

Don't go from spending \$4000 per month to spending \$1400 per month or you will just feel miserable, deprived, and likely unhappy, deciding to forgo this "savings" plan entirely.

Be realistic with yourself and cut back over time. Just like with fitness and dieting, small changes over time are what you are after here.

## Pay Bills Automatically

Another must-do for success is to focus on paying your bills automatically whenever you can. This helps you not only save time (which almost **all** of us could use more of!), but it'll also help you reduce the chance that you have to pay high interest costs if your bills aren't paid on time.

No one wants to be paying interest, so by making sure that you are paying those bills when they are due, you are going to ensure that you aren't paying any more than you owe.

I would also highly, highly recommend that you pay off whatever bills you currently have with outstanding balances that are getting the highest overall interest rate.

This is vital to getting ahead. If you are paying high interest costs, it is going to be increasingly challenging to get out of debt as you had hoped you would.

## Focus On Non Or Low Cost Activities

Next, start placing more of your focus on any low cost activities that you can be doing be it reading a book, playing a board game with your significant other, going for walk after dinner, or otherwise.

If you're used to spending a lot of money on a regular basis, this could be hard at first and you may struggle to find ideas to do.

But as time goes on and you get used to thinking of lower cost activities, you'll find that you can enjoy these just as much as you did when you were spending high amounts of money for other activities you may have been doing.

Find something you're passionate about and can lose yourself doing that which doesn't have a high cost and you'll find saving money far easier.

## Get Educated On Investments

Investing is something that some people simply don't do because they either think they don't have the money to do it or because they just don't understand it.

But, it pays to learn.

Almost everyone has the ability to start investing as long as they can cut their budget by \$50-100 each month. While it may seem like this won't make a difference at all and saving \$50 is more or less just a waste of your time, you must get out of this thinking pattern.

Saving that small amount is going to add up over time with the power of compounding interest and could amount to quite some value years down the road.

Of course saving more is always better, but you have to start somewhere. If that's all you can save, so be it. It's the act of starting to save that's most important here as it gets you into the mindset you need to be in where you are more concerned with your finances and making sure you are looking after this area of your life.

Book a session with a financial advisor or read some books that deal with saving strategies. Whatever the case, just start investing in your future. The earlier you begin doing this, the better as with compounding interest, the longer the money sits, the better you will do.

## Downgrade Your Lifestyle

Finally, the last thing that you should be focusing on is downgrading your lifestyle.

Earlier we talked about trimming back on your budget which is very similar to this only this is actually making whole lifestyle changes.

For instance, many people are stuck in the trap of "having to keep up with the neighbors". If your neighbor or a close friend buys a new big screen TV, next thing you know, you're TV shopping even though you didn't even think about it before they bought theirs.

If you are constantly trying to one-up other people, then you are never going to get ahead financially.

Similarly, another related problem that many people have is that as soon as they start earning more, they simply increase their spending to match. They get a raise and next thing they know they're purchasing a new car that has a monthly payment— to match their raise.

If you do this, you're no better off. Sure, you may enjoy that new prized possession for a while, but chances are in time that lustre will wear off and now you have a new bill you need to support each month.



If you start making more, this is your signal to start saving more. If you do this, you will get ahead over time.

Remember, the more money you save now, the sooner you can retire and have your money work for you. The ultimate goal— financial freedom—comes from when you reach a point where your investments are actually able to replace your salary and now your living costs are covered.

**The two ways to make this happen are to:**

- ▶ Increase your investment cash flow
- ▶ Decrease your living costs

Increasing your investment cash flow is going to be the longest and hardest route since it does involve making more money, saving that money in your investments and ensuring that money is producing over time.

Alternatively, managing your lifestyle and spending so it is as low as it can comfortably be, means you have to realize a lower level of investment growth in order to get yourself financially free.

When you reach that point where you can become financially free, the feeling will be like no other. You may still choose to work, but the point is, that it's a **choice**.

You are no longer bound to a particular job along with a particular set of work hours. You are now the master of your time and destiny.

For almost all people out there, this is going to lead to a much more satisfying and happy life than all the priced materialistic possessions in the world would.

So there you have your guide to mastering your financial world.

It's something that you do want to take very seriously because your finances will influence your emotional and physical well-being.

