

19 Definitions Of Success You Should Never Ignore

What is success?

Is it wealth? Is it happiness? Is it fame?

The late Zig Ziglar was one of the most respected modern day experts on success, motivation, and leading a balanced life. In his book [Born to Win!](#), he argues that success cannot be defined in one sentence, but instead it is comprised of many things. One could argue that the definition depends on the individual and that one size does not fit all

Here are 19 different definitions of success. Not all of these will resonate with you, but chances are at least a few of them will. Use these or find inspiration here to create your own definition of success that can be applied to your unique life.

1. Success is always doing your best.

Success can be achieved when you try your best in all aspects of everything you do, even if that doesn't lead to big results. If you've done your best, you should feel proud of your efforts.

2. Success is setting concrete goals.

Be realistic and concrete when setting goals. Success does not come from setting abstract goals. If you know where you're heading, that is a success in itself, even if you don't ultimately arrive to the planned destination.

3. Success is having a place to call home.

Home is where your heart soars. You are always successful when you can call a place home. Home doesn't have to be a specific structure. It can be a country, a city, or even a person. If you have a place you feel comfortable and safe, you're already achieving something great.

4. Success is understanding the difference between need and want.

If you can meet your monthly obligations and fulfill your basic needs, you are successful. Being able to identify when you absolutely need something and when you can do without it often leads to financial stability and is a great way to succeed.

5. Success is believing you can.

If you believe you can, you will succeed. Self-belief doesn't come naturally to everyone, so if you're able to tell yourself that you can achieve the goals in your plans, you're doing great.

6. Success is remembering to balance work with passion.

Work without passion creates undue stress and empty achievements. [Focus on what excites you](#). If you're happy at your job, that's great. However, even if you aren't, you can balance your formal job with hobbies or volunteer work you're passionate about.

7. Success is taking care of your needs.

Remember to put on your own oxygen mask before assisting others. [Self-care](#) is essential if you want to have any meaningful impact on the world around you.

8. Success is learning that you sometimes have to say no.

Success only comes with a balanced life. Part of balance is learning to say no. Saying no doesn't mean you are selfish; it simply means you have priorities and know what you need to give your attention to at any given time.

9. Success is knowing your life is filled with abundance.

Love, health, friends, family...life is filled with abundance. Recognizing this is an important step to [feeling grateful](#) for all life has given you. If you can feel this, you are already experiencing success.

10. Success is understanding you cannot keep what you don't give away.

You will only succeed if you help others succeed. Learning to give instead of always take is part of creating a world we all want to live in. When you help others, you will also create an environment where others want to help you.

11. Success is overcoming fear.

Conquering a fear makes you feel invincible. Even if it's confronting just one small fear each week, that is certainly something to feel proud of. The bigger fears will take more time, but any work you do to [overcome fear](#) will lead to success.

12. Success is learning something new each day.

Successful people understand that [learning never stops](#). Take time each day to converse with someone with opposing views, read an interesting article on a topic you know little about, or watch a TED talk on new research. It doesn't take long to learn, so get started now.

13. Success is learning that losing a few battles can help you win a war.

Successful people choose their battles wisely. When you know which battles will ultimately help you achieve your goals, you will be successful.

14. Success is loving and being loved back.

Opening your heart to others is difficult and can produce fear. Having the courage to love and accept love from others is a step toward a fulfilling life and great success.

15. Success is standing your ground when you believe in something.

Successful people never give up on things they believe with all their heart. You may hold views that many people disagree with, but if you've done your research and know that it's the right belief for you, you shouldn't let it go without a fight.

16. Success is not giving up.

Perseverance creates grit, and grit achieves success. Even if it takes years to achieve a goal, persisting is key if you want success.

When you feel like giving up, remind yourself what you're fighting for. As long as you have a strong "why" you will be able to persist. Don't know if your "why" is strong enough?

17. Success is celebrating small victories.

Anytime a goal is reached or an obstacle is overcome, take time to celebrate, even if it's something small. All goals require smaller objectives to be achieved first, so each time you complete one, take time to [appreciate the work](#) you put into it.

18. Success is never letting a disability hold you back.

Disabilities do not define a person's success. The body and mind will compensate. Just because you can't do absolutely everything doesn't mean you can't do something. Do what your body and mind allow and always push yourself. That is true success.

19. Success is understanding that you control your destiny.

Your destiny is controlled by you and you alone. Take responsibility for your actions and their consequences and you'll find that you naturally become more successful.

The Bottom Line

Success can be defined in many ways. If you are experiencing happiness, love, or adventure in this moment, you've already found success. Keep it up.

8 Steps to Continuous Self Motivation Even During the Difficult Times

Many of us find ourselves in motivational slumps that we have to work to get out of. Sometimes it's like a continuous cycle where we are motivated for a period of time, fall out and then have to build things back up again.

There is nothing more powerful for self-motivation than the **right attitude**. You can't choose or control your circumstance, but you can choose your attitude towards your circumstances.

How I see this working is while you're developing these mental steps, and utilizing them regularly, self-motivation will come naturally when you need it.

The key, for me, is hitting the final step to Share With Others. It can be somewhat addictive and self-motivating when you help others who are having trouble.

A good way to have self motivation continuously is to implement something like these 8 steps from Ian McKenzie.[1] I enjoyed Ian's article but thought it could use some definition when it comes to trying to build a continuous drive of motivation. Here is a new list on how to self motivate:

1. Start Simple

Keep motivators around your work area – things that give you that initial spark to get going. These motivators will be [the Triggers](#) that remind you to get going.

2. Keep Good Company

Make more regular encounters with positive and motivated people. This could be as simple as IM chats with peers or a quick discussion with a friend who likes sharing ideas.

3. Keep Learning

Read and try to take in everything you can. The more you learn, the more confident you become in starting projects.

4. See the Good in Bad

When encountering obstacles or challenging goals, you want to be in the habit of finding what works to get over them. Here are [10 tips to make positive thinking easy](#).

5. Stop Thinking

Just do. If you find motivation for a particular project lacking, try getting started on something else. Something trivial even, then you'll develop the momentum to begin the more important stuff.

6. Know Yourself

Keep notes on when your motivation sucks and when you feel like a superstar. There will be a pattern that, once you are aware of, you can work around and develop.

7. Track Your Progress

Keep a tally or a progress bar for ongoing projects. When you see something growing, you will always want to nurture it.

8. Help Others

Share your ideas and help friends get motivated. Seeing others do well will motivate you to do the same. Write about your success and get feedback from readers.

Too Many Steps?

If you could only take one step? Just do it!

Once you get started on something, you'll almost always just get into it and keep going. There will be times when you have to do things you really don't want to: that's where the other steps and tips from other writers come in handy.

However, the most important thing, that I think is worth repeating, is to just get started.

9 Types of Motivation That Make It Possible to Reach Your Dreams

What no one tells you when you first begin working towards your dreams is that [motivation is the key](#) to everything. Without at least one of the types of motivation, there will be no fuel to start the fire. You would have no drive to achieve anything, and there would be no reason to move forward.

If you're looking to achieve your goals and you need some help, learn the 9 types of motivation that can make it possible to reach your dreams.

Before we dive into the different types of motivation, you're recommended to take the free assessment [What's Your Motivation Style?](#) and identify your own motivation style first. By taking this assessment, you understand more about yourself and know how to play to the strengths of your motivation style and make your dreams happen! [Take the assessment now!](#)

Now, let's learn about the motivation types:

The Two Main Types of Motivation

Different types of motivation generally fall into two main categories.

1. Intrinsic Motivation

[Intrinsic motivation](#) is a type of motivation in which an individual is motivated by internal desires and is satisfied when internally rewarded.

For example, let's say an individual named Bob has set himself a goal to begin losing weight and becoming healthier. Let's also imagine that Bob's reason to pursue this path of fitness and wellness is to improve his health overall and feel better about his appearance.

Since Bob's desire to change comes from within, his motivation is intrinsic.

2. Extrinsic Motivation

Extrinsic motivation, on the other hand, is a type of motivation in which an individual is motivated by external desires or extrinsic rewards.

Rather than being motivated by the need to look better and feel healthier, let's say that Bob was feeling pressure from his wife to slim down and improve his physique, both external factors.

Since this pressure comes from an outside source, this is an example of extrinsic motivation.

Minor Forms of Motivation

All types of motivation are going to fall into one of the two categories above. Now that we've covered these and provided you with some examples, here are minor types of motivation that are capable of making a big impact in your life.

3. Reward-Based Motivation or Incentive Motivation

Incentive motivation or reward-based motivation is a type of motivation that is utilized when you or others know that they will receive a reward once a certain goal is achieved[1].

Because there will be something to look forward to at the end of a task, people will often become more determined to see the task through so that they can receive whatever it is that has been promised.

The better the reward, the stronger the motivation will be!

4. Fear-Based Motivation

The word “fear” carries a heavy negative connotation, but when it comes to motivation, this is not necessarily the case. Anyone who is big on goal-setting and achievement knows that accountability plays a huge role in following through on goals.

When you become accountable either to someone you care about or to the general public, you create a motivation for yourself that is rooted in the fear of failure or the fear of disappointing others. This fear helps you carry out your vision so that you do not fail in front of those who are aware of your goal.

Fear-based motivation is extremely powerful as long as the fear is strong enough to prevent you from quitting.

5. Achievement-Based Motivation

Titles, positions, and roles in jobs and other areas of our lives are very important to us. Those who are constantly driven to acquire these positions and earn titles for themselves are typically dealing with achievement-based motivation.

Whereas those who use incentive motivation to focus on the rewards that come after a goal is met, those who use achievement-based motivation focus on reaching a goal for the sake of achievement and the feeling of accomplishment that goes with it.

Those who need a boost in their professional life will find achievement-based motivation extremely helpful.

6. Power-Based Motivation

Those who find happiness in becoming [more powerful](#) or creating massive change will definitely be fueled by power-based motivation.

Power-based motivation is a type of motivation that energizes others to seek more control, typically through the use of positions in employment or organizations.

Although it may seem to be a bad thing, power motivation is great for those who wish to change the world around them based on their personal vision.

If you're looking to make changes, power-based motivation may just be the way to go.

7. Affiliation Motivation

People often say that it's not what we do but who we know that dictates our success. For people driven by affiliation motivation, this is most certainly true.

Those who use affiliation motivation as a driving force to meet their goals thrive when they connect with others in higher power positions than themselves[2].

They also thrive when those people compliment the work that they do, as well as their achievements. Therefore, affiliation motivation is a great force to help you achieve your social goals and move up in the world.

8. Competence Motivation

Have you always sought to continuously improve your skills and talents? Is one of your goals to learn how to do your job better or improve at your hobby? If so, you may be in need of some competence motivation.

Competence motivation is a type of motivation that helps others to push forward and become more competent in a certain area and improve their skills.

This type of motivation is especially helpful when it comes to learning new skills and figuring out ways around obstacles that one is faced with in different areas of life.

9. Attitude Motivation

A problem with our attitude, perspectives, and beliefs is an issue that many of us face. It can become a problem regarding how we move through life to the point that we begin to lose our happiness and miss out on our dreams.

For those of you who are missing out on life because of your attitude, attitude motivation is one of the best types of motivation to help you to recover and move forward properly.

Attitude motivation is a kind of motivation that comes to those who intensely desire to change the way that they see the world around them and the way that they see themselves. Goals associated with [self-awareness](#) and self-change will be met with attitude motivation.

Final Thoughts

Motivation is absolutely vital if you want to achieve your dreams. Using the 9 types of motivation mentioned above, nothing will be able to stand in the way of you and your goals any longer. Identify what you are trying to achieve in life and which type of motivation will be most likely to get you there.

20 Principles You Should Live By If You Want An Amazing, Successful Life

Success is no accident. Living a GREAT life will not come by luck or chance.

