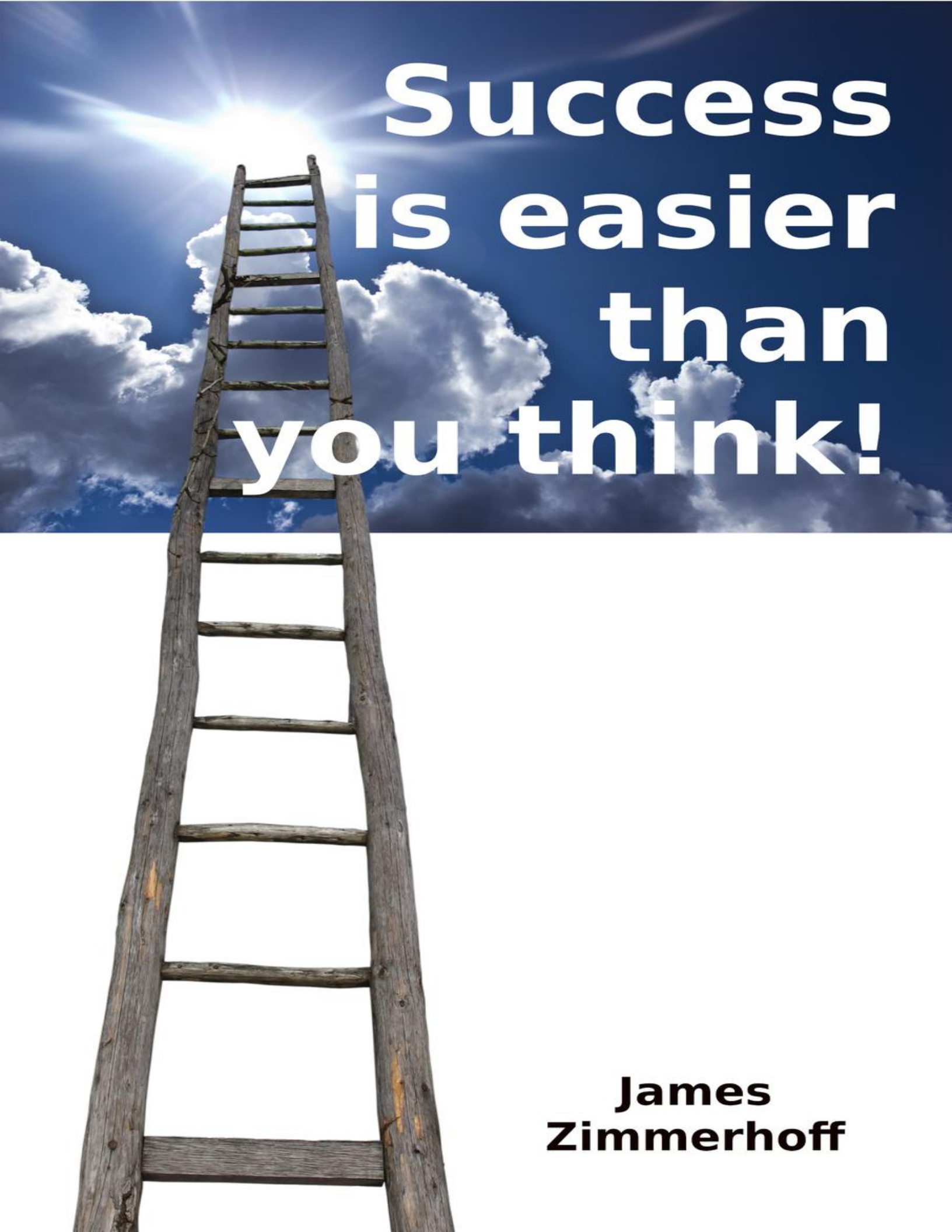
Success is easier than you think!



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Success is easier than you think!

ISBN: 978-3-7487-8454-8

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Introduction

Why do people succeed? Is it because they're smart? Or are they just lucky? Neither. Analyst Richard St. John condenses years of interviews into this small list of the real secrets of success. (1)

What leads to success?