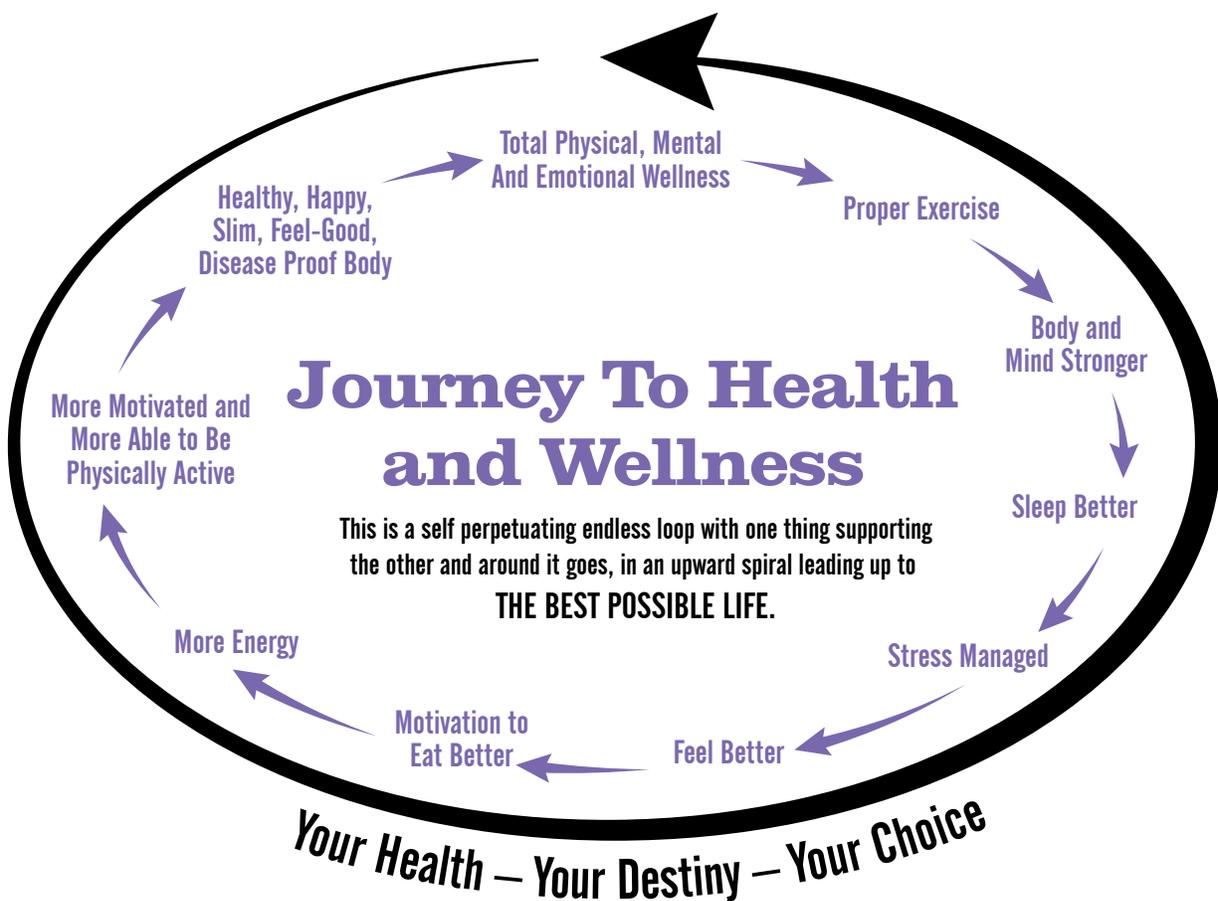
Hopefully you can see now just how integrated all of these are. If you are not physically healthy, this is going to impair your ability to work as hard as you could, bringing in enough financial revenue to reach your goals.

If you are not emotionally well, this may also impair your performance with your career position and lead to you being fired or downgraded in your current role.

Likewise, if you are emotionally unwell, you may be constantly turning to food for comfort for your feelings—something that is definitely not going to be good for your body weight.

If you are not financially in a good place, you may not be able to afford the foods that you should be eating in order to support optimal health and well-being.

Everything impacts each other, so you must make sure that you are always assessing all areas of your life to see where improvements may need to be made.





Then when you start making those improvements and changes, you should begin to notice improvements and changes in other elements as well.

Finally, let's finish off with the last characteristic and trait that needs to get discussed if you are going to see the most success possible — self-esteem and confidence.

## *An Introduction To Self-Esteem & Confidence*

**WHILE** the other elements in this book that we've talked about so far are ones that most people know about quite readily and are already working towards in some capacity, another element that goes overlooked a little too often and one that successful individuals have in abundance is self-esteem and confidence.

Your own self-beliefs in your self—what you think and tell yourself on a day to day basis, is going to have a very strong influence on how you perform, how you function, and how you live.

Those who are successful have very high levels of self-esteem and confidence that they never find themselves doubting where they are and where they want to be going.

They simply set goals and go after them because they believe they can do it and have the resources that will ensure they do.

If you are significantly lacking in this self-belief however, how do you think this will influence your behavior patterns?

Will you put into action what you should be doing or will you just continue to sit on the sidelines because you just don't think you have "what it takes"?

Self-esteem and confidence is something that often develops over time and can be hit hard in just an instant. All it takes for some people is one negative comment from someone that really means something to them or who they respect or one failed attempt for them to get into a spiral downward.

Let's assess this area of your well-being by giving you a brief quiz first to see where you currently stand.