It won't fall from the sky. There's no magic wand. There's no quick fix.

The good news is, there are principles that lead to success. If you commit to doing the things successful people do, you will lead a life of success and happiness.

Live by these 20 principles, and you will ensure you live a GREAT life!

NUMBER 1. There's Nothing You Can't Have Or Achieve In Life... If You're Willing To Work For It.

There are no reasonable limits relating to what you can achieve, other than those that exist in your own mind. What you can have is up to YOU. Who you can be... is up to YOU. YOU are your only limit. No one else can stop you from having anything or being anyone you decide to be. Don't let any unsuccessful person convince you otherwise.

NUMBER 2. Take Responsibility For Your Life and You Will Take Control Of Your Life.

Take responsibility for where you are in life, and accept the challenge required to get where you want to be.

Successful people don't make excuses or blame others, they just focus on what they CAN DO.

Those who succeed in this world aren't those who have escaped hardship. EVERY ONE of us carries our own baggage through life. Some let go of it, and push forward without the weight of EXCUSES on their back. Holding on to that weight of excuses is only ever going to slow you down, and hold you back from reaching your true potential. Let it go. Accept where you are AND DECIDE where you're going to be.

NUMBER 3. There's Always Something To Be Grateful For.

Grateful people are successful people. It's been [said many times](#), but it is worth repeating until it sinks in... When you are GRATEFUL for everything you do have in your life YOUR LIFE IS BETTER! Full stop.

Spending every morning thinking about, and writing down what you are grateful for will transform your life. The very act of doing this will lead to a better mood. A

better mood will lead to better relationships, clearer mind, better results, and you will then attract MORE to be grateful for.

NUMBER 4. Follow Your OWN Path.

The world is **full of opinions**, none of them should influence where YOU want to be in life. Focus on **your own path**, and walk that path, regardless of others opinions. You'll never be successful in life unless you are living the life YOU WANT TO LIVE. Don't wear masks to fit in to this world. Be brave enough to stand tall and WALK in the direction you really want. Be true to you.

NUMBER 5. Never Stop Learning and Working On Yourself.

The key to a great life is GROWTH that comes from **self development**. The PRIDE that comes from that GROWTH. The inner joy that comes from that PRIDE, knowing you are self made. Knowing you made a great life, for yourself, and set the example for all those close to you. Feed your mind every day, always rising to a new level of consciousness, always seeking growth.

"The more you LEARN the more you will EARN" – Warren Buffett

The more you GROW the more you KNOW. The more you develop your SELF... The greater your true wealth.

NUMBER 6. Live With Integrity!

Zig Ziglar put it best:

"With integrity, you have nothing to fear, since you have nothing to hide. With integrity, you will do the right thing, so you will have no guilt."

Living a life of integrity is living a life of TRUTH. And when you are living a life of truth, there's nothing to hide. When there's nothing to hide, there's nothing but pride. You do the right thing, even when no one is watching, not because you're getting rewarded, but because the reward is living a life of integrity.

NUMBER 7. Give Your All!

Nothing GREAT in life comes to those who give less than their EVERYTHING.

Success doesn't have to be a STRUGGLE. It should never feel like a chore. You should be in a place where you are ENTHUSIASTIC about giving your all, because **you love what you do**. Because you love the challenge. Because you love the growth. Because you love thinking about the end result.

NUMBER 8. You Can Change The Way You Feel At Any Moment By Changing Your Focus.

Any emotion, no matter how extreme can be changed, by learning how to change your focus, specifically to gratitude and perspective. If your life doesn't feel like a blessing, LEARN how to shift your focus – every day to the place where it does.

NUMBER 9. Don't Chase Money... Follow Your Purpose.

Do nothing for the SOLE PURPOSE of money. Do what is right, do what you love, do something that helps others and more than enough money will come. Chase the money and the money will run faster. Chase **your purpose** and the money will chase you.

NUMBER 10. There's No Such Thing As Failure, Unless You Fail To Learn The Lesson.

Everyone fails at something, somewhere along the way. Successful people fail more than most... But the ONLY TRUE FAILURE is to give up without **learning the lesson the failure brought**. Failure is never the end of the story. It's just a plot twist. Keep writing your story, and find a way to become the hero of it.

NUMBER 11. The End Result Will Be Worth The Sacrifice.

Unsuccessful people think about what they have to give up in order to achieve what they want... Successful people think about what they are going to get at the end of the process. They are happy to **sacrifice NOW**, knowing they will be rewarded LATER.

NUMBER 12. Patience Is Power.

This doesn't mean sit on your hands... Work hard. Work fast. Work smart. But, If it doesn't come when you expect it to come... Be patient. The only way it is not coming is if you quit. KEEP GOING.

NUMBER 13. Nothing Worthwhile In Life Comes EASY.

If you want it bad, you must be prepared to work for it, to fight for it, to give up everything for it. If it's worth the prize, it's worth the fight.

NUMBER 14. Nothing That Has Happened In Your Past Can Stop You From Creating A Better FUTURE, Starting RIGHT NOW.

Let go of the past, it's gone. FOCUS on the now. What can you do **NOW** that will create a better tomorrow?

NUMBER 15. It's NEVER TOO LATE To Be GREAT.

It's never too late to amaze yourself, to shock yourself, to **become someone NO ONE thought you could be**, not even YOU.

NUMBER 16. Not Everyone Will Be Happy For You.

Not everyone is going to enjoy your success. Some will be jealous, some will be resentful... because they haven't reached their own true potential. This should never stop you from pursuing your greatest self. Those who truly belong in your life, will be by your side on the journey. If you have to walk alone for a while be strong enough to do so, knowing it won't be forever.

NUMBER 17. Habits Make Or Break You.

Think about every major area of your life. Health, Financial, Happiness. Are there any areas you have developed bad habits that are holding you back? If you have developed them, you can create new, **better habits** that take you closer to your goals. A habit is formed through consistent application and deep meaning. MAKE IT IMPORTANT to you and plan it, until it is a habit.

NUMBER 18. FEAR Is An Illusion.

FEAR is mind-made. It has no life outside your own imagination. Knowing this, you have no reason to hold yourself back, no reason to fear failure, rejection, embarrassment – ANYTHING. Go for what you want in life, FEARLESSLY.

NUMBER 19. Without Direction, You'll End Up In The Wrong Section.

If you don't know where you are going, you'll end up someplace else. Successful people know where they are going. They have CLEAR GOALS. BIG, CLEAR, MEANINGFUL GOALS and they FIGHT FOR THEM.

NUMBER 20. No One Will Believe In You, Until YOU DO.

If you want people to support you, lead by example: **BACK YOURSELF**. If you want people to believe in you: BELIEVE IN YOURSELF.

Lacking belief? PROGRESS leads to BELIEF. GROWTH leads to BELIEF. Feed your mind, every day with self development material, new knowledge, empowering speakers AND start taking action – once you start making PROGRESS, belief will come. Belief will grow.

Back yourself, you can do this.



13 Principles For Success You Need To Have In Your Life

It's important to note the [definition of "success"](#) may vary for each individual. That being said, here are 13 principles of life that may help you [accomplish the goals you are striving for](#), according to experts.

1. Be committed.

Even the most prepared-for journey can have unexpected twists and turns. Edwards explains being totally committed is a key ingredient to reaching your final destination, regardless of hitting any bumps in the road.

[Joshua Klapow, Ph.D.](#), clinical psychologist and host of The Kurre and Klapow Show further explains, "Celebrate the wins, but understand they are not the endpoint. You [can] pick up after the losses, recognizing that they are not the ends of your dreams." Klapow also suggests taking the "slow and steady" route. Your personal journey to success isn't a race.

2. Do exactly what makes you love yourself.

Edwards stresses, "Do what makes you love yourself." It's always really important to fill your life with doing things that make you happy with who you are. Klapow notes if you don't have a passion for what you're doing, it's easy to get tired of your situation quickly. If you do what makes you love yourself, you may feel more balanced and in sync. This is one principle in life that can't be ignored.

3. Set an attainable routine.

People set goals, have dreams, and want different things in life, but they may not achieve them because they don't actually start working toward them. Never put things off until tomorrow. Start today by setting an easy, attainable routine. Edwards says, "Take any action, collect feedback. Course correct, repeat."

According to [NorthwesternMedicine.org](#), there are many [benefits to setting a daily routine](#). Scheduling time for exercise and healthy meals will fuel your body with energy and nutrition for the day. Getting proper sleep will have you feeling rejuvenated and can affect your body and mind. A positive routine can lead to positive results.

4. Move in the right direction.

You may find yourself wondering, “How can I tell if I’m moving in the ‘right’ direction to reach my goals?” Klapow says going in the “right” direction means you feel completely in line with your thoughts, emotions, and actions. It means what you’re thinking, how you’re feeling, and what you’re doing should work harmoniously. Klapow also explains the direction you’re going should feel right. Different changes in life can happen, and you may need to reevaluate your course.

If you feel lost on your path, remind yourself of your purpose. “When you know why you’re doing something, you won’t need to be motivated,” Dorell adds. “You’ll be inspired to keep going.”

5. Use the power of dreams and your imagination.

Edwards says, “You are still a kid with wild dreams and a powerful imagination,” so have fun. What you dream for yourself is what you can make happen in your life.

Klapow adds, “Life has rules and structure; imagination doesn’t. By combining dreams of success and the broadest use of our imagination, we can tap into a motivational reservoir.” Don’t get too caught up in dreaming and imagining without achieving, though.

6. Think bigger than you are.

Edwards suggests, “Always think bigger.” It’s important to keep in mind that unexpected curveballs can come your way, and although many things can be possible if you put your mind to them, things might not go according to plan. The key is establishing a happy medium when it comes to your mindset. Klapow advises, “Dream and think big, but have a healthy dose of reality to counterbalance that.”

Thinking bigger is also about having faith in yourself and your abilities. When you believe in yourself, you can play an active role in your own life. “There is a satisfaction and self confidence that comes from trusting that you can design your own life vs. being a victim of the world or at the mercy of the external,” Dorell says.

7. Focus on growth.

Success is a problem-solving, solution-driven situation, and that’s where growth comes from. Klapow points out that circumstances can change as you move through life. Things don’t always go as expected, but you learn and grow along the way. Face it: Even when you’re going through a bad time, you may work it out, take away a valuable lesson, and grow that much stronger in the process.

“Of course we all have days where you are feeling off or insecure, lazy,” Dorell adds. “In those instances, high energy positive music can help, moving your body and getting out

of your head, and even making a vision board as a reminder of your ultimate aim and the feeling behind it can be very helpful.”

8. Be determined.

Where there's a will, there's some sort of a way — even if you have to create one. “[Have] persistence in action, determination toward the outcome, and resilience to overcome,” Edwards suggests. According to Klapow, even if there are obstacles or your journey isn't going at the pace you'd like it to go, you're still persevering toward your goals: “It's not just about thinking hard, feeling dedicated, [and] putting your mind to things. It's about engaging in the millions of actions that are usually required to succeed.”

9. Have a clear vision in mind.

Success is about having vision. Vision will allow you to aim where you need to go. “Your vision should be the blueprint for what you are going to actually do to [achieve] success,” Klapow says. He stresses that clarity is everything.

“Clearly define what your goals are. Why are you aiming for them — what's the feeling you are hoping to feel by fulfilling them?” Dorell says. “It will give you the drive to keep going when obstacles, challenges, and delays arise.”

10. Set goals along the way.

A final goal means setting the big picture and seeing your finished canvas. Your goals along the way are the paint you use to get there. Edwards suggests creating “checkpoints” to ensure you stay on the right path. This way, you can adjust if you ever end up going off course. Klapow says these goals can be broken down into three categories: easily attainable short-term goals, mid-term goals that require you to be determined, and long-term goals that rely on both your short-term and mid-term goals. “Short-term goals are the motivational fuel that allows us to stay in the game to reach long-term goals,” he says.

