

Do You Really Desire Success?

Then read this! Research shows the things that have been proven to be effective in generating success are not lucky starts to be born under. Rather, those who lead charmed lives have a winning attitude and strategize their way to good fortune. Learn how you can, too. The Four Foundations of Success

1. Successful people come upon big breaks and options all the time. In most instances, there are individuals that create big impact on the successful people's lives. They also stumble upon remarkable chances and offers. Successful people score much higher than unsuccessful people do on tests indicating extroversion or sociability. They enjoy visiting friends, going to parties, and tend to be 'social magnets' that meet and maintain contact with large numbers of people. Moreover, these people also exhibit the type of skills and knack for generating appealing marketing tools that other people find attractive. How to build a network of success: To build and maintain a strong network of success, spend more time with friends, go to parties, and chat with strangers in the supermarket lines. If you meet 20 people in a week, chances are you are going to meet someone who is interesting and might do something positive for you. Be more receptive to new experiences - from taking a class in something outside your comfort zone to taking a different route to and from work.
2. Successful people make good decisions without knowing why. They sense when a business decision is sound or if someone should not be trusted. About 90% of successful people say they trust their gut feelings in personal relationships, and 80% said intuition played a vital role in career choices. But far more important, 40% of them trusted their intuition in business and financial decisions. How to listen to your inner voice: To generate success in your life, pay attention to your instincts. Examine your options, whether they feel right or wrong, and think about how they compare with objective evidence. If your gut and the evidence are in line, you've found your answer. Take steps to boost your intuition, whether it's simply clearing your mind, doing relaxation exercises in a quiet place or more formal meditation.
3. Successful people's dreams, ambitions, and goals tend to come true and people try hard to meet them. Unsuccessful people are the exact opposite - their dreams and ambitions remain little more than an elusive fantasy. Successful people's expectations are far higher than unsuccessful ones. On the average, successful people thought there was a 90% chance of having a great time on their next vacation, while their unsuccessful counterparts thought there was only a 60% chance. Successful people also believed there was an 84% chance of achieving one of their lifetime ambitions; the unsuccessful group said there was about a 60% chance. The successful people also were far less convinced than the unsuccessful that anything bad would happen to them, from suicide to insomnia, or from choosing the wrong career to becoming overweight. How to have high hopes: To boost your chance of being successful, make a list of your goals - short and long term, personal, as well as professional - and break each one into specifics and include a deadline. Set realistic but high expectations, which can become self-fulfilling prophecies. Expect your interactions with people to be positive and successful - whether it is a date or a job interview.
4. Successful people have an ability to turn bad experience into good fortune. Unsuccessful people lack this ability and their bad breaks lead to more despair. Successful people tend to imagine spontaneously how the bad luck that they have just encountered could have been worse, and often compare themselves to others who have even more bad fortune. Successful people want to learn from their mistakes, and so, they were less likely to repeat them. Conversely, unsuccessful people did none of that. Further, they are far more superstitious than successful people like fearing the number 13. This serves as evidence that they tend to rely on ineffective ways of altering ill fortune in their lives. Learning to move on: Successful people take the long view, asking themselves if the event will matter down the road. Some found it helpful to vent their negative emotions for 30 minutes, and then move on, distracting themselves with music or a funny movie. Successful people don't assume there's nothing they can do about a bad situation; they try to come up with solutions. Then, they act now, not tomorrow.

About the Author

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