1. **You often find yourself dreaming about things you'd like to do:**
  - a. Never
  - b. Maybe a few times a year
  - c. Weekly you are thinking about something you want to achieve in the future
  - d. Daily—you make your dreams become a reality

2. **If you were to state the reason for your last failed attempt at anything you tried to do, it would be because:**
  - a. You simply were not good enough
  - b. You lack the resources to make it happen
  - c. The situation was not right
  - d. You were not as prepared as you should have been
  
3. **When you are at a party where you hardly know anyone, you tend to:**
  - a. Stay by the sidelines and pray it ends soon
  - b. Stay in your circle of the 1-2 people you do know
  - c. Mingle with a few other people who your friends introduce you to
  - d. Make your way around the party taking in the opportunity to meet other people
  
4. **When you think about something you would like to obtain, it usually:**
  - a. Is only a dream, you would never be able to make it a reality
  - b. Stays in the back of your mind, but you typically fail to act on it to make it happen
  - c. Is something you try, but often don't achieve and then give up
  - d. Becomes your new reality. You go after what you want

Now it's time to assess how you did. When you answered these questions, did you receive mostly A's, B's, C's, or D's?

If you were in the A or B categories, you have some work to do on your self-esteem and confidence. You don't believe in yourself and often your lack of self-confidence is what prevents you from even trying in the first place.

As the saying goes, *"You miss all the shots you don't take,"* so if you aren't even going up to bat, there is no possible way that you will hit a home run.

If your answers were in the C and D category, fortunately you are in a better position with your self-confidence and self-esteem and it isn't nearly as limiting for you to see the success you desire.

This doesn't mean you can't use a brush up and to make some improvements however. Improvements can always be made and help you move closer to the goals and desires you have for yourself.

Constant action and self-growth will help you attain higher and higher levels of success and with each goal that you do achieve, you will notice that your self-confidence only grows more and more as well.



So let's give you some self-confidence and self-esteem related tips that will help you move forward in the direction you want to go.

## Surround Yourself With People Who Value You

Perhaps one of the most important things that you will want to make sure you are doing is to surround yourself with those who value you and only build you up.

Never surround yourself with people who tear you down as this is just a fast track to feeling miserable about yourself. If other people are not being supportive of you in your life, you should really be questioning their position in your life.

Do you really want them there to influence your day? Are they at all contributing positively to your well-being?

Remember that you will be influenced by those around you. You might tell yourself you won't and that you are strong enough to look past their judgements and not let them impact you but 99% of people will still be impacted by negative comments or attitude in one way or another.

So start making more effort to spend time around those who will boost your self-esteem.

## Set Small Goals To Start

Next, it's also vital that you set some small goals to start with. This means don't try and go up a mountain on your first go. Try a hill first and build up from there.

If you can set a small goal that you want to achieve—perhaps just a segment of the larger goal that has been intimidating you for as long as you can remember, when you do achieve that goal, you are going to feel great about yourself.



Then you can use this confidence to help boost the chances that you move forward to realize success on the next goal that you set. Slowly, over time, you will build the confidence that you need to tackle that larger goal that you had your original sights set on.

## Make A List Of Your Strengths

Next, it's time to make a list of your strengths. This is going to help you see why you should value yourself and keep your self-esteem higher.

What is it that you have to be proud of? What do you do better than other people?

While it may feel kind of funny thinking about this and then writing it down—almost like you are bragging—this is precisely the feeling that you want.

Most people don't ever take the time to acknowledge what they do well because they are too focused on what they don't do well.

If that's all you focus on however, it's going to mean a hit to your self-esteem and soon you are going to be likely to think that you don't do **anything well**.

Keep your strengths in mind at all times and choose activities that build upon those strengths as well. When you are having a bad day, also remind yourself about these strengths so that you can give yourself a bit of a boost.

## Make A List Of Your Weaknesses

In addition to making your list of strengths, you should also make a list of your weaknesses. This may seem counterproductive since I just told you that you should focus on building yourself up, but also focus on areas of improvement as well.

By making yourself more aware of what it is that you feel you lack, you can then put a game plan in place to help yourself achieve more success in this area.

Nothing will feel better than making improvements to yourself in these areas as well due to the fact that it is what is eating away at your self-confidence the most.

While pointing out what you are good at is great for self-esteem boosting, it won't have nearly the same effect as you making an improvement on something you felt you couldn't do and now seeing that you in fact can.

That is the fastest route to experiencing higher self-esteem and it's going to start by being open enough with yourself to identify what areas you do need work in and then taking steps to put in the work to improve upon yourself.

## Seek Helpful Resources As Needed

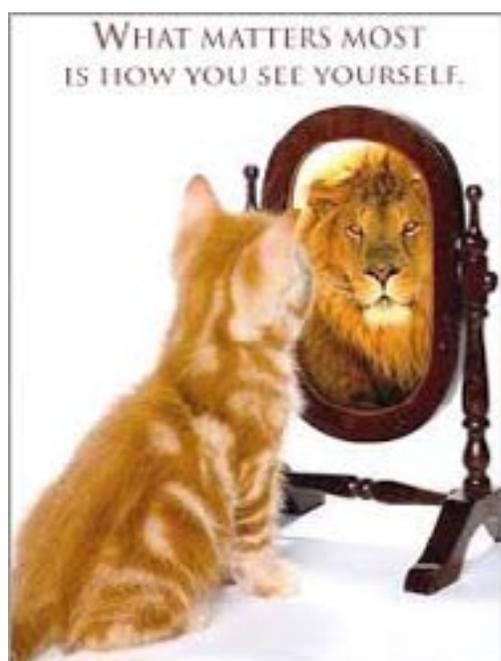
Finally, also remember to seek out help when you need it. There are resources out there for everything so whatever it is that you feel like you are lacking the ability to do in your life, take steps to gain the ability to move forward.