11. Use affirmations to keep motivated.

Affirmations are what will motivate you along your journey. With affirmations, you are defining your own reality. Klapow suggests there's a lot of power in consistently telling yourself encouraging things like, “I've got this,” “I can do this,” and “I want this.” You're creating a positive dialogue with yourself, and this positive energy may eventually manifest into reality. Edwards adds, “No matter what, always tell yourself, ‘[I] can.’”

12. Surround yourself with people who genuinely support you.

The people in your circle should push you to be your best. “Having community behind you can be especially helpful for extra emotional support and also if you're in a space where everyone is thriving or ahead of you, encouraging you, that can be very motivating to move through fear, etc. that pops up along the way,” Dorell says.

Negative influences and negative people can stand in your way. On your road to success, try your best to steer clear of toxic energy. According to Edwards, “You’re only as powerful as the people who support you.” Surround yourself with people who believe in you and are excited about your dreams.

Klapow points out you can tell if a friend or loved one is genuinely supportive if they care about you and not solely your vision for success. “People who are enamored with your vision for themselves only, for their future only, and not for the joy it also brings you are short-term supporters at best,” he says.

13. Appreciate everything you already have in your life.

The final principle for success is to appreciate what you have already. Realize that you already have enough, and be grateful for what your future beholds. Klapow emphasizes how crucial gratitude is. He says, “Being appreciative and grateful for what you have keeps you grounded, allows you to elicit joy in the moment, and helps to keep you optimistic. The more you can be appreciative for what you have, the more you will operate out of passion to expand vs. fear of not having enough.”

10 Principles I Want to Live By

1. Live simply.

You already have everything you need.

Simplify. Give things away. Turn down offers for more. Know that you are complete and you don’t need more things to live a good life.

What a pleasure it is to pack up your life into a few bags and embark on a new life! Allow yourself to do that, again, and again, and again.

Of course, there’s no shame in having things. But whatever you have, consider it all borrowed — and when it must be returned, do it with joy.

2. You will always have haters. Ignore them.

If you are passionate, if you are strange, if you defy what most people assume are the rules, you will court haters.

That’s fine. Let them hate if that’s what they need. Their hate will make you more resilient.

But most of all, you should be thankful that they showed up. Because if they didn’t, it would be a sure sign what you were doing was not important.

3. Fight quietly for the things that matter.

Whether it be the people you love, or the causes that matter to you — do good work. Be humble. Fight hard, and fight with everything you've got.

Attention or fame can be pleasurable, sometimes even useful. But more often than not, it's a distraction from the real work.

4. Give yourself up.

It's not about you. It's about something bigger than you.

Give. Contribute. Not just money, or time, but your identity. Make your life about more than just you.

5. Seek mastery.

Get better.

Work harder.

Practice, study, fumble.

Do this all your life.

Call it passion.

6. Be forever a student.

There will always be people who are better, stronger, wiser than you.

When you don't know something, proclaim it out loud. Feverishly seek the answers. Wear out your knees with humbleness. Never let ignorance or shame deter you, because the desire to learn is always noble.

Go searching for your teachers, and don't give up until you find them.

7. Cultivate virtue — by force, if you have to.

You are a coward. You are fearful, you are lazy, you are selfish. Only once you know this can you begin the work of cultivating virtue.

You are principally what you do. So pledge. Show up. Keep coming back. And when you are too afraid to stay, sometimes you must lock yourself in the room and throw away the key.

8. You will find your own way.

Your life, your path, your failures and successes will not look like other people's. Though you will read many books and hear many stories, for better or for worse, their blueprints will not apply to you.

That's fine. You'll do great things, and in your own way. You will forge a path that no one will expect — not even you.

That's okay. Trust that your path, strange though it will seem, is right for you.

9. Build your wings on the way down.

Be smart, be calculated, be careful. But when opportunity arises, steel your nerves and take the leap. If you don't see any risks worth taking, you're not paying attention.

It's okay if you don't know what you're doing — trust that you'll learn before you hit the floor. And if you crash: brush yourself off, forgive your errors, and try again. This is the only way progress has ever happened.

10. Stay hungry, stay foolish.

You are a little bit crazy. The world needs people like you — reckless, steaming, hapless dreamers.

So don't give it up. Keep asking for too much. Hunger for the world and everything in it, and don't slow down, no matter what people say.

50 Timeless Principles Every Person Should Live By

There are great **timeless principles** out there that have changed the lives of many people. Usually a timeless principle is something that someone discovers in their own life and realizes it can be true for others.

1. Sing Even When You Don't Feel Like Singing

2. Take Up Another's Burdens As Your Own

3. Gain More Than Just Physical Strength

4. Forgive Frequently

5. Adjust Your Attitude Frequently

6. See Inconveniences As Adventures

7. Don't Let The External Interfere With Your Internal

8. Choose Happiness. Yes, It Is A Choice

9. Make Every Day An Adventure

10. Realize That Your Ability To Care For Someone Is One Of Your Greatest Assets

11. Remember That You Are Greater Than Your Problems

12. Be Willing To Follow Your Path Even Through Life's Curves

13. Use Your Problems To Your Advantage

14. Believe In Miracles... They Happen Every Day

15. Be Focused On Personal Growth

16. Give Your Best Effort To Everything You Do

17. Don't Fight Fire With Fire, You'll Only Get Burned

18. Overcome Anxiety With Faith

19. Use Your Struggles To Grow Stronger

20. Control Your Thoughts. They Are More Valuable Than Gold

21. Make A Difference To One. The Many Will Follow

22. Let Go and Let God

23. Focus More On Giving Than On Getting

24. Learn To Be Comfortable In Your Own Skin

25. Plant Seeds Today Even If There Was No Tomorrow

26. Know That Anything Is Possible

27. Be Willing To Light Another's Candle

28. Live By Your Own Expectations

29. Remember That Clouds Color A Sunset As Much As They Bring Rain & Storm

30. Be Willing To Strike Out. Its The Only Way To Greatness

31. Stay Close To Your Pencil & Dream For Life's Greatest Accomplishments Start Off With Them

32. Be Disciplined. It Is Critical To Success

33. Make Your Choices Carefully For Each Decision Is A Part Of Your Destiny

34. Let Your Actions Speak Louder Than Your Words

35. Let Your Laughter Be Contagious... No Matter What Your Circumstances

- 36. Do Something Daring Every Day. You Will Open Yourself To Life's Great Adventure**
- 37. Embrace The Creative Spirit By Seeing Things In A New Way**
- 38. Let Your Curiosity Guide You Into Discovering New Paths**
- 39. See Age Not As A Number But By How You Feel Inside**
- 40. Serve Sacrificially**
- 41. Take Naps**
- 42. Concentrate All Your Attention On One Task At A Time**
- 43. Recruit A Solid Team For They Will Be Needed In Times Of Trouble**
- 44. Be Accurate In What You Do. It Makes All The Difference In The World**
- 45. See Every Moment As A Precious Gift**
- 46. Be Willing To Ask For Help When You Need It**
- 47. Be Grateful For What You Have For There Are Always Others With Less**
- 48. Make Whatever You Are Doing Look Easy For That's The Mark Of True Mastery**
- 49. In Times Of Struggle... Be Still**
- 50. Hugs Have The Power To Lift Others Up. Find Someone That Is Down And Let Them Experience This Power Today**

Hope you enjoyed these 50 timeless principles.

10 UNIVERSAL PRINCIPLES OF SUCCESS

Success is not something that only a chosen few can achieve. Everyone can be successful in every area of his or her life. You just need to know how to do things in such a way as to make sure you succeed every time. Success comes as a result of forming certain habits, and continuing in them. Consistency is key. To succeed, you need to be a certain type of person. Don't be discouraged if you are not yet that type of person. With practice, anyone can become a successful person. The successful person thinks in a certain way, talks in a certain way, and acts in a certain way. The list below briefly outlines 10 of those ways (and a bonus tip!). Anyone who consistently applies these principles to any area of their life **will** experience success in that area.

Vision: Have a clear picture of what exactly it is you want to achieve or become. Keep this picture at the top of your mind at all times. Doing something you want to do, because you want to do it, will motivate you to succeed at it. Start with the end in mind.

Belief: Believe without a shadow of a doubt that you can do it. Believe that you will succeed. Believe in a Higher Power who is helping you get what you want. Stay away from negative influences (people, books/articles, anything negative), which make you doubt your ability to succeed. Surround yourself with things that remind you that you can, and will, succeed.

Responsibility: Realize that you alone are responsible for your future. You alone are responsible for the outcome of your efforts. Don't look for anyone to blame. Feel free to ask for help as you need it, but remember the final decision is up to you. It's your life, after all.

Affirm: Make a habit of saying out loud what you hope to achieve. Speak of it in the present tense, e.g., 'I am fit and trim', as opposed to 'I will be fit and trim'. If you feel awkward speaking out loud to yourself, write down the affirmation. Then look at it (or better still, rewrite it) several times each day. This helps your mind stay focused on the goal. It also builds your self-belief and confidence.

Commitment: Make a firm commitment to action. Decide to take whatever steps you need to take to help you achieve your goals. Then honour the commitment you've made. Too often we find it easy to keep our commitments to others while neglecting to keep our commitments to ourselves. This pattern has to change if you're to succeed in life.

Set a SMART goal: Now that you know what you want to achieve or become, you need to define it by making it a goal. Your goal has to be Specific, Measurable (you need a standard to help you know when you've achieved it) and Motivational (it's got to inspire you and keep you motivated), Attainable and Attractive, Realistic (no point setting an unrealistic goal such as "I want to be a millionaire this evening") and Timed (State when you hope to achieve it).

Plan and Take Action: Work out a plan of action. Break down the plan into baby steps. Take a step or two each day, reminding yourself that each step is bringing you closer to your goal. Perform each act to the best of your ability, filled with faith, determination and purpose to reach your goal. Most importantly, be consistent.

Persistence: Do not give up until you have achieved what you desire. In the course of things, be willing to change any part of your plan which turns out not to work, and try something else. Thomas Edison did not give up in his quest to invent the light bulb, even though he'd 'failed' 10,000 times. Now that's persistence! See every failure as a

stepping-stone to success and as a temporary set back. Learn from it and push on towards your goal.

Gratitude: Maintain an attitude of gratitude, knowing that your dream is about to become a reality. Refuse to grumble when circumstances look contrary. Refuse to complain. Be grateful for where you are now, and for where you are headed. Look around for things to be grateful for. You'll be surprised to find quite a few.

Become a giver. In your relationships, always think in terms of what you can do for the other person. What goes round comes round. After all, whatever dreams you have most likely involve interacting with other people. Be kind and generous to all; you never know where your breakthrough will come from.

Bonus Principle. Be in the know: Find out everything you can about your situation/goal. Read books, listen to tapes, and talk to experts, whatever it takes. This will help you make wise decisions and keep you confident as you go along. So there you have it. I have given you a summary of principles which, if you apply consistently, WILL guarantee you success in any endeavour. Don't just take my word for it, though. Prove it yourself by actually applying it to your life situation. Knowledge is not powerful until you act on what you know. Think about that. Better yet, act on it! You'll be glad you did.

10 Success Principles You Will Learn as a First Time Entrepreneur

Two years ago, I quit my secure full-time job to start my own company. I ventured into the risky waters of financial insecurity with a small boat made of unpolished ideas and leaking self-confidence. I should have expected the storms that came my way, but somehow I thought it was gonna be a smooth ride — after all, I had worked for a couple of startup companies before and learned firsthand what it means to start a business.

Well, turns out being a startup employee (even one of the first ones, even one with equity, even the one the CEO shares all his fears and secrets with) doesn't fully prepare you for taking the leap yourself.

