

23 RITUALS FOR SUCCESS



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23 Rituals for Success

By

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Do you always feel as if you are struggling to feel motivated, or maybe that you are stuck in your daily patterns and behaviors and not able to move forward? People feel that successful people use some kind of charm to help them achieve their immense wealth and success. Well, what they don't understand is that these people are somehow unique in what they do, how they relate with others and how they conduct their daily businesses.

The outcome of great success is often quite loud and a lot of people start talking about it. The actual steps that

have been taken to attain the success are usually more discreet. What has taken place in silence behind the scenes makes the success all the more worthwhile.

It's just a matter of developing a simple routine which they follow each and every single day. These routines become a ritual with time and they "obey" these rituals because they know that it's hard to achieve their dreams without even trying.

The fact is, these people share some kind of rituals which they consistently do. These are the rituals that help them achieve their goals. Well, success doesn't come easily. So, if you are

looking for rituals that lead to success, then keep reading because you have come to the right place.

Be forewarned that these rituals do lead to success but there is one thing that you need before success is even possible. You need to know what it is you want. Not only do you need to know what you want, you must also want it as bad as you want to breathe. You can say you want to be rich and successful or whatever it is you think you want, but if you don't want it with everything you have inside you then you really don't want it as bad as you think.

The 23 Rituals to Success:

1

Wake up early

As the old saying goes the early bird gets the worm. People who are successful know that time is money. Waking up early is the best way to get a head start on your day. You are less likely to get distracted in the morning and morning is the best time to plan your day. Early risers are usually more

productive and proactive. A common trait of successful individuals is that they wake up early and accomplish several daily tasks before they even sit down to breakfast.

2

Exercise

Keeping one's body fit is good for overall health and successful people know that. The only way to achieve immense success is by keeping fit and healthy. This is how you get your energy level up and gets your blood flowing. Most successful people work out in the morning and that gives them the boost of energy that they require to have a productive successful day.

3

Meditate

Start the day calmly and in a mindful state. How you start your day has an impact on your overall effectiveness throughout the day. Forget the hardships you had had the previous day and focus on the day's achievements. Spend a minimum of 10 minutes each day in silence. Use this time to concentrate on nothing other than your breathing.

4

Plan and strategize

The morning is the best time to plan and strategize because you are fresh. Planning out your day, week, and month is a critical tool. Not only is it important for time management. It is also important to know exactly what your goals are and the steps you will need to reach them. You should spend a minimum of 5 minutes each morning planning out your goals and strategies.

5

Goals

It is wonderful that you want to be successful but what is it that you want to be successful at? Begin with the end in mind. It is very important to write down your goals. Goals help you keep focused on what's important and help you to develop more meaningful ideas. Goals to me are actually the most important thing I do. For the best results I write down my weekly, monthly, and yearly goals. I review them two times each week to not only remind myself where I want to be but also see what I have already accomplished. People who write down their goals on a consistent

basis achieve much more in life because they are always moving forward.

6

Vision Board

This board is similar to your long term goals but usually in picture format. It is beneficial to create a space where you post pictures of goals you have (house, car, vacation, etc.). Not only is it inspirational to post picture of your goals but also people, quotes, and places that inspire you. This is something that you should do yearly and put it in a place that you will see it every day. It is a daily reminder of where you want to go and what you want to achieve in life.

Having a constant reminder of what you want to achieve is very important for you to become successful.

7

Identify priorities of the day

Successful people have a habit of planning their day ahead. They are well aware of what needs to be done, how it should be done and when it should be done. This is the time you want to handle your top priority projects or make your plan on how to handle them during the day.

8

Getting rid of unnecessary work and

focus on something meaningful

Are you doing what needs to be done? If you find yourself doing too much work without seeing any meaningful results, it is time to start weeding out the activities that are time wasting. Spinning your wheels with no results is a clear sign that you are focusing your attention in the wrong place.

Focus the mind on positives only

Think Win! Win! Successful people fight off negativity at all costs because they are well aware of how badly they can damage their intended goals meant for success. Negativity does not have one positive outcome. As we already determined, time is money. Wasting time on negative thoughts will never make you money so block them from your life.

Surround yourself with positive people

There is nothing worse than having a fire in your life extinguished by those that surround you. If the people in your life do not support you in a positive way they are dragging you down. It is best to avoid people who are negative and drag you down.

Be willing to take constructive criticism

Believe it or not there is a fine line between constructive criticism and negativity. Constructive criticism will open your eyes to others views and ultimately ways in which to improve. Negativity will only bring you down. A simple way to differentiate is to ask yourself does the person have a point? If what they are saying correct and, not or, but and, if they are correct is this something that can be adjusted and will

you be a better person for it. For successful people, they learn how to process the negativity and let go before they do any damage to their career and achievements.

