

NINE GUIDES FOR SUCCESS

1

KNOW WHO YOU ARE *Be True to Yourself*

There is no one just like you. Your path to success is uniquely yours. Let go of outdated ideas about yourself that you may have adopted from the past—especially if they keep you from evolving into your best self. Bring meaning to your life through intention and choice.

2

HOLD A CLEAR VISION *Follow Your North Star*

Reflect on what you envision for your life, aligning it with what inspires and feels meaningful to you. The more clarity you have about the kind of life you want and the person you want to be, the easier it will be to stay motivated and take consistent steps toward making your vision a reality.

3

UNDERSTAND YOUR MIND *Unleash Your True Self*

Much of your perceptions and beliefs grew out of your earliest experiences—interactions with your families, culture and the media. Learn to distinguish between the beliefs and ideas that support you and those that limit you.

4

TAKE CONTROL OF YOUR THOUGHTS *Thoughts Become Things*

Thoughts are among the most powerful creative tools you have. Therefore, it's crucial to be aware of negative thoughts before they take root and develop into destructive patterns of behavior. Through awareness, conscious choices and determination, you can redirect your life by releasing disempowering thoughts and cultivating positive ones.

5

CHOOSE WHAT'S ESSENTIAL *Life Is Built on Choices*

Be aware of how you spend your time and energy, as every decision you make influences the direction of your life. We're all born with gifts and talents as well as challenges and limitations. The way we choose to work with these blessings and trials determines our success.

6

BE CONSISTENT *Baby Steps Lead to Big Results*

Consistency will help build momentum and form new habits for success. Break your bigger goals into smaller tangible (and time-sensitive) monthly, weekly and daily tasks to make them doable. Checking off daily goals not only gauges progress but also increases confidence, fueling your motivation to continue.

7

KEEP INSPIRING COMPANY *Lift Each Other Up*

You are influenced by the people you choose to spend your time with. Surround yourself with individuals who encourage you to be and do better. They should be people you look up to and trust, people who help drive you forward on your personal path to success.

8

LIVE MINDFULLY *The Power of the Present*

We spend much of our time on autopilot—missing the depth of our precious life. Living with more mindfulness requires you to observe and participate with awareness and without the filter of judgment. The more present you can be from moment to moment, the deeper the connections you will make with yourself and others, enabling you to live life more skillfully and with greater appreciation and wonder.

9

STAY THE COURSE *Tread the Path Daily*

Success isn't something you attain; it's something you live. While working toward your outer goals is necessary, it's who you become in the process that's more important. Stay focused on cultivating the inner qualities of success: living with integrity, self-discipline and patience; valuing yourself and others; reserving judgment; practicing compassion and having gratitude for the gifts already present in your life.