Here are the lessons I learned in my first year of business. I learned all of them the hard way. And it was very painful. I know that reading this won't be sufficient for you to learn these lessons as well — but maybe it prepares you better just a tiny bit!

1. Know What Success Means to You

Define success on your own terms, achieve it by your own rules, and build a life you're proud to live.— Anne Sweeney

Nobody else can tell you how to live your life.

Because they don't know.

They don't know what makes you truly happy.

Only you know.

Discover your authentic self. Find your true north.

Go where you feel most alive.

And do what sets your soul on fire.

This will be the basis for success on your own terms.

2. Obsessively Focus on Your Goals

Where focus goes, energy flows.— Tony Robbins

Get clear about what you want. Your dreams. Your goals. Your priorities.

Make a plan to get there. Plan every week according to your priorities. Spend every day working on your goals.

Make your priorities the basis for your decisions. Say “Hell Yes” to the things aligned with your values, mission, and goals. Politely decline everything else.

Success requires sacrifice. You can have anything you want, but not everything.

Success requires single-minded focus. Of your body. Your mind. Your money. Your time.

Don't get distracted by shiny objects, average opportunities and what other people think you should do.

Know what you want and direct all your energy to it.

3. Take Care of Your Mind and Body

What I've learned about self-care: if you don't make it a part of your life and practice, you will be forced to.— Taryn Toomey

Your body and mind are the instruments of your mission.

Treat them well and you will do great things.

Sell them out for ephemeral pleasures and you will pay the price.

Nourish your body with fresh, healthy, and unprocessed foods.

Sleep eight hours. Every night.

Move your body. Even if it's just for 30 minutes.

Your ability to produce great work depends on it.

Sit in stillness every day. Observe your thoughts or write them down.

Reflect on what you are doing. Evaluate if it is working. Assess if it makes you happy.

Take time off. Let your brain process. Come back with a fresh perspective.

Because the clarity of your thinking directly impacts the quality of your decisions.
Which ultimately impacts the quality of your life.

4. Learn to Manage Yourself

Manage yourself first and the rest will follow.” — Liz Huber

Learn how to manage your time. Plan your day with intention. Treat your time like your most valuable treasure. Because it is.

Learn how to manage your energy. Find out what gives you energy. Identify what sucks it out of you. Make wise choices.

Learn how to manage your work. Prioritize your most important work. Even if it is the most challenging — and it makes you uncomfortable. Identify and eliminate busy work and time wasters. Focus on what brings you closer to your goals. Focus on what makes other tasks faster, easier or obsolete. Work smart, not hard.

Learn how to manage your mind. Quiet your monkey mind. Train your brain to make better decisions. Identify and transform your limiting beliefs. Design powerful habit loops aligned with your priorities and goals.

5. Go Out of Your Comfort Zone

Everything you’ve ever wanted is on the other side of fear.— George Addair

Dream big.

Dream so big your dreams scare you.

Only then are they big enough.

And then go after your dreams.

Even if it is hard.

Even if it is scary.

Even if other people tell you it can't be done.

Anything worth doing is hard. And scary.

But you need to find a way to push through your fear and step out of your comfort zone every day.

Because this is where the magic happens.

And where you will grow beyond anything you could have ever imagined.

6. Build Powerful Habits

We become what we repeatedly do.- Sean Covey

We are a reflection of the things we do every day, every week, and every year.

How happy, fit, and successful we are is a direct result of our habits.

Take inventory of your habits. Keep the good ones. Kick the bad ones. Add some more good ones.

Accelerate your success by connecting your goals to daily habits.

Identify cornerstone habits. And stack more habits on top.

Master your daily schedule and you will master your life.

7. Master Your Mindset

Your life is only as good as your mindset.

Mindset is everything.

It affects how you think. How you feel. How you decide. How you act.

With the right mindset, anything is possible.

Identify where your mindset doesn't match your aspirations.

Spend time with people that are where you want to be. Learn how they think.

Read Books. Non-Fiction. It will teach you the mindset of the great thinkers.

Investing in your mindset is an investment in yourself. And your success.

8. Be Grateful for What You Have

Remember the days you prayed for the things you have now.

Start your day with gratitude. Be grateful for another day on this earth.

End your day with gratitude. Count your blessings before you go to sleep.

Don't delay living your life. Don't delay your happiness.

Because if you do, you will never be satisfied.

There is no destination in life.

Focus on the journey. Live in the moment.

Choose to be happy right here, right now — as the person you are.

Because the only thing you'll ever have is the present moment.

9. Focus on Solving Problems, Not Making Money

Success isn't about how much money you make; it's about the difference you make in people's lives.— Michelle Obama

Find a niche.

Know your customer.

Ask them what they want.

Create a solution for them.

Improve your product based on customer feedback.

Build what the world needs.

And the money will come.

But get really good at marketing too.

Because just because you build it, they won't come.

Selling is half the equation.

Building what people want is the other half.

You need to master both.

10. Be Kind.

You can accomplish by kindness what you cannot by force.— Publilius Syrus

Be radical about how you spend your time.

Obsessively focus on your goals.

But never be rude.

For you'll never know the battle someone is facing.

Focus on giving instead of receiving.

And it will come back to you 1000x.

Look for like-minded souls.

Build your tribe.

Because nobody can do it alone.

And together we can achieve more than we ever thought possible.

14 Principles You Must Master to Become Successful

"Success is neither magical nor mysterious. Success is the natural consequence of consistently applying the basic fundamentals." -Jim Rohn

Success isn't complicated.

But like financially illiterate individuals can't understand how to become wealthy, or health-illiterate individuals can't understand how to lose weight, success can look impossible to achieve.

But success — true, lasting success — is within your grasp. It is possible. It is available, to every person, at this moment.

Right now, you can make a decision to become a student of success. You can start on a journey that will take you to a future where everything you want is possible.

The principles to get there aren't easy, but they are simple.

If you want to achieve true, lasting success in your life — the kind of success that will be the foundation for your life's legacy — you need to master these 14 principles first.

1. Most People Will Never Be Successful.

"Successful people do what unsuccessful people are not willing to do. Don't wish it were easier; wish you were better." -Jim Rohn

Sadly, although anyone can choose to become successful, most people never will.

This is because when it comes down to the final word, most people will choose comfort over growth. Ultimately, they see the price for true success and say, "no thanks."

This is one of the most important characteristics of the "mediocre majority" — they are unwilling to trade comfort and stability for the pain of wild growth.

Success costs you.

To reach higher function, you must be willing to become a child again, to learn and grow in new avenues. You must constantly be willing to become a small fish in a big pond again.

Most people simply aren't willing.

The simple truth is, everyone could become healthy, happy, and fulfilled, starting right now, as you're reading this. It is a choice that is available at all times. Yet, most people never take it.

In the words of Warren Buffet: "That's how knowledge works. It builds up, like compound interest. All of you can do it, but I guarantee not many of you will do it."

The choice to become 100% financially independent is available now.

The choice to have extremely rewarding and intimate relationships with your friends and family is available now.

The choice to become fit, active, and healthy is available now.

The choice to experience intense and complete emotional healing is available now.

But most people won't take it.

Each of these avenues has a high cost. They require you to change your life. To shed old habits and adopt new ones. To sever ties with toxic individuals. To admit "I don't know."

Benjamin Hardy put it this way: "Anything is possible if you are willing to pay the price."

Many people make these decisions every day, and change the trajectory of their lives, and their family's lives, forever.

But many, many more people never make this choice.

They continue to live in ordinary, average lives, just like everyone else around them.

And in the words of Seth Godin:

"Is there a difference between 'average' and 'mediocre?' Not so much."

2. Evolving is Painful. That's Why Most People Don't Do It.

"Arrogant or critical people are often people with low self-esteem who are afraid of taking risks. That's because if you learn something new, then you are required to make mistakes in order to fully understand what you have learned." -Robert Kiyosaki

Evolving is painful.

Becoming a better version of yourself requires time, energy, humility, and study.

Evolving means constantly becoming a child again. You must become a young, teachable student again, over and over.

You must constantly be admitting, “I don’t know.”

There is so much you don’t know that will be revealed to you over the course of your studies and self-discovery. And the most helpful way to “grease the wheels” of this journey is to remain humble and open to correction and teaching.

The worst thing you can do is insist you already know everything.

Michelin-star chef Gordon Ramsay had a show called Kitchen Nightmares where he would audit a struggling restaurant’s food processes.

There was a particular episode where a failing restaurant was led by a stubborn and arrogant chef who refused to change his menu or learn new tricks.

Ramsay came in and began cooking marvelous new dishes for the restaurant. He prepared a particular sea bass dish for the owners, which they loved.

However, the chef refused to try the dish. “I already know what sea bass tastes like,” he argued dismissively. “I’ve been cooking for 38 years.”

Instead of learning a free, valuable lesson from a world-class expert, this man chose pride over growth.

This is how most people react to criticism — defensiveness and immaturity.

Instead of humbly admitting they don’t know everything and gratefully accepting wisdom and teaching from experts, they choose pride and stagnation over humility and massive growth.

Evolving is painful. Most people simply choose not to do it.

But once you decide to become someone who is open to correction and teaching, you become an unstoppable force.

If you shift your mindset into being an open, thirsty mind that is hungry for knowledge (and humble enough to accept correction), you’ll become more capable than 90% of the population to achieve massive success.

“Every next level of your life will demand a different you.” -Leonardo DiCaprio

What got you here won’t get you there.

Mastering success means mastering the art of constantly becoming a better version of yourself.

This is done through slow, deliberate choices, and is sped-up exponentially through being humble enough to accept correction and teaching.

3. The Obstacle is the Way.

“Within every obstacle is an opportunity to improve our condition.” -Ryan Holiday

The ancient stoic philosophers like Marcus Aurelius, Seneca, and Epictetus all ascribed to learning how to turn challenges into triumphs.

It was Aurelius, emperor of Rome who first penned the thought, “the obstacle is the way.”

Aurelius had to deal with problems you and I don’t typically face — assassination attempts, betrayals by his top advisors, and the incessant efforts of his enemies to overthrow Rome.

What he learned through all of this was not to run from problems; in fact, they are exactly where you should go.

It is through solving difficult problems and overcoming frustration and fear that allows you to develop patience, poise, and peace in the most dire of circumstances.

The reason so many NFL teams, CEO's, and personal development coaches have been studying the philosophy of Stoicism in recent years is because solving these obstacles directly (instead of running away) is exactly how to become a stronger, faster, smarter, and more poised person.

Becoming successful often means an entire transformation in many parts of your life. The relationships, finances, health, and personal habits of successful people often look radically different than the average person's.

This change is difficult. Evolving is painful, so most people don't do it.

But for those who truly desire to become successful, the obstacle — fear of rejection, frustration, setbacks, anger, impatience...

This is exactly where you need to focus your efforts.

4. Growth and Comfort Cannot Co-Exist.

"You can either step forward into growth, or backwards into security." -Abraham Maslow

Growth means learning. It means working, doing, creating, resisting, failing.

Comfort means safety. It means stability, protection, pleasure, and feeling good.

Growth cannot happen as long as you choose comfort over learning. Growth and evolution are incubated in pain and discomfort.

Most people choose comfort over pain, and so remain in average, mediocre lives.

If you want to succeed and experience true, lasting success, you need to know that all the necessary growth and evolution you must experience cannot happen while you're comfortable.

There is so much you need to know and need to learn. The path to success is paved with obstacles that can only be overcome by reading books, gaining mentors, failing and trying again, and learning from your mistakes.

These cannot happen if you continue to mindlessly numb yourself through TV and drugs, sleep in longer than you should, or cling to what is "easy" instead of what is "challenging."

Growth and comfort cannot co-exist.

If you want to become a new, better, healthier, richer, stronger, smarter person, it cannot be achieved while you choose comfort over growth.