- Freeman Thomas says, "I'm driven by my passion."

- Rupert Murdoch said, "It's all hard work. Nothing comes easy. But I have a lot of fun."

- Alex Garden says, "To be successful, put your nose down in something and get damn good at it." There's no magic; it's practice, practice, practice.

- Norman Jewison said, "I think it all has to do with focusing yourself on one thing."

- David Gallo says, "Push yourself. Physically, mentally, you've got to push, push, push."

- Goldie Hawn says, "I always had self-doubts. I wasn't good enough; I wasn't smart enough. I didn't think I'd make it."

- Frank Gehry said, "My mother pushed me."

- Sherwin Nuland says, "It was a privilege to serve as a doctor."

- Joe Kraus says, “Persistence is the number one reason for our success.”

Really? Is this all? Well yes and no, there is more....

Fundamentals of Success

The Psychology of Success

From my early age, I admired great people, and concluded that they were born genius, it is easy to reach the same conclusion when we witness their accomplishments and compare them to our daily routines or current situations, we may even believe that they are special.

However, we often forget that we have already mastered the most difficult tasks of life: learning to walk and talk. If you observe babies, they never decide “It’s too hard” or “not worth the effort”, they don’t worry about making mistakes or humiliating themselves, they walk, they fall, they get up again and they keep doing it until they achieve their goal.

Some of us keep learning in a similar way, but most of us, once we grow and learn to evaluate ourselves we start being afraid of challenges or not being smart.

Successful people learn but unsuccessful people try to prove themselves. (2)

Most people try to always prove to others that they are right, every argument they go into, they must make sure that they are right even though, it may not be the case, and when they start losing the argument, they have to justify themselves in any possible way.

They say “I am right, not because of what I say, but because I am so and so,” that’s the mindset of unsuccessful people.

But what the successful person is going to say “I don’t have to prove myself to anyone, I just need to keep

learning," I learn from anyone, I can be wrong, I still can learn!

Successful people keep getting smarter, unsuccessful people pretend to be smart.

In school during the class, most of the students who don't understand something, they keep quiet because they don't want to be perceived as dumb, they have this kind of mentality, "If I ask something, people will know that I did not understand, therefore they qualify me as dumb," regrettably most people act in similar way.

Successful people don't waste time pretending to be smart, they understand that no one is born smart or genius and people get smarter by learning, so they are most likely will ask if they don't understand something.

Successful people seek for challenges to improve themselves, unsuccessful people look for weak to show of themselves.(3)

If we are comfortable to do something in a certain way, we will stick to it for the rest of our life, and if we ever try something new, the moment we face challenges, we think "Oh that's not for me".

We cannot even spend 20 minutes a day to read a book to stay mentally active, like a book on how to be successful.

Understanding Success

A RESEARCHER ARGUES that a research gap in understanding failure skews how we understand success.

Understanding Success

If you want to learn the secrets of success, to study successful people and organizations is perfectly reasonable, but the research of Jerker Denrell, an associate professor of organizational behavior, suggests that studying successes without looking at failures tends to create a misleading, if not entirely wrong, picture of what it takes to succeed. (4)

Success is a lifelong path, not a goal, but a journey.

Understanding Yourself

- Self-assessment
- Likes and Dislikes
- Strengths and Challenges
- Goals
- Education and Training
- Living Arrangements
- Recreation and Leisure
- Stereotypes
- What re my disabilities and limitations?

Research has consistently shown that people with the greatest self-awareness tend to be stronger performers in the workplace and better leaders. It’s not just about knowing your strengths and weaknesses; someone with true self-awareness understands their personality and how it drives their behavior. (5)

They are aware of how it helps them in certain situations, and how it hinders them in others.

Someone with self-awareness is armed with the information they need to interact with and lead others in a way that makes the most of their unique personal strengths and reduces any negative or unwelcome impact from their behavior.