Whether this is seeing a counsellor, taking a course, reading a self-help book, talking to someone who can do what you want to do well—find the help you need and then put it into place.

Some people are just too afraid to ask for help and admit that they need it, so they stay in the exact same position.

You do not want to stay stuck like this any longer. Get the help and assistance you need and you will stand a much better chance of realizing the goals that you have.

Everyone needs help with something.



Always keep this in mind. You should never feel bad for getting the assistance you need to become a better version of you.

So there you have all the information you need to know with regards to the main core traits that successful people possess.

If you can master these in your life, you will become better in all areas and notice vast improvements on how you feel and function on a day to day basis.

As you see one improving, it's also very likely you will notice the others do as well, so there is going to be an amplified beneficial effect when you do decide to take action and make your new reality better than it was before.

Now let's move forward and talk about what will happen when one element is misaligned and what you should be doing if that is to occur.

## *When One Element Is Misaligned*

**LIKEWISE** if someone is up against an intense period at work and they are finding their job is currently threatened—which will then lead to a major financial crisis if they do become out of work, chances are high they are not going to be putting in as much love and care to their marriage.

In fact, it might be the opposite.

If they are highly frustrated at work, they may come home only to take it out on their loved one, becoming very upset because of something that happened at work—not in the home.

So then their emotional needs are going to suffer all because of the financial crisis they see themselves potentially being in.

So on one hand, as you make improvements in one area of your life, you should see improvements across the board in all other areas.

This is a very good thing.

But likewise, as you see problems in one area, that can very quickly lead to problems in other areas as well if you aren't careful.

Learning proper coping strategies is going to be your best defence to help prevent this so that you can recover quickly from any set-backs or hard times that are occurring and not let them become completely all-encompassing.

Let's go over some of the main strategies that you should know and remember here.

### **Assess What's Out Of Your Control**

The very first step to learning to keep any problems in the area of your life where the problems lie is to assess what is within your control and what is out of your control.

One of the main reasons that people are impacted by a problem in the first place is because they immediately think it is their fault.

They aren't good enough.

They aren't smart enough.

They aren't organized enough.

Whatever reason you choose to put blame on yourself, you think that the whole reason you are in whatever "mess" you are in is all because of you.

If you take a step back and really reflect on the situation however, you may come to see that this isn't quite the case.

In fact, in many cases, it is something that is happening that is entirely beyond your control.

Until you are able to come to realize this, you are going to continue to feel disappointed and upset about the situation you are in and the more likely it is that whatever problem you are facing, it spreads into other areas of your life as well.

When you are able to effectively realize that it is not you that is causing the problem and that it is not because you are not good enough or some other reason, this can help you take back some power.

Now, you don't feel so negative about yourself. Clearly if you feel horrible about yourself, it is instantly going to be a mood downer. Your confidence will take a hit and this will then transfer over to **all** areas of your life.

Remember, your self-views of yourself are not just limited to one area only.

Everything impacts everything else. If you are at the pinnacle of your career and making progress like never before, chances are good this may improve your self-confidence level so much you begin getting dates with other people that you wouldn't have ever even approached before (if you aren't married, of course).

The point is that if you allow whatever problem is occurring to mean you take a hit on your own self-esteem, you can be almost guaranteed it's going to impact other areas of your life as well.

If you instead chalk it up to some external circumstance, something that you had no control over anyway, it will have absolutely no influence on your self-esteem.

The end result?

All other areas of your life stay as they are. Sure, you still have to deal with whatever problem is occurring in that one area, but that's where it stays.

You personally are not being impacted and thus you can leave that problem where it is.

Of course if you assess the problem and it is your fault, then that's another story and you will then have to take steps to deal with it and try your best not to let it hit your self-esteem, but in many cases, it isn't your fault so this is the first step to take.

Step back.

Assess the situation.

Go from there.

## Learn To Take A “Breather” When Needed

Next, you also need to start learning to take a breather when necessary. How often has it happened that something major went down and you came straight home to let the storm hit?

Or, you checked your bank statement, became quickly upset, and then the rest of your day just went downhill from there?

Many people have a strong tendency to let whatever experience they are having impact every single element that's taking place in their day because they haven't learned how to take a breather to get themselves back focused again.

For instance, next time something is happening that's going to impact you and you feel overwhelmed and like it's going to be more negativity is on the way, step back from the situation.

Take a walk.

Clear your head.

Just do something to regain focus and reason again.