5. Becoming Extraordinary Means Giving Up a "Normal" Life.

"If you want to live an exceptional and extraordinary life, you have to give up many of the things that are part of a normal one." -Srinivas Rao

If you want to experience true success and become extraordinary, it means you must give up many parts of a "normal" life.

Nowadays, "normal" means a lot of things.

"Normal" means buying things you don't need to impress people you don't like with money you don't have.

"Normal" means binge-eating an entire pizza while binge-watching an entire season of a TV show.

"Normal" means sleeping in as late as you can. It means doing what others tell you to do. It means following conventional advice, never leaving the safety of the herd.

Normal is "the way things have always been done."

But “extraordinary” is something quite different.

If you want to live an extraordinary life, that means you’ll have to start acting very differently from how everyone else is.

One of the most basic tenets of becoming extraordinary is simply having the courage to go against the tide.

Extraordinary means buying books, online courses, and conference memberships instead of buying alcohol, doodads, and luxuries you don’t even need.

Extraordinary means saying “no” to merely good opportunities and waiting for the truly great ones.

Extraordinary means investing your money in assets, not liabilities. The wealthy don’t become wealthy by sitting on their hands — they spend enormous amounts of time becoming extremely financially literate and make their money work for them.

Extraordinary means becoming fit and healthy so your body and mind are able to function at extremely high levels so you can produce work that can truly change the world.

Extraordinary means devoting the majority of your time learning and investing in personal development.

Most people don’t prioritize the characteristics of the extraordinary lifestyle. Being extraordinary means doing things others won’t.

“Would you be as successful if you followed all the rules and always behaved and never took chances? No, you’d be just like everyone else, scared about failing and worried about being liked.” -Tim Grover, personal trainer of Michael Jordan and Kobe Bryant

6. Willpower Isn’t a Good Long-Term Fuel Source

Most people are terrible at achieving goals.

As much as 92% of people give up on their New Year’s resolutions just a few weeks into January.

When asked, most overweight and broke people declare they would like to become fit and financially successful.

But they continue in their unhealthy habits and foolish financial decisions.

Most people are terrible at achieving goals because they rely on willpower to do so.

A simple secret about success is that willpower doesn’t work.

Commitment does.

According to the latest psychological research, your willpower is like a muscle. The more you use it, the more tired it gets. Essentially, willpower is a finite resource that becomes depleted with use.

As a result, your willpower is nearly gone by the end of your long, strenuous days.

Suddenly, you don’t even stand a chance resisting that junk food and watching TV.

Commitment is something entirely different. Commitment goes above and beyond your energy, stamina, or how you feel, even after an extremely strenuous day.

If you’re truly committed to something, in your mind, it’s as though you’ve already succeeded. All doubt and disbelief are gone.

As long as you rely on willpower alone to accomplish your goals, you will never succeed on truly enormous levels.

It is only through an unwavering commitment to a new lifestyle that truly allows you to accomplish extraordinary things.

7. Consistency Beats Intensity.

“Long-term consistency beats short-term intensity.” -Bruce Lee

In 1974, boxer Muhammad Ali was scheduled to fight George Foreman. Foreman was considered by many observers to be the favored to win the fight due to his superior punching power. He was stronger and more experienced than Ali.

Rather than try to match Foreman at his own game, Ali adopted a different tactic, which became famous in their “Rumble in the Jungle” fight. It was called the “rope a dope” technique.

During the fight, Ali put himself in a protected stance, put his back against the ropes of the ring, and let Foreman punch him relentlessly.

At the time some observers thought that Ali was being horribly beaten and worried that they might see him get killed in the ring.

But the ropes on Ali’s back allowed him to absorb the punches without taking a lot of damage. While Foreman exhausted himself fruitlessly attacking Ali, Ali was waiting for the moment to strike.

At the end of the 8th round, Ali knocked out Foreman and won.

Often, the stronger and faster opponent gets beaten by a weaker, slower adversary. How?

It’s because in the long run, it’s not about intensity — it’s about consistency.

This is the essence of Angela Duckworth’s groundbreaking book, *Grit: The Power of Passion and Perseverance*. In short, it is not the individual with the greatest starting position or motivation that usually wins — it’s the person who has the most “grit.” The person who can last the longest.

The individual who is able to make a stronger commitment to maintaining their course despite whatever happens...

This is the person who will reach their goal.

Will Smith, critically acclaimed actor and producer, was once asked about his motivation and how he got to become so successful.

“The only thing that I see that is distinctly different about me is I’m not afraid to die on a treadmill,” he explained.

“I will not be out-worked, period. You might have more talent than me, you might be smarter than me, you might be sexier than me, you might be all of those things you got it on me in nine categories.

But if we get on the treadmill together, there’s two things: You’re getting off first, or I’m going to die.”

Success is all about consistency.

It’s not about never falling down — it’s about getting up every time you fall down.

“You will fall. And when you fall, the winner always gets up, and the loser stays down.” -Arnold Schwarzenegger

Most people rely on short, intense bursts of inspiration and motivation in their attempts to be successful. Maybe they read an inspiring weight-loss story, or just watched *Gladiator*.

After this inspiration, they act like a crazy person — they work tirelessly, day and night. They go to the gym 6 days in a row for two weeks, they write 5,000 words for their book, they throw out every piece of junk food they have in their house.

But what usually happens to these people?

The same fate that befalls nearly 92% of individuals who make New Year's Resolutions: they give up a couple weeks later.

Enthusiasm is common.

Endurance is rare.

"Fall seven, rise eight." -Ancient Japanese Proverb

8. Success Means Choosing Education Over Entertainment.

"Your level of success will rarely exceed your level of personal development, because success is something you attract by the person you become." -Hal Elrod

Choosing to learn instead of being entertained is a trademark characteristic of successful people.

Mastering success means learning to love being a small fish in a big pond. Most people don't want to admit those three little words..."I don't know." Instead of choosing to learn, they reject the opportunity and instead go back to entertaining themselves.

But achieving your ultimate life requires a tremendous deal of learning. It requires an intense dedication to gaining knowledge, learning important lessons, and receiving teachings that add to your wisdom, experience, and education.

Some of the greatest and most successful minds of our time are also voracious readers. They make time for their education.

Warren Buffet (worth \$74.4 billion) advocates to read hundreds of pages a day.

Mark Cuban (worth \$3.4 billion) dedicates three hours a day to reading.

Bill Gates (worth \$90.2 billion) reads 50 books a year, nearly a book a week.

Elon Musk (worth \$15.2 billion) is an avid reader that claims he learned to build rockets by reading books.

The most successful people of the world don't spend their precious and most potent time binge-watching TV, playing excessive video games, or partying into drunken oblivion.

The extraordinary people of this world dedicate massive amounts of time and money into investing in themselves.

This is done through reading books and blogs, attending conferences, seminars, webinars, and trainings, participating in "Mastermind groups," collaborating with others, and working with several mentors.

Successful people choose education over entertainment.

Odds are, your life's greatest work requires you to close the wide gap between what you know and what you don't.

In the words of Benjamin Foley, "The goal of life is not to relax on the beach, sipping mojitos all day. The purpose is to find something you love that also adds value to the world."

If you want to find that purpose, and actually start creating and doing work that impacts the lives of thousands...

You'll need to get educated.

If you want to be extraordinary and successful, choose education and learning over entertainment.

9. Everyone's First Draft Sucks.

"The first draft of anything is shit." -Ernest Hemingway

I have a friend who is writing a novel.

It's his first novel, and he works very hard on it. In fact, he's been working on it for years. Sometimes I check in with him to see how it's going. It's usually going "alright."

Here's the thing he doesn't understand:

His first book probably won't be that good.

And that's OK. His second and third books will probably be better.

But he'll never know if he never publishes the first one.

I've written 2 eBooks so far. The first one sold exactly zero copies. The second one sold about 20 copies.

I imagine my next one will sell a little more. Same goes for the one after that.

My first 2 eBooks weren't that great. I put a lot of work into them — a lot. But I also clicked "publish." Most people never do that. They spend years building this intricate, almost-perfect creation that's never quite "done."

They don't realize they're only prolonging their own success.

Most people want to be wildly successful on the first try. But this almost never happens.

Everyone's first draft isn't that good. That's because we haven't learned what "great" is yet. We are not able to produce great work without first producing a lot of crap.

In the words of renowned radio host Ira Glass:

"All of us who do creative work, we get into it because we have good taste. But there is this gap. For the first couple years you make stuff, it's just not that good. It's trying to be good, it has potential, but it's not.

A lot of people never get past this phase, they quit. And if you are just starting out or you are still in this phase, you gotta know its normal and the most important thing you can do is do a lot of work.

It is only by going through a volume of work that you will close that gap, and your work will be as good as your ambitions."

My friend would do far better for himself if he simply published his book, accepted some criticisms and the fact that he didn't immediately make the New York Times Best Seller list...and start on his second book.

It will probably do better than his first book did. Same goes for his 3rd and 4th books.

Success isn't about creating; it's about consistently practicing quality actions. Every day. Over and over. Unsexy, boring work.

Michael Jordan didn't become great while on the court of his widely-publicized games. And Michael Phelps didn't become the most decorated Olympian of all time solely through his widely-publicized Olympic appearances.

These individuals became great alone, in practice, every day, for years. Over, and over, and over.

"Champions aren't made in the ring. They are merely recognized there." -Joe Frazier

Everyone's first draft sucks.

Get over it, publish it, and try again. Your second draft will be better.

10. How You Do Anything is How You Do Everything

I used to juggle being an entrepreneur on the side while working full-time.

I used to believe that even if I slacked off all day at work — scraping by, just doing the minimum to not get fired — I could switch gears from the lazy, unmotivated worker I was to a disciplined, creative entrepreneur when I got home.

But that never worked.

How you do one thing is how you do everything. If you spend all day being bored, lazy, and irresponsible, you can't simply "flip a switch" and become a truly responsible, disciplined, hard worker while at home, in your relationships, your finances, or your health.

Many people think they can compartmentalize their discipline and effort — working hard in some areas but not in others — but you can't.

When one area of your life is suffering, all the other parts suffer. Conversely, when you develop one part of your life, all the other parts benefit too.

Are laziness, irresponsibility, and avoidance normal parts of your day? Even if they're in areas you don't deem worthy of your efforts — are they there?

If they are, they need to be changed. The whole cannot become healthy if there are still toxic areas that remain unaddressed.

Like a broken ankle or a dislocated shoulder, the entire body will suffer if even one part remains broken.

11. You Can Become Anything If You're Willing to Pay the Price.

"How much you improve is up to you." -Anders Ericsson

The price for being extraordinary is a high one. It means severing ties with toxic individuals. It often means waking up earlier, eating healthier, and saying "no" to things you used to say yes to.

The truth is, there are probably dozens of daily activities you do that don't serve you. They only serve to distract you, bring you down, or keep you "busy."

Paying the price of success means changing these behaviors. The choice to become extraordinary is not unlike the addict who knows he has to quit to survive; do you keep doing the same things, or are you willing to change everything to transform?

For many people, the answer is no. They see the price tag for a truly successful life, and suddenly they're hesitant and reluctant.

But if the prospect of the reward — becoming extraordinary and truly successful — is worth it to you...

Then you need to start paying the price.

When you're with your loved ones, do you look at your smartphone or pay the price?

When you have 5 extra minutes, do you "zone out" or do you pay the price?

When you have a choice between the easy and comfortable path or the difficult and challenging path, do you pay the price?

When your alarm goes off in the morning, do you just press "snooze" or do you pay the price?

You can have anything you want. But this success requires a heavy price.

Are you willing to pay?

12. Success is a Lonely Road.

“The more bold you are, the more rejection you’ll experience.” -Todd Brison

The thing about becoming truly successful is that most people never do it.

The world is full of members of the “mediocre majority.” Most people will never be successful. They may try, or claim they want to, but in reality, it never happens.

