

SIX SIMPLE SUCCESS HABITS

Written By Rhonda Hamilton ©2006

Milton Berle said, "I'd rather be a could-be if I cannot be an are; because a could-be is a maybe who is reaching for a star. I'd rather be a has-been than a might-have-been, by far; for a might-have-been has never been, but a has-been was once an are."

What a profound statement that embodies attitude, choice, and a journey towards success. The old cliché, *attitude is everything*, is true with regard to our choices and our success.

So, what is the meaning of *success*? Is it happiness? Prosperity? Balance in life? Overcoming obstacles? What makes a person successful? What makes a successful person? What is it that they do that translates their efforts into "success" – what specific actions do they take?

The meaning of success is clearly different for different people. For some, the definition of success may mean overcoming a specific hurdle in their life. For others, it may mean reaching a particular goal they have set. Even though the definition of success will vary, successful people do leave clues that can help those of us who are trying to find our own "success". Jeff Keller, author of *Attitude is Everything*, says that success is a matter of having a positive attitude and applying motivational principles on a daily basis.

I've always been a big believer in having a positive attitude. I'm certain that my children grew tired of hearing me say things such as, "Happiness is a state of mind." And, "Happiness is a decision you make. It is a choice, something to be practiced."

These statements may seem very idealistic and perhaps, Pollyannaish and naive. Well, maybe so, but there is a lot of truth in those words. Of course, I realize that there are some people who are annoyed by this type of mindset. Hern Albright once said, "A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort." I like that! I really like that! That's a little bit of fun, right?

So, **Success Habit #1: Make up your mind to be happy!** After all, "Happiness is a decision you make. It is a choice, something to be practiced."

Even though the meaning of success will vary, successful people do leave clues that can help those of us who are trying to find our own "success". We can develop powerful success habits, which if carried out, will help us to reach our goals. Most of the success habits involve attitude. We've all heard the expression, "Attitude supersedes aptitude in determining altitude." How true, how true! We have all seen people with less intelligence and ability, excel far beyond others with much more intelligence and natural talent. Why? Because they have the determination, the perseverance, the passion — the positive attitude!

Success Habit #2: Fight Discouragement!

I believe that discouragement is one of the devil's greatest tools. Think about that. What happens when you are discouraged? You give up! You say, "Oh, what's the use..." Your thinking becomes negative and unproductive. You no longer believe in yourself. Your "stinking thinking" limits your ability. Discouragement builds and paralyzes from the brain to every part of you.

Fight Discouragement! Don't let a discouraging situation, circumstance, or event bring you down. Keep on keeping on. When you aren't winning, when you aren't immediately in first place, resolve to become more determined. Remember, the early worm may get the worm, but it's the second mouse that gets the cheese! Don't let the reality of the moment discourage you. Instead use it to find another direction, to plan a different approach. Find a way around it. Continue on the path to the goal, even if you must take a new fork in the road. 97% of our success is not the circumstances that happen to us, but what we choose to DO with those circumstances.

Fight discouragement! Focus on the positive. Make a list of things for which you are thankful. Keep the faith. Believe in yourself. "Where there's a will, there's a way." If you want to change your life, change the way you think.

There are many other powerful habits that can be developed to help us achieve success as we have defined it. These success habits apply, and are basically the same, whether we are talking about personal success or success in leadership. Attitude, people, relationships, action, success - they are all intertwined.

Success Habit #3: Dream. Search your soul! Choose. Believe.

Know who you are and what you want! What are your dreams? What are your priorities in life? Begin with the end in mind and determine where you want to be when it is all said and done. Imagine the future and believe in it. Eleanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams."

What is your purpose? Decide what is most important. There must be congruence in your life between your goals, your values, and your priorities for you to reach your full potential. "No planet, star, or sun could hold you, if you could but know who you are." -Emerson

Success Habit #4: Chart your course.

To reach any destination there are certain things we must know. We must know where we are going, where we are starting from, and directions to go from the starting place to the ending place. Chart your course. Start with where you want to be in the end and work backwards to where you are today. Map your journey, but remember flexibility is essential along the way. As obstacles appear, as roadblocks occur, be ready to redirect your path. Reroute and then stay the course.

Success Habit #5: Write your goals! Big, Scary, Audacious Goals!

Written goals are powerful! Your subconscious mind begins to work on the tasks that you have given thought to, and especially to those that are written. In charting your course, make sure that you have written goals. Big goals! Remember, if your goals are not a little bit scary, you are not pushing yourself out of your comfort zone. You have to step out of your comfort zone and determine to do new, sometimes frightening things to reach new heights and get an improved outcome. "If we keep doing things like we've always done them, we will get what we've always gotten."

Success Habit #6: Get Busy! Be passionate! Take action! Go for it! Give it your all!

It is reported that someone once asked J. Paul Getty, U.S. oil man and one of the richest men in the world in the 1950s, the secret to his success. It is said that he replied with this answer:

" Number 1, Get up early. Number 2, Work hard. Number 3, Strike oil."

Nothing gets done without action. Such a simple statement, yet so many times we seem to sit back and wait for things to happen. Be proactive! Get out there and take action - work towards your intended outcome.

Take responsibility for your actions, for your life. Live passionately!

Rhonda Hamilton is a professional life success speaker and communications skills expert who champions others to live a bigger and better life. She specializes in bigger life principles, business building skills and interpersonal communication skills. She offers motivational keynotes and training for business professionals, associations and organizations who want to leverage their strengths, improve morale, build relationships, improve communication skills, excel in customer service, and ultimately, raise their level of profitability. Rhonda is committed to helping others build a better self and thereby, build a bigger life and a better world. She can be reached through her website, www.RhondaHamilton.com.

Word count: 1181