When we are highly emotional, we are not thinking clearly at all and almost anything you do or say during this time isn't going to be completely what you had wanted.

This is also a perfect example of how exercise can come into the equation.

If you feel like your emotions are running high and you can't even think straight, hit the gym for an intense workout.



You will almost always feel 100% better when you come out and chances are some of those problems you were experiencing, whatever they happened to be, will be in part resolved as you will have thought about an action plan to overcome them.

Fitness is a great way to ease stress that's happening in any area of your life, so start using it to your advantage.

## Start Using Positive Affirmations

Next, it's also a wise idea to start making good use of positive affirmations. These are basically going to be statements that remind you that you are in control, that whatever you are facing is not entirely your fault, and that you will come out ahead as long as you stay focused.

Positive affirmations can be thought about and developed ahead of time so they are ready to go and you simply just recite them to yourself, or they can be developed on the go as you come to face whatever problem it is that is starting to influence your overall well-being.

However you slice it, affirmations have more power than most people realize.

When most people think of self-talk, they tend to think of it as being rather silly—something that they really don't need to do.

As long as they know what they are saying, that should be good enough, right?

Wrong. It's vital that you realize that just knowing is not enough.



You need to fully believe it and saying it to yourself out loud helps you do just that.

So next time you feel like you are getting out of control and emotions are running high, take five minutes and recite 5-10 lines to yourself that will pump you back up and get you feeling confident again.

Remind yourself that you hold the power here and that you will determine how you are being influenced by the events taking place.

## Write Down A Game Plan To Overcome The Problem

Finally, the last step to help you avoid letting one area of your life influence others and completely derail you off track altogether is to come up with a game plan to overcome the problem.

“  
**EVERY  
GAME HAS  
A WINNER  
EVERY  
WINNER  
HAS A  
GAMEPLAN!**  
”

With this, don't just think it through. Thinking it through is not enough here.

To really realize true success, you will want to actually write down your plan of action on paper.

List a number of steps that you can take to move ahead in the direction you want to go and try and think about any hurdles that may stand in your way as you execute these steps as well.

In doing so, not only will you have your game plan in place, which is obviously very critical for getting past any problems you're experiencing, but in addition to that, you are also going to be sure that you are thinking about any set-backs before they may potentially occur. This is going to be very beneficial because it allows you to come up with back-up plans to evoke should another problem head your way.

Perhaps the biggest thing that this exercise does is that it will give you the confidence that you have what it takes to get past your hurdle.

Rather than focusing your attention on all that's going wrong and beating yourself up over it, doing these steps will help you focus on a solution.

A mind that's focused on a solution is one that's headed towards success.

A mind that's focused on your mistakes and short comings is one that will stay fixated on these areas.

Using this exercise will help you quickly get past this trap and onto a more successful future.

So there you have some of the key points to know about how one area will influence the others.

Whether it's your financial well-being, your emotional well-being, your physical well-being, or your self-esteem, which impacts all of these areas, make no mistake about it, they all are going to interact with each other.



You must stay very protective of each of these as time goes on. If you sense one is about to struggle, safeguard the others in your mind.

Do everything you can do to help preserve your well-being in the other areas.

This is much easier said than done, but if you put the right action steps into place, you can come out ahead.

Now let's move on and take a look at 10 of the key lessons that you should learn about wealthy individuals so that you can adopt some of these practices to your own lifestyle approach.

## *10 Lessons From The Wealthy & Successful*

**BY** taking a closer examination of some of the wealthiest and most successful people that walk this earth, we can gain insight into what they may be doing differently than the rest of us.

By taking the time to learn this, we can then implement similar strategies that may get us on the same path to success that they are following.

This isn't to say that you have to apply each and every single one of the steps that we are about to discuss, but it would be in your best interests to try and utilize at least a few of them so that you can quickly discover just how powerful they can be.

Here's where to start.

### **They View Money As Freedom Not In Materialistic Terms**

The very first thing to note about wealthy individuals is that their sole aim is not to become rich to become rich.

For them, it isn't about buying the latest and greatest car, house, or anything else for that matter.

This is because they don't view money in terms of its power to buy materialistic possessions or experiences.

Rather, they simply view money as a track to freedom. For this reason, it is easier for them to get ahead by conserving their spending because they have this ultimate goal in mind—financial freedom.

They aren't leading extravagant lifestyles that take a high amount of time and energy to maintain.

Instead, they live lower key lifestyles that will enable them to keep saving until they no longer have to trade time for money.

When that happens, that's when you're truly become wealthy because you are free.

Most people are simply caught up in the race to accumulate as much “stuff” as possible that they overlook the fact that none of this is going to make them happy.

Wealthy people realize this.

Sure, they may have bought a fancy car in the past or spend money frivolously but after doing so, they have come to the stark realization that it did not bring them the happiness they sought.

If anything, it left them more miserable as they realized that there was this big discrepancy in what they thought would make them happy and what it really did when they had obtained it.



This let down can be devastating to many, but if you learn the lesson from it, it can be one of the best ways to get on a fast-track to a wealthy lifestyle.