This reality becomes all the more keen for the few individuals who actually choose to become truly successful and extraordinary.

It’s lonely. There’s not a lot of company.

Only those who have reached the top of the mountain know how few tracks are up there.

If you want to be truly successful, you need to understand this road will probably be very lonely, for a time.

Even the most well-intentioned people around you may begin to disparage and discourage you from leaving the safety of the herd. Family, friends, and loved ones all may not understand your choice to go on a new path.

In some cases, they may even become resentful and hurtful.

This is because since many people never reach their dreams, they don’t want others to reach theirs. In order to prevent the reality that you achieved your goals while they did not, they strive to keep you in the herd, or ostracize you when you leave.

If you want to reach new heights and achieve success unlike anything you’ve ever experienced before, it will likely involve loneliness, rejection, and ostracism.

13. If It’s Not a “Hell Yes!” It’s a No.

When my wife and I were still living in San Diego, I was extremely busy. I had written an eBook, started a podcast, gotten a craft beer certification, and read 30 books, all while in full-time grad school and full-time work.

When we moved to South Korea, our lives became extremely simple. And I began saying “no” to almost everything.

Some of these opportunities included:

Overtime at work

High-paying private tutoring

Youth basketball coach

Remote data administrator

Podcast co-founder

I said no to all of them.

That’s because I realized they were all “good” opportunities, but not “great” ones.

None of these opportunities made me think, “Hell yes!”

From now on, if any opportunity doesn’t make you say, “Hell yes!” you must say no.

Most people are stuck in obligations they don’t even like, simply because they didn’t have the courage to say no. As a result, their days are spent doing things they don’t like that suck precious time and energy that could be spent on building their legacy.

You need to say “no” more.

In the words of Warren Buffet:

“The difference between successful people and really successful people is that really successful people say no to almost everything.”

When you say yes to the “kinda-good” opportunities — the ones that make you say things like, “Sure, that could be fun,” or “Alright, that sounds interesting” — you forfeit your chance to say yes to amazing opportunities.

Your life’s legacy requires your best work, and a lot of time to do it.

You can’t create a legacy if you’re always distracted with good-not-great opportunities, even if you’re making a few extra bucks.

14. Acting “As If” Becomes Acting “As Is.”

“Act as if you are already the healthiest person you can be. Do not wait until you feel better about yourself or until you believe you have what it takes. As if you are self-actualized and your beliefs will follow suit. Act while you fear rather than waiting until you feel unafraid.” -David Richo

One of the most important factors about becoming successful is self-belief. In other words, your level of how successful you will be is generally accurate.

This sentiment has been echoed throughout history.

Said Henry Ford, “Whether you think you can or you can’t, you’re right.”

In a letter to a struggling friend, Bruce Lee said, “What you habitually think largely determines what you will ultimately become.”

Do you believe you can win? Can you envision yourself with your goals completed? Can you see yourself with everything you’ve ever wanted?

If you can’t, you’ll almost certainly never.

What you focus on, expands. This is why most critical, judgmental, and negative people invariably have negative, toxic lives.

If all you focus on is how much of a victim you are, you’ll always be a victim. If all you can see is how unfair your circumstances are, you’ll be doomed to stay in your stagnation.

Winners become winners by acting like one.

Acting “as if” can be a playful game, where you toy with the balance of shedding off who you were or are, and instead don the costume of who you want to be. It may sound silly, but this is a powerful exercise for your mind.

Robert Kiyosaki, author of the acclaimed finance book Rich Dad Poor Dad, recounted a time when he had lost a large amount of money, leaving he and his wife broke.

“I’m a rich man,” he would tell himself. “And rich men don’t do that.”

Even though he had literally lost all his money, he still acted like a rich man. He still donned the “costume” of a wealthy, financially secure individual, and so that’s what he became.

If you’re rich, you don’t make bad investments or foolish financial decisions.

So act like you’re rich.

If you’re a healthy, fit individual, you don’t eat garbage. If you’re a loving, caring husband, you love and serve your wife. That’s just what you do.

Even if you’re not there yet, don the costume. Acting “as if” will eventually become acting “as is.” This is how people become truly successful, especially if they or no one else around them has ever done so — they imagine themselves as that person. Then they act accordingly.

And in the words of Paulo Coelho:

“When you want something, all the universe conspires in helping you to achieve it.”

If you're broke, overweight, unhappy, or stuck, act as if you're not. Act as if you're a rich, fit, content individual with a purpose.

You'll become that person.

But you have to believe it.

"One will never get more than he thinks he can get." -Bruce Lee

In Conclusion

"Where you are is a result of who you were, but where you end up depends entirely on who you choose to be from this moment forward." -Hal Elrod

Mastering success isn't easy, but it's simple.

Success isn't mysterious. It's not a magical puzzle that only a select few have the ability to solve.

It's available right now.

But mastering success requires you to become a more open-minded and humble learner than you ever have been before.

You must learn from the experts. You must admit you don't know.

You must recognize reaching new heights requires an entirely different you.

This is good news. We were not meant to stagnate or remain in comfort for long. As anyone who has chosen comfort over growth for too long knows, that very comfort sours and becomes a prison of fear, shame, and isolation.

The real, fulfilling life is waiting for you on the battlefield.

It's not easy out there. But the rules are simple.

Follow them, and you'll become wildly successful.

101 Ways To Be a Better Person

How does one become a better person?

Back when I was studying in university, I didn't like myself very much. I was rude, selfish, [emotionally stingy](#), self-centered, judgmental, highly critical, very obnoxious, and arrogant.

When I think back about it, a lot of that came from insecurity. I didn't like myself, and this projected outwards in my behavior towards others. I was dissatisfied with myself, and hence I was dissatisfied with things about other people.

Subsequently, I decided to work on becoming a better person. I started off by listing the traits I didn't like about myself, and then tackling them one at a time.

It took a lot of inner work, but today, I'm a lot happier with who I am. I can't say that I'm perfect or that I've achieved my ideal self, because there's still so much I've to work on. I also think that becoming a better person is an ongoing goal, and there's never a real end point to reach.

In this massive post, I share 101 ways to be a better person. If you just follow a tip a day, you'll go a long way toward becoming a better, more likable, person. Remember this isn't about making yourself liked by others — it's about becoming someone you truly love and adore, which will in turn attract the right people and opportunities into your life.

Use this as your foundational guide for self-improvement. Here goes:

1. **Commit yourself to growth (Be Growth-oriented).** The more you grow, the better you become. I committed myself to a lifetime of growth back in 2006 (when I [discovered my purpose](#)), and I've never looked back ever since.

2. **Work on your negative traits.** Are there any traits that you dislike about yourself? Some traits which I didn't like about myself in the past include being self-centered, arrogance, selfishness, critical, harshness, hardness, etc. Identify them, and then work on them one by one. It can be challenging to try to overhaul your character at once. On the other hand, if you work on addressing one negative trait at a time, it's a lot more manageable and achievable.

3. **Identify your ideal self.** What's your ideal self like? Picture him/her in your mind, then write down all your ideal traits. Then, start living true to your ideal self.

4. **Find a role model.** Having a role model inspires us and gives us an image of who we can be. Some people I'm inspired by include Oprah Winfrey, who has done so much in the area of self-help; Chadwick Boseman, who tirelessly spoke up for the black community even leading up to his death; and John Christopher, a master herbalist who healed people using natural remedies and committed himself to educating and healing people. Who is/are your role model(s), and what do you like about them?

5. **Be a role model.** The best way to be a better person is to be a role model to others. How can you be an inspirational guide to others? Live by example. In being a role model, remember it's not about making yourself into someone you're not (see #57 on Be Individualistic). It's about living true to your ideal self (see #3).

6. **Be a better child to your parents.** You only have two parents in your life, so appreciate the time you have with them. If your relationship with your parents is non-ideal, it doesn't mean that everything ends here. I used to have a very poor relationship with my parents, until I achieved resolution recently. Read: [How I Found Peace in My Relationship with My Parents](#)

7. **Be a better friend to your friends.** I used to be disappointed at how some of my friends weren't always there for me when I need them, then I realized that I should think about how I can be a better friend to my friends first before making such expectations of others. Likewise for you, think: How can you be a better friend to your friends? Read: [How to Have More Best Friends in Life](#)

8. **Be a better sibling, if you have siblings.** I have several friends who are the only child, and they frequently talk about how they wish they had a brother or sister. If you're lucky enough to have brother(s) and sister(s), treasure them. Spend more time with them; show them care and concern. Look out for them if you need to.

9. **Be a better partner, if you're attached.** If you've a girlfriend/wife or boyfriend/husband, think about how you can be a better partner to him/her. When you're in a relationship, it's easy to make demands and expectations about what your partner should do/be, but it's difficult to take ownership for the things we aren't doing and being ourselves. Commit yourself to being a better partner, and release your expectations of your partner. Both of you will be happier that way.

10. **Be a better parent, if you have children.** Many parents have told me that having a child one of the most amazing things that has ever happened to them. If you have a child or children, think about how you can be a better parent, without impeding on the child's growth. Raising a child can be challenging especially as he/she enters adolescence years, but that's also part of the joy of being a parent.

11. **Be a better employee** (if you work for someone). Often times, I hear people complaining about how their companies are not giving them enough benefits/wages/support/etc. While this may be true, think about how you can be a better employee instead. Check if there's anything more you can do for your manager. See if there are any new projects you can take on. See how you can improve your current performance.

12. **Be a better manager/leader** (if you're managing others). Many people leave their jobs because they're unhappy with their managers. How well you manage your employees can dramatically affect their motivation levels and their performance. Put their needs before yours and bring the best out of them.
13. **Be a better member of your community.** What communities are you a part of? Say, interest groups? Recreational clubs? How can you be a more active part of the communities?
14. **Be a better human to others.** How can you treat the fellow humans around you better? Start treating them this way.
15. **Be a better being in this world.** How can you make the world a better place? Start doing that today.
16. **Be Able.** Equip yourself with skills. Your skills are like the tools in your toolbox. The more skills you have, the more able you become.
- **Learn something new.** There are always new things to learn, no matter how much you already know. The more you learn, the better you become. Read: [Skills Development](#)
 - **Hone your current skills.** With your current skills, strengthen them. You can never be too good at a skill — there's always room to improve. Even the best people in their fields, such as Tiger Woods (Golf), Michael Jordan (Basketball), Beethoven (Pianist) never stopped honing their craft. Read: [Level Up](#)
17. **Be Accepting** of differences — be it of people, mindsets, lifestyles, or cultures. For they add variety and color into our lives. If everyone is the same, life will be bland — monotonous, even.
18. **Be Adaptable / Flexible / Versatile.** Have your goals and plans, but be able to change them accordingly when the situation calls for it. Rigidity is a sign of weakness, while adaptability makes you so much more powerful.

19. **Be Adventurous.**

- **Step out of your comfort zone.** Are you sticking to the same routines and hiding behind a safety net? Step out and do something you've never done before. It'll broaden your mind and make you a better person.
- **Travel.** Traveling broadens perspectives and widens horizons. Since 2011, I've spent almost 50% of my time traveling around the world, across continents and different countries. I've been gaining so many insights about different cultures, and traveling has enriched my perspective of the world.

20. **Be Altruistic.**

- **Always have the best intentions for others.** Go for the highest good in everything you do, every decision you make, every path you take, and every thought you have.
- **Volunteer (for a cause you believe in).** Not everything has to be measured in money. At PE, I spend hours every day writing the best content and giving it away for free, without asking anything back in return from the readers. With volunteer work, you may be giving your labor for free, but this is time spent that is filled with meaning. Don't underestimate the kind of difference you can make in others' lives with just a few hours of work.
-
- **Save the environment.** Our world is being wasted away, day after day, and the modern society is inflicting huge amounts of damage on it with pollution, plastic waste, and more. What can you do to protect our home?

