

# The Exponential Laws of Success, Achievement and Happiness<sup>©</sup>

- Habits** Almost everything you do is the result of habit. Habits move you either closer or farther from your goals. Ask yourself everyday, "Are my habits bringing me closer or farther from my goals?" You should know on a daily basis if you are on the right path to achieve your goals.
- Optimism** Optimism makes you fun, cheerful and happy. Optimism is a state of mind that you choose. It is a proven fact that those with high levels of optimism are happier, healthier and more successful. Optimism is learning to bounce back from setbacks and failures. To maintain your optimism, approach events in terms of how to handle them, rather than worrying about what might go wrong.
- Discipline** Self-discipline is doing the things you know you need to do, when you don't feel like doing them, and no one is watching. Self-discipline is the glue between goals and accomplishment. There is a one-to-one relationship between strong self-discipline and high self-esteem.
- Personal Development** One of the greatest motivators in life is personal development and personal growth. Commit yourself to lifelong learning and continual education. This includes listening to tapes, taking educational courses, and reading books. If you are not learning, you are stagnant. Never stop learning. Learn and use something new everyday.
- Procrastination** Successful people have the habit of reaching decisions promptly and the ability to think and act quickly. When a decision has been made, don't think about it, act on it. Indecision is the thief of opportunity. Understand the difference between short-term gratification and long-term results.
- Guidance System** Your guidance system and beliefs about who you are and what you can become determine precisely what you will accomplish in your life. Your foundation is based on your beliefs, thoughts and vision. Learn and understand your guidance system to maintain a true foundation.
- Flexible** You must have defined goals, but be flexible on how to achieve your goals. Evaluate the progress towards your goals. It is OK to adjust your goals. Everything will not go as planned. Stick to your goals, but be flexible with your action plan. Take advantage of change. Don't be the victim of change.

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- Alignment** Your life is not lived in segments. It is part of a great whole. Every aspect of your life will either help or hurt your balance and alignment. To maintain balance you must work on all six areas of your life. When you feel unbalanced it is because you are neglecting one or more of the six areas of life. The six areas of your life are the following: Physical, Intellectual, Spiritual, Social, Financial and Emotional.
- Self-esteem** Self-esteem is how much you like, respect and accept yourself. Some opposites of self-esteem are fear, negativity, and pride. Anything you do that makes you feel more positive about yourself and your future builds your self-esteem. Your self-esteem increases with achievement, personal development, and self-discipline.
- People Skills** Your success in life has a direct relationship with your ability to cooperate and work well with others. If people don't like or trust you, they won't help you become successful. This includes the ability to communicate with colleagues, peers and your family. Use every experience to learn how to work with others and continually learn and practice interpersonal communication skills.
- Time Management** Learn to set priorities within the time constraints that match your goals and values. Don't spend *major* time on things that will not give you *major* results. Time management should be used to free up more time for activities you feel are most important. Time management is not to help you accomplish more things, but to accomplish the right things for the right reasons. The goal of time management is to achieve balance by controlling the events in your life.
- Association** Where and with whom are you spending your time? Evaluate your relationships and realize all relationships have a positive or negative effect on your success and future. Are these relationships pulling you up or bringing you down? Where are you spending your time and does it help your success? These questions are essential to future growth and development.
- Resentment** Many people may resent your success and happiness. They feel they deserve the same success. They have never paid the price and may never pay the price for success. It is easier for them to resent you for your success. They will never realize they could have had the same success if they paid the price. There is no way to resolve this resentment. It is part of life.