When you learn what really matters most in your life and what really provides you the ultimate happiness, nine times out of time, it's not something money can buy.

Once you realize this, saving gets far easier and putting more time and resources towards health and emotional well-being also becomes a top priority.

## They Regularly Set Goals

The next thing that it's important to note is that wealthy people are some of the best goal setters around.

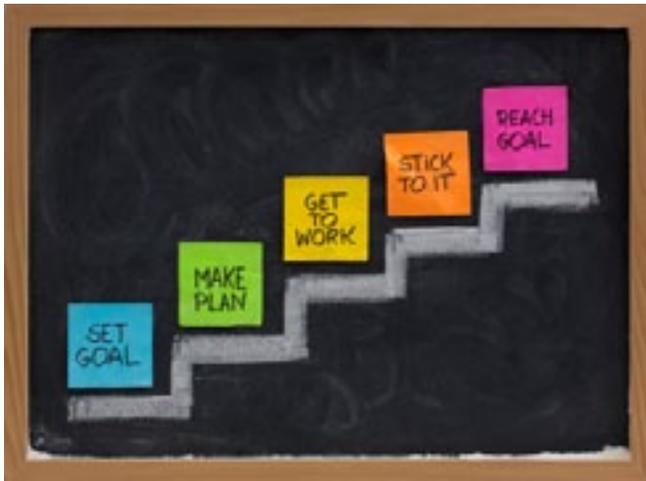
They are constantly setting and striving to reach new goals for themselves, never happy with just maintaining the status quo.

If you are complacent with your life—you just let it happen to you, what will happen will happen and you have little impact on that, you are going to be in for little success.

You need to stand up and take responsibility for life.

Change only occurs if you create it.

Setting goals is what kick-starts the change process to occur.



So if there is any one element in your life that you aren't completely fulfilled with, it's time to set a goal to change that.

Wealthy and successful people realize that time waits for no one. They could sit around and wait for their circumstance to be better like so many other people do but they have already learned the hard lesson that there will always be a circumstance.

If you wait for everything to be perfect before taking action, you will be waiting forever.

Wealthy people realize this and take action whenever they feel the need to, good circumstances or not.

They set goals and they attack. There is no hesitation involved.

In many cases, hesitating—having feelings of not believing in yourself that you can make your dreams come true is the biggest thing preventing your success.

If you don't banish these feelings immediately, you can rest assured they will stick with you for life.

Push through any self-doubt. Wealthy people realize they have more power and strength than it may feel like they do. They let this belief guide them.

It's time you did the same as well.

## They Avoid Comparisons

Another very important thing to know that those who are wealthy in all areas of their life do that you should be doing as well is avoiding any and all comparisons with others.

We already briefly touched on that earlier on in this book, but it needs to be said here again.

If you are constantly comparing yourself with other people, you are only setting yourself up to fail.

We spoke earlier about how important it is that you sustain as high of a level of self-esteem as possible and these comparisons will not be helpful. Very rarely will they ever do anything beneficial for you.

Look at it this way, there will **always** be someone who is richer, who is in better shape, who has a fancier house, who is prettier or more handsome, and on and on it goes.

### **Always.**

So if you are only going to be happy with being the best, what does this tell you about where you are headed? It tells you that you will never be happy.

Those who are truly wealthy know that wealth comes from within. It comes from the accomplishments that they make in life and the memories that they form—not the materialistic objects that they collect or the admiration of others that they gain.

Sure, those things can be nice, but at the end of the day, they are not what will make you truly happiest and once you realize this, you take back some of the power.

If you are in the habit of making constant comparisons with others, you will always feel not good enough.

At first, you might compare yourself to one person, thinking of them as “ideal”.

But then you reach their stage. You’ve worked hard and now you’re at that ideal place. Only, you aren’t happy. You were happy and it lasted all of a few days and now you’ve found someone who is more “ideal”.

So on you press, trying to obtain that level.

This will never stop until you make it. While there is nothing wrong with always striving to be better and experiencing growth, it is **personal** growth you are after here.

The only person you should be comparing yourself to is yourself.

If you do that, you will feel more accomplished and will see greater success along the way because you won’t get as discouraged along the process.

Discouragement is the result of comparing yourself to another standard that is not yourself and feeling like it is simply unattainable.

If instead you compare yourself to who you were yesterday, you will see that success is far more attainable.

Are you more emotionally healthy than yesterday?

Did you save more today than you did yesterday?

Did you eat a little better today than you did yesterday?

These are questions to ask yourself. If you can focus on simply making tomorrow better than today, eventually you will achieve greatness.

You will also come to realize that greatness is not an end place, it's a process. A process of always striving to become a better you.

Wealthy people have learned this early on and as such, the only race they are in is a race with themselves.

## They Take Action Not Hope For Luck

This is another very important trait that you must make sure you fully understand and immediately put into place in your life.

That trait?

Taking **action**.

Perhaps of all the things that will keep you maintaining the status quo, this is the largest of them all.

Failing to take action is the one thing that will guarantee that you stay exactly where you are.

Those who are not wealthy in life—in all areas—financial, health, personal, and so on are those who simply wait for someone else to help them or wait for luck to find them.

Breaking news.

No one is coming to help you. Very rarely will someone just march right up to your door and provide the happiness you desire. It's like wishing to be married but staying inside your house and never going out at night.

Unless prince charming just happens to ring your door bell, marriage is not going to happen for you.

Likewise with luck.

Those who aren't wealthy figure that those who are just had luck on their side. Since they don't, it's just not in the cards for them.

What wealthy people realize however is that they create their own luck through action. They don't wait for circumstances to be right or for some "sign" to show them it's time.

They do it. Here and now.

There is no time for delay because a day where action is not taken is yet another day wasted being unhappy.

Successful and wealthy people make taking action a habit. If they set a goal to do something, they are putting an action plan into place.

They don't read about it for months and then think about whether they can really do it.

No—they get the job done. If they fail, well at least they tried. Now they can learn from their lesson and try again.

If you never try in the first place, not only will you not see success, but you will fail to learn any lessons in the process.

That goal—whatever it is that you desire will simply remain a mystery.

Always remember that the initial stages of taking action are going to prove to be the hardest. You simply need to get the ball rolling. Once you do, it'll be uphill from there and continuing on with your action taking habits will be much easier.

If it helps, one thing to remind yourself when you find you are slipping back into your non-action taking mode is to think about what the cost is of **not taking action**.

If you don't take action, then what?

If you don't start that diet and just keep gaining weight, what impact is this going to have? What negative consequences will you face?

Will you suffer from heart disease or even a full blown heart attack? Will diabetes set in? Will you have trouble maintaining an exercise program because your body is simply carrying too much extra weight?

Most people make the mistake of only focusing on the pain that taking action could cause—the feeling of discomfort they will feel as they get launched out of their comfort zone.

But, what about the pain of not taking action?



That's rarely even considered, but it should be.

If you ask yourself this question and answer honestly, you might just come to see the cold hard fact that not taking action is even more painful than any discomfort you may feel by getting the job done.

So keep this in mind next time you're tempted to just sit on the side-line and wait. Wait for who knows how long...

## They Understand The 80/20% Rule – And Take Action Against It

One of the most important rules that applies to almost everything you do in life is the 80/20% rule. If you want to realize success any time in your future, it pays to understand this concept well.

So what is the 80/20% rule? And how does it apply to you?

This rule basically states that 20% of what you do is going to account for 80% of the results that you see.

Basically, out of all the daily things that you do, only a fraction of those are actually going to matter in the big picture of where you stand.

To become truly wealthy, you need to find a way to focus in on those 20% items and make them what you devote your time to.

Stop and think for a second about your typical day.

What do you do?

Do you wake up in the morning, grab a cup of coffee and sit around on Facebook for the first 20 minutes. Eventually going to take your shower where you spend an extra 10 minutes than needed under the hot water.

Finally you arrive at work and the real “work” begins—20 minutes out of every hour you find yourself distracted by some online website or other social media site making you far less productive than what you should be.

While there’s no harm in saying that we all deserve a mental break from time to time, if you’re non-helpful actions are starting to overcrowd the helpful ones in your life, success is not going to be in your cards.

The really wealthy and successful people out there have learned that if they can bump up those 20% actions to even just 30 or 40%, they are also going to have twice as much free time to do whatever their heart pleases.

Why?

Because they are simply that much more productive and accomplish that much more.

For instance, let’s say that you have 5 hours of work to do. You can either spread this out over the course of 8 hours, working slower than you should because you’re distracting yourself with online websites.

Or, you can get to it, focusing in intensely and maybe even finishing those five hours in four hours because you worked so hard.

Now you have an additional 3-4 hours to do whatever you want—and you will have still achieved just as much.

This is the path to freedom.

Likewise with an exercise program, you could spend a full 60 minutes in the gym, toying around with some exercises that may be fun to do, but don't yield much in terms of results. You can work at a moderate intensity, not really pushing too hard but since you are putting in the full 60 minutes, you will still see results.

Or, you can push harder. You can raise the intensity. You can focus in on only those exercises that truly matter—and do an extra set of **those exercises**.

Now you're in the gym for 20 minutes and are seeing even better results than you saw putting in 60 minutes.

This scenario is entirely possible and it is because of the 80/20% rule.

Learn this rule and use it in your favor. It will serve you well time and time again.

## They Focus On Earning Rather Than Saving

The next page you can take out of a wealthier individual's book is to place more focus on earning rather than saving.

This too can be applied across all areas of your life.

For instance, rather than focusing on losing weight and doing damage control, focus on enhancing your health and improving your body composition no matter where you currently stand.

Now clearly if you are already overweight, it may be too late to focus on enhancement—you have weight to lose and there's no getting around this.

But for the future, remember to focus on improving rather than taking reactive actions.

If you focus on saving, you are reacting to the threat of having no money. If you focus on earning, you will never be in a place where you have no money as your earning potential will constantly be increasing.

While this isn't to say saving and taking reactive actions isn't important, but you should always be focusing on better and expanding rather than simply preserving.

## They Learn To Thrive On Risks

Another lesson to learn that it's time for you to learn is that wealthy people tend to thrive when taking risks. While the average person feels most safe in their comfort zone—doing the familiar day in and day out, those who are most successful are those who are willing to take a risk.

They understand that the greatest things in life aren't certain or guaranteed, but they are also the things that tend to bring the most joy and happiness if you go after them.

Very rarely do average people really put themselves out on the line. Rarely do they stand failure in the face and step up to the plate, even when they know their chances of success are very low.

Successful people do.

And they fail too.

But they realize that if they learn from those failures, that failure has now just become a success because it has helped them become wiser and stronger for the future.

If you can't remember the last time you stepped out of your comfort zone to try something new, now is the time. Do something that pushes your barriers and you will not regret it.

The more often you do this, the easier it will get to do each time as well.

## They Ask For Support

Next up, wealthier individuals will also ask for support when they need it. They do not try and do something alone if they know they can get help from someone who has been there, done that—exactly as they want to do.

They understand the great importance of building a support network of people. If not for guidance on something they are trying to accomplish, then instead for support during those hard times.



Successful and wealthy people do not let their ego get in the way of good rationale. They don't choose to forgo assistance simply because they are too stubborn.

They accept help and knowing so isn't a sign of weakness, but rather a sign of strength in building deeper interpersonal relationships.

Being vulnerable to others does not make you weak. Many people simply feel it does however and as such, don't ever reach the heights they could if they had the support of others by their side.

Remember, the more you can learn from others—their mistakes and failures, the less chances you have of making those same failures yourself.

## They Don't Try And Re-Invent The Wheel

The next lesson to learn from those who are very successful is the fact that they do not try and re-invent the wheel.

They realize that if someone has developed a method and manner of doing something that is clearly working and producing great results, there is no need to change that.

Simply follow suit.

Successful people are not afraid to do what works for fear that others will think they copied someone else. While they are creative in their own right and definitely enjoy adding their own twist and take on things, they aren't going to start from a blank page when there is a clearly successful method in place already.

If you try and re-invent the wheel, you are basically neglecting what others have already found to be true and to work effectively. This can save much time and pain over the long haul.

## They Take Pleasure In Simple Things And Enjoy The Journey

Finally, the last difference to know about successful people versus those who tend to be less so is that successful individuals have learned to take pleasure in the more simple things in life. They do not need elaborate activities or costly toys to make them feel happy.

They have learned that the most happiness can come for free. This could include spending time with your children or grandchildren, going for a long walk with a loved one in a nearby park, or cooking up a nice dinner to eat in the home.

By learning to live more like this and not like those who are constantly seeking outside entertainment that comes with a very high price tag, they are better able to help keep their living costs low, which then helps them get ahead.

It helps them become financially free faster so that they can then put more time and effort towards other things such as investing in their fitness program or developing close and intimate relationships that will help boost their emotional well-being.

Successful individuals realize that nothing in life will give them the happiness like being able to determine what they do with their own time will.

They work hard to achieve this and realize that that is the ultimate goal. Not expensive cars or a fancy house or whatever it is that those with this never ending thirst for possessions hunger for.

They also have come to enjoy the journey. They don't take pain in some of the things that those who aren't as successful do.

While those who can't seem to achieve success hate work and would much rather check out in front of the TV, the successful person is busy reading up on the latest personal development book to improve their work performance.

**And, they enjoy it.**

The most successful people love the process of growth and learning new skills, therefore it comes more naturally to them to do so. While this may not be where you are now, if you start taking more pride in what it is that you are passionate about and start investing more time and effort into those things, you might just be surprised at how much more you begin to enjoy the process as well.

It's all about finding what makes you tick and then focusing on that. When you do, you can start seeing beneficial changes taking place in all areas of your life.

So there you have some of the most vital lessons that you need to learn from those who are in a position of success.

Obtaining great success is not easy but if you keep an open mind and go after your dreams — you too can achieve what you desire.

# Conclusion

SO now you have what you need to know about becoming wealthy and successful. Remember, great wealth isn't just about money.

In fact, it's not about money at all.

It's about becoming the absolute best you can be in all areas—physical health, emotional well-being, financial success, as well as your overall level of self-confidence.

Start putting effort and time into one of these areas and don't be surprised if you start to experience positive benefits in other areas as well.

Do not overlook the transfer benefits you will receive from hard work and effort. It will pay off in the long run and you will see the results you desire if you are willing to take that first step.

Move out of your comfort zone. Identify what it is that you want. Then, take action.



It's a three step approach that is almost guaranteed to produce happiness, well-being, and a constant growth and development process that will only serve to increase your self-esteem higher and higher.

So don't let any more days go by where you are just sitting there happy with the status quo.

Take action. Claim your life. Get to where you want to be.

For more tools and resources that will assist you in attaining your goals and achieving the success you desire in life, please visit:

<http://CarolynHansenFitness.com>