Do not be afraid to fail

One of my favorite quotes was by Thomas Edison, "I have not failed, I have just found 10,000 ways that do not work". Failure is one of the best lessons you will have in your lifetime. Our country was built on failures, starting with Christopher Columbus who failed to reach his intended target and instead found America. Learning to accept failure and keep moving forward is what makes you successful. Think about this for a minute. How many times have you

failed in your life? You were born failing, but as a baby you did not give up, the proof is that you can, walk, talk, read, and write. This did not happen over night it happened because you failed so many times you eventually learned to succeed.

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Write down the previous day's success/failure

By doing this, it's possible to learn from your achievements and learn from the mistakes. They also help motivate you to work much harder towards your target goals. Many successful people who have had failures and traumas in the past have used these awful experiences to build much stronger foundations and immense growth. This means that traumatic experiences should not put you down but instead, they should motivate you to

become much stronger.

Seek first to understand then to be understood

If you take a running jump into a pool just to find out it has been drained for repairs what will be the outcome? Whether it be in business or in your personal life never just jump in. Be sure that you fully understand what people are feeling and what the situation is. Once you have a grasp on what you feel is correct it is always a good idea to ask to make sure you are clear. Successful people always make sure they have a

solid grasp on the situation before taking any action.

Ask questions and listen

In order to understand you must have the answers. So when you ask questions and really listen and make sure you understand the answers. Many people will argue that listening is one of the most important skills you can acquire. Yes, I say acquire. Many people are poor listeners. This is something you need to work on day in and day out.

Be Proactive

Don't wait for the "right time" to do something. If you really are serious about being successful, take action immediately because that's when the road to progression begins. Even if your action is to understand you are still taking action. Be proactive and remember that victims can never be successful.

Have Integrity

There are so many people that feel that people that succeed do not have integrity. I have heard people say that I do not know how they sleep at night. The truth is that many of these people sleep just fine at night. Integrity as defined by the Random House Dictionary is: the adherence to moral and ethical principles. The concept of integrity is often skewed, because your moral and ethical principles are not always in line with everyone else. I

have often felt it means you are doing the greatest good or least harm for the most people, I like this definition. You have to be aware that many people will not have the same morals and ethics as you. You really have no one to answer to but yourself so be sure you are following your moral and ethical principles. If you lose them you lose integrity and you will see everything around you start to fail.

Fake it til you make it

I do not mean to go buy yourself a Porsche that you clearly cannot afford. What I do mean is that if you want to be successful you act as if you already are. If you want to be the top sales person you tell yourself that you are going to be the number one sales person. You envision yourself as being number one. You keep working hard every day and every time you get a no, just remember you are one step closer to a yes. Keep positive and keep faking it until it

becomes who you really are.

Simplify your life

It is hard to be successful if you are wearing too many hats. You need to realize that the more hats you wear the more responsibility you have. This also goes for things, the more things you have the more upkeep you have to keep them nice. What is the point of buying a something new when what you have now currently meets your needs.

Keep learning

I have heard it said time and time again many people are just one skill away from being successful. You should make it a point to learn something new every day. The day you feel that you have learned all you need to know is the day you have given up on your dreams and goals.

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Do not give up

No matter how hard it seems and how many failures you have do not give up. Go back to the drawing board and regroup. Right down your goals, methods to achieve those goals, and results.

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Practice gratitude and giving back to the Community

It might seem hard to believe but most people who are successful give back to the community by either charity or coaching other people. They admit that it helps them feel more content and happy knowing that they helped change someone's life.

Burn the boats

This does not mean to quit your job and put yourself in a bad situation you cannot dig out of. This is gentler than it sounds. A simple way to do this is to put your goals out for everyone to see. Publicly stating that your goal is to be a successful makes it harder for you to back out and this ultimately gives you more drive to succeed.

Conclusion

It's impossible to make real changes in the world if you don't first change your habits for the better. It does not matter how high your IQ level is or even your qualifications. Success involves overcoming different challenges by properly developing rituals that will help you achieve your dreams.

Also, do not forget that nothing comes easy. That's why every day is a new day and the past should stay in the past. Do not allow your past to force you to make bad choices in your life. The best

strategy is to aim towards the attainment of your goals and to surround yourself with focused people. Follow these simple rituals and you can be sure to achieve success in no time.

The decision to sacrifice your time doing things meant to help you achieve success in life is met with a lot of challenges. However, they should not lower your fighting spirit. Remember that every successful person out there knows that it takes failure, discipline, routine and efforts to be more successful. So, why not try out some rituals and see how far you can go?

If you enjoyed this book I would appreciate if you left a review so others have the chance to enjoy it also. Thank you.