21. **Be Assertive.** Stand up for your rights and the things you believe in.

22. **Be Attentive.** When someone is talking, give him/her your full attention. Don't busy yourself with something else; that's just rude and inconsiderate.

23. **Be Bold.** Life is an adventure. Don't live it in [fear](#). Boldly pursue your dreams. Boldly act on your instincts. Boldly create the life you've always wanted. Read: [How To Overcome Fear and Pursue Your Dreams](#)

24. **Be Candid.** Be frank, be outspoken, be earnest. Say what's on your mind. Don't feel the need to censor your words because you're afraid of what others think. Be true to yourself. (But not at the expense of others' feelings, of course — see #39 on Be Empathetic.)

25. **Be Caring.**

○ **Show concern.** There's no need to wait for a cry for help before showing your care and concern. You can do it right away, right now, to those around you. Even if there's nothing wrong, it'll warm the hearts of others to know that you cared.

○ **Call your friends.** Are there any friends you've not contacted for a while? Call them today and check on how they're doing. They may not show it, but they'll be happy that you called — because it showed you cared.

26. **Be Coachable.** There's always something we can learn from everyone, no matter his/her age, background or area of expertise. Don't close off on opportunities to learn just because you think you know enough. Open your mind and let every encounter be a learning lesson. The moment you close yourself off is the point where you stop learning.

○ **Find a mentor.** A mentor guides you to become greater than you can be by yourself. You should only get a mentor if (a) the person has something to teach you (b) your personalities gel with each other. Back when I was working in P&G, I had informal mentors who often stepped in to make sure I was doing well. At the same time, they themselves had mentors who guided them. No matter how senior or experienced you may be, there's always someone who has something to teach you.

27. **Be Committed...** to your goals and dreams. If you've set a goal, go all out and achieve it. If you've laid down a plan, stick to it all through the way. Don't waver, for that's not in you to do so.

28. **Be Compassionate / Kind.** Always look out for opportunities where you can help others. Don't get caught up in your own space — instead, look outwards and see if there's anything you can do for others. Even the simplest things, like helping someone carry his/her belongings, is very much appreciated by others.

29. **Be Confident...** in who you are and what you do. There's no reason not to be. Read: [How To Be The Most Confident Person in the World](#)
30. **Be Conscientious / Meticulous.** Are you attentive to everything you do? Such a quality is rare, but so precious. Conscientious people put their heart and soul to what they do; consequently they do a complete and thorough job in whatever they do. You'll naturally be a valuable asset to whichever organization or team you're a part of.
31. **Be Considerate / Thoughtful.** Make a habit to consider others in your decisions and actions, for they affect other people. Make sure no one is negatively affected before you proceed with your plans.
- **Practice the Golden Rule.** It's the ethic of reciprocity, which states "One should treat others as one would like others to treat oneself." How do you want others to treat you? Shower others with this behavior, and you'll attract more of the same.
 - **Practice the Silver Rule.** Related to the Golden Rule, it states "Do not do unto others what you would not have them do unto you." It's to make up for the shortcomings of the Golden Rule. How do you *not* want others to treat you? Make sure you don't do this to others.
32. **Be Cooperative.** Don't be insular and seclusive. Be willing to work with others if they need your help. We do not exist in this world alone; Life is possible because we have each other.
33. **Be Courteous.** Practice good etiquette. Always remember your "hi"s, "bye"s, "thank you"s and "welcome"s.
34. **Be Courageous / [Overcome Fear](#).** Is there anything you're scared of? Don't be. Fear is mental — It's only what you perceive it to be. If you challenge that which you're afraid of, you'll realize there's nothing to be scared of at all, because there is nothing to lose — We entered this world with nothing but our consciousness, we'll leave the world with the same consciousness. Read: [How To Overcome Fear and Pursue Your Dreams](#)

35. **Be Curious.**

- **Have an insatiable thirst for knowledge.** So you'll always be learning new things.
- **Ask questions — often.** The more questions you ask, the more information you can uncover.
- **Get feedback from others.** Feedback is one of the fastest ways to identify areas of improvement, since others can see our [blind spots](#). Day 17 of [Be a Better Me in 30 Days Program](#) is about asking for feedback from others around us so we can improve.

36. **Be Dependable.** Be there for others when they need you. Always check if there's anything you can do for your friends. If they call you, make time out for them. If they email you, take the time to respond. You never know when it's someone in pain and reaching out for help. Read: [How to Have More Best Friends in Life](#)

37. **Be Discerning.** Don't blindly accept everything you hear or read; Always evaluate what you're given with a discerning mind. This doesn't mean you become skeptical; but rather you exercise your judgment appropriately.

38. **Be Emotionally Generous.** Emotional stinginess means to be stingy with your emotions, while emotional generosity is to be generous. So, an emotionally stingy person is typically [negative](#), unhappy, [critical](#), judging, imposing; while an emotionally generous person is positive, happy, encouraging, supportive, etc. Be as giving with your emotions as possible. Encourage others. Be positive. Share happiness. Read: [Are You Emotionally Generous?](#)

- **Compliment others (with genuine intent).** Part of emotional generosity is to be generous with compliments (that's genuine and not fake). Get into the habit of giving compliments. When you meet someone and if you recognize something nice about him/her, let him/her know. You'll make his/her day.

39. **Be Empathetic.** Empathy is the key to successful relationships. Learn to see things from others' perspective. It'll let you understand people better, resolve conflicts, and develop meaningful connections.

40. **Be Encouraging.** No one likes a wet blanket. Be encouraging when your friends share their problems with you. Be supportive when they tell you about their goals.

41. **Be Enthusiastic.** Life is too beautiful to live dread and boredom. Embrace every day with joy and love. Start every day on a fresh new start! Approach every situation with excitement! And bring this energy to everything you do and everyone you meet. :)

42. **Aim for Excellence.**

- **Take on more than you can handle.** If you're managing your responsibilities fine at the moment, challenge yourself by taking on more. If you're always doing the same things, you'll never develop anything. You'll no sooner atrophy in your growth. Take on more work. Push your boundaries. Stretch yourself. This way you increase your capacity.

- **Expect nothing less than the best.** Hold yourself to the highest standard in whatever you do. Always aim for the highest goals, the best results, the grandest vision.

- **Live your life to the fullest.** Because why should you settle for a life that's anything less? Read: [101 Ways To Live Your Life To The Fullest](#)

43. **Be Fair.**

- **Don't bad mouth other people.** Don't speak ill of people behind their back, because it's unfair to them and doesn't give them a chance to defend themselves. Let the person know if you don't like something he/she did, or otherwise make peace with it within yourself.

- **Don't discriminate.** Give equal treatment to everyone, regardless of race, language, religion, nationality, gender, age, social status, financial status.

- **Don't judge.** Don't make conclusions about others' character of their life based on 1-2 things you see about them. Always give others the benefit of the doubt.

- **Uphold justice.** If you see unfairness being exacted, step in to right the wrong. This includes intervening when someone is being bullied, or standing up for someone when he/she is being unfairly judged.

44. **Have Faith.** Don't put too much pressure on an event or a person to give you the results you seek. Do your best within your capacity, and have faith that everything will fall into place.

45. **Be Filial.** Our parents have dedicated half of their lives to having us and raising us. Now that we're grown up, it's our turn to repay them for the life they have given us. If your relationship with your parents is not the ideal state you envision, be sure to read [How to Improve Your Relationship With Your Parents](#) (series)

46. **Be a Follower.** Aristotle said it best with this quote: "He who cannot be a good follower cannot be a good leader." Are you a good follower? Are you able to take directions from others? Are you willing to take directions from others? Before you think about becoming a leader (see #60), you've to learn to be a good follower first.

47. **Be Forgiving.**

- **Let go of your anger.** Is there anything or anyone you're angry with? Perhaps it's time to give it/him/her and let things go. Read: [How To Overcome Anger](#) (series)

- **Bury the hatchet with someone.** Beyond embracing forgiveness inside you, reach out to the person you had grievances with in the past. This is not going to be easy, but it'll bring you a huge step forward in your growth. When I was younger, I had some conflicts with schoolmates here and there, due to misunderstandings. After I started PE, I decided I had to live by example if I was to pursue [my purpose](#) to help others how to achieve their highest potential. So, I reconnected with old schoolmates whom I had conflicts with. It was much easier than I thought — most of them reciprocated in kind, and after that we stayed connected as friends. Read: [Be a Better Me in 30 Days Program](#), Day 24: Right a Past Wrong

48. **Be Friendly / Approachable.** We are all humans, here to connect with one another. If you see someone you don't know, take the first step to know him/her. With people you know, keep yourself accessible so they can approach you whenever they need help. Read: [10 Tips To Make New Friends](#)

49. **Be Generous.** Find joy in giving. Remember life is not a zero sum game. By giving, you get to gain even more. By giving, you open the channel to receive new things in life. When people experience the beauty of giving, they'd want to give back too, so what goes around, comes around.

○ **Share the good things in your life.** What are you happy for? What do you have that others don't have? What are you proud of? Don't keep them to yourself — Share them with others. Happiness isn't a zero sum equation.

○ **Donate.** Get in the habit of donating things you don't need anymore. For example, old clothes, textbooks, books, toys, and the like. All my unwanted clothes are always donated to others. Sometimes I take the nice, unworn pieces and give them to my friends who can better appreciate them.

50. **Be Gentle.** Our society has brought out a very "hard" side in all of us — one where we're abrasive, hard, and demanding. Bring out the gentle side in you for a change. It'll make you a warmer person to be around.

51. **Be Grateful.** For the good things you have, because not everyone gets to have them. For the bad things you have as well, because they strengthen your character and make you appreciate everything so much more. Day 14 of [Live a Better Life in 30 Days Program](#), my premium life-transformation program, is about gratitude.

○ **Write a thank you note to a friend.** I think a lot of times, we take our friends for granted. We forget about what they've done for us and are doing for us, as well as the value of our connection. Write a thank you letter/note/email to a friend and let him/her know how much you appreciate him/her. He/she will be very happy to receive your letter.

52. **Be Hardworking / Diligent.** Without hard work, we can't wish to get far in life. I've seen people who like to take the easy way out, and this is not what I promote at PE. There are no "quick tips" or "hacks" that will give you instantaneous results — at the end, it boils down to sheer, hard work.

53. **Be Helpful.** Offer your help even if people don't ask for it. There's always something you can do for others.

54. **Be Honest.** To lie is to shrink into a lesser self; To tell the truth would be take a step up in your growth. (Unless there's a higher value at stake, such as protecting someone's well-being.) One of my values is truth — To discover the truth via personal experience and constantly challenging what's around me, and to be truthful in everything I do and say. I don't achieve this 100% of the time, but I do my best to uphold it every moment of the day. Read: [How To Deal With Dishonest People](#)

55. **Be Humble.** People who are arrogant tend to suffer from an inferiority complex, which is why they feel the need to parade their accomplishments. Learn to be humble. There's no need to talk about what you've achieved — if they're really good, the results will speak for themselves. Read: [How To Keep Yourself Humble While Recognizing Your Worth](#)
56. **Be Independent.** Learn to manage your life. Learn to tackle your problems by yourself, without imposing on others. Feel free to approach others if you need help, but you should never expect them to solve your problems for you.
57. **Be Individualistic.** Always be you. Don't try to be anyone else. Read: [Finding Your Inner Self](#)
58. **Have Integrity.** Set your moral and ethical principles and stick to them. Never compromise on them no matter what.
59. **Be Intuitive.** Follow your gut instinct. Let your intuition guide you. You'll never go wrong with it. The more you follow your gut, the stronger your connection with your intuition will be.
60. **Be a Leader.** A leader is someone who is able to bring the best out of others, who is able to inspire others to be bigger than who they are, who is able to energize people into action, who is able to lead a way with a common vision. Contrary to what many think, leadership doesn't begin when you lead a group of people; it begins in our everyday life, with how we conduct ourselves and how we live our lives. Are you a leader of your life? Read: [You Are the CEO of Your Life](#)
61. **Be a Listener.** The ability to listen is quite underrated in our society today. Many people are good at talking, but not listening. For today, make a point to listen to what others around you are saying. Ask questions. Clarify their answers. You may discover new things you didn't know before.
62. **Embrace Love.** Be a beacon of love. Start by loving everyone around you. Show love to your friends, family, partner, colleagues, bosses, clients, teachers, etc. — whether explicitly or implicitly.

◦ **Love unconditionally.** The highest form of love is unconditional love, where you love others without expecting anything in return.

63. **Be Loyal / Faithful.** To the people that you care for, to the values that you stand for, to the things that you believe in.

64. **Be Kind.** Don't criticize. It's easy to pinpoint faults in others, but really, it's not in our place to do so. Not only that, it doesn't make others feel good about themselves

65. **Be Magnanimous.** For every thing that people do you wrong, be ready to forgive and forget.

◦ **Accept criticism.** If someone offers criticism, accept it. Accepting isn't the same as agreeing. You don't have to agree with the criticism, but at least give yourself the opportunity to consider it. Every criticism is an opportunity to improve, to become better. Read: [8 Helpful Ways To Deal With Critical People](#)

◦ **Ignore malicious attacks.** If someone flames you, take the higher route — ignore the person. You can defend yourself on areas where your values are infringed, but overall, keep a hands-off approach. It's not worth it to engage in such discussions, because the flamer will only keep attacking, with no desire to achieve a resolution.

66. **Be Meditative.** Those who meditate will know that meditation cultivates an inner peace within you. It makes you calmer and connects you with your inner self. Read: [How To Meditate in 5 Simple Steps](#)

67. **Be Merciful.** Instead of punishment, think forgiveness. Forceful actions like pain, suffering, death, etc. don't bring closure to issues.

68. **Be Moral.** Do what's right over what's wrong. The question of "what's right" can be subjective depending on your upbringing, but universal values include equality of humans, gender equality, freedom of speech, freedom of choice, etc. Think about how you can follow a lifestyle that inflicts less pain to other living beings.

69. **Be Mindful / Present.** Don't live in the past or future, but focus on the present moment. For this is where you're living at now. [Meditating](#) helps you to be present (see #66).

70. **Be Nurturing.** There's always ability in everyone. How can you nurture it out of each person?

- **Recognize the strengths in others.** Our society today has eased into a state where we keep looking at what we *lack* or don't have, as opposed to what we *already have*. The former is a scarcity mindset, while the latter is one of abundance. Rather than think about what's missing in someone (be in character trait, knowledge, ability, etc), focus on his/her *strengths*. What does she/he have? What is he/she good at? What do you like about him/her? Focus on these vs. what you don't like.

71. **Be Open-Minded.** Be ready to accept different beliefs, attitudes, personalities, cultures, practices, rituals, lifestyles, habits, races, nationalities, diets, etc, for everyone is different. No one thing is right; it's just a matter of what works best for the individual.

72. **Be Optimistic / Positive.** For life is too short to be negative.

- **Don't complain.** Complaining generates all this negative energy that makes you no different than an [energy vampire](#). While it's okay to vent every once in a while, be conscious of the times when you do that. Cut down on the time you spend complaining and think about what you can do about the situation instead.

- **Smile.** How often do you smile a day? Smiling is something we don't do enough. Whether you're out on the streets or at work, it's more common to see people with stoic expressions and hard frowns than smiles. The next time you see someone, even a stranger, smile at him/her. You'll be surprised how many people will return the smile. Even if they don't, trust that they have been warmed by your smile.

- **Laugh.** As they say, laughter is the best medicine. Learn to laugh at the jokes people make, at the obstacles you're facing, at the mistakes you're making, and at the mystery that is life.

73. **Be Organized.** The state of your life now reflects how organized you are. If everything is constantly in a mess, it suggests you're probably disorganized in how you manage yourself. When you are organized, you create structure, stability and predictability — which frees up your resources to pursue new goals. [Creating a life handbook](#) will help to organize your life.

74. **Be Patient.** Do you get edgy when something/someone is [late](#)? Time is fluid; it's a [construct](#) created to help us organize our schedules. Learn to be present and live in the moment instead. Impatience breeds anxiety; Patience brings calmness.

75. **Be Peaceful.** Where you have a choice, go for peace over violence. The latter solves nothing, but creates more pain. The former is the start to a healing journey.

76. **Be Persistent.** No matter what you do, never give up. You will achieve whatever you set out to do, as long as you have the will to do it. My story of how I [pursued my passion](#) and turned it into a successful business is an example of that. The only time when giving up is the way to go when your priorities change and you realize the goal you were pursuing isn't what you want anymore. Read: [Quitting to Win](#)

77. **Be Prudent.** Be bold and daring, but at the same time exercise caution. A touch of practicality never hurt anyone; it helps you to be more ready for what's ahead.

78. **Be Purposeful.** Pursue a cause that's higher and larger than you. When you do that, you'll naturally grow into someone who's bigger than who you are today. Pursuing my purpose to help others grow has made me embark on journeys and make decisions which I wouldn't have pursued if I was just living my life for myself. Read: [Discover Your Life Purpose in 30 Minutes](#)

79. **Be Reasonable.** Know your rights, but don't overstep your boundaries. Act within good reason — You'll be the best judge to that.

80. **Be Repentant.** Has there been anything you did that you're not too proud of? Repent and process it; don't leave it inside your system, because it's like rotting flesh — it'll create an invisible stench and affect you subconsciously in your daily actions. Read: [Be a Better Me in 30 Days Program](#), Day 24: Right a Past Wrong

81. **Be Resilient / Be Strong.** Are you facing any obstacles that are making you waver in your goals? You *have* the strength inside you to do whatever you want — you just have to draw from it. Read: [How To Start When You Have Nothing](#)

82. **Be Respectful.** Treat everyone with utmost respect, because every living being deserves that.

83. **Take Responsibility.**

- **Live up to your responsibilities.** What responsibilities do you have? Are you living up to all your responsibilities? Shrinking away from your tasks is an act of avoidance. Stepping up to them makes you a better person.

- **Don't self-victimize.** It's easy to say "Why me?" when bad things happen. But it does nothing to build your character — in fact it makes you weaker over time, because you're not taking ownership for your problems. Believe it or not, everyone faces these problems too — it's not exclusive to you. Rather than wallow in self-pity, accept your problems as part and parcel of life and address them. The more responsible you are, the more control you have over your life. Read: [You Always Have A Choice](#)

84. **Be Self-Loving.**

- **Be Kind to yourself.** Do you often beat yourself up? Stop doing that. You, above all else, deserve kindness and respect from yourself.

- **Love yourself.** For when you love yourself, you will automatically start loving others too.

85. **Be Self-Reflective.** I make a habit to reflect on everything that happens to me, because that's when I can draw lessons on what I can do better in the future. Self-reflection can take place via a private journal, an online diary, or conversations with others. Asking yourself the right questions is paramount in the self-reflection process. Read: [101 Important Questions To Ask Yourself](#)

86.

87. **Be Sensitive...** to others' needs and feelings. Always check to make sure you're not neglecting anyone.

- **Don't Impose.** Imposing means to force your opinion on others. It's okay to offer your opinion, but if others are not taking it, then there's no need to repeat it over and over again. Keep it to yourself.

○ **Don't give unwanted advice.** One biggest problems people face in relationships is when the other party tries to dispense advice that's not needed. Many times, people converse as a way of sharing. Check if the other party is looking for advice first before you try to offer your 2 cents. It may help prevent unnecessary conflicts.

88. **Dedicate yourself to Service.** It's said that service to others is the highest thing one can ever do in life. Think about how you can contribute to others and to this world. And dedicate yourself to it.

89. **Be Sharp.** Develop your observation skills. Sharp people are always the first to catch on to something; because of that they're ahead of everyone else in their thinking too.

90. **Be Sincere / Genuine.** Speak from the heart, always. Don't say something unless you mean it. One of my core values is authenticity — I only say things that I mean, and never say things if I don't believe in them.

91. **Be Spontaneous.** Be uninhibited! Allow yourself to act freely, without restrictions. Not everything has to adhere to a plan all the time. Allow yourself to just go with the flow. :D

92. **Be Sympathetic.** If others are sharing their problems with you, be sympathetic. Don't jab in with insensitive remarks. Don't dismiss their feelings and thoughts. Get yourself into the same state as them and express your sympathy, so they know they're not alone in the situation.

93. **Be Tactful.** There's no need to be rude or abrasive. Be polite to your fellow humans — everyone has feelings, even if sometimes it may not seem that way.

94. **Be a Teacher.** You don't have to be a formal teacher in name. The very act of sharing knowledge to someone is already teaching in itself. By teaching others, we become better. What are things that you're good at? Share the knowledge with other people. Start by doing it informally, and soon formally teaching others will be second-nature to you.

95. **Be Trusting.** Always give others the benefit of the doubt. No matter what you think, the baseline intention of people is always good. No one deliberately does something to harm others. When they do, it usually comes from a place of lack, but not out of sheer malicious intent.

96. **Be Trustworthy.** Always honor your commitments and uphold your promises. If you make an agreement with someone, be sure to stick through to it.

97. **Be Unattached.** For all things are transient in life. This doesn't mean you become jaded and an emotionless being. What this means is you relish in every moment of your life, every situation you're in, every person you're with, as it is, without clinging on to it when it has passed. For we live in the present, not the past or future.

98. **Be Understanding.** Learn to comprehend things from others' perspective. A common understanding is needed for relationships to be build on.

99. **Be Vigilant.** While the world is a safe place by and large, keep a watch out for possible dangers, especially when you're in a foreign place. Keep a look out for suspicious people. Stay clear of potentially dangerous spots. It's better to be safe than sorry.

100. **Be Visionary.** Set the highest goals and the biggest dreams you can imagine. Then set off and bring your vision to life. Be sure to create your vision board too at the same time. In [30DLBL](#), you get to create your vision board. I've also created a video on [Creating Your Vision Board](#).

The vision board of one of our past [30DLBL](#) participants, Theresa

101. **Be Vulnerable.** Through PE, I've learned that sharing our vulnerabilities is what gives us the greatest strength as humans. In the past few years, I've opened up about some of my deepest vulnerabilities, including [my relationship with my parents](#), [my past heartbreak](#), [my disappointments](#), among others.

102. **Be Wise.** [Being wise means](#) “having the power of discerning and judging properly as to what is true or right; possessing discernment, judgment, or discretion.” Practice good judgment by exposing yourself to different contexts; considering different perspectives; gathering as much information as you can; weighing out different possibilities. The more experience you gain, the more you learn, and the wiser you’ll become.

101 Questions To Ask Yourself in Life

“The key to wisdom is knowing all the right questions.” — John Simone

What questions do you ask yourself every day?

Believe it or not, the kind of questions you ask yourself affect the life you lead. That’s because the questions you ask yourself literally determine what your mind focuses on, triggering certain thoughts, actions, and in actions, ultimately affecting the results you see in life.

To the extent you focus on self-limiting, negative questions, you will get self-limiting, negative answers and the same unhappy reality. When you shift to ask yourself empowering, deeply-reflective questions though, it shifts your consciousness to a whole new level and sets into motion the thinking and actions to jump start your life.

In this post, you’ll find 101 powerful questions to ask yourself. Some questions are for self-discovery, to learn more about yourself; some are self-reflective, to reflect on your past and learn from it; others are future-focused, to plan for a better future. Many are questions that I ask my clients during coaching sessions to achieve new breakthroughs and discoveries.

I believe questions are a key to self-awareness and personal growth, and this guide contains vital keys to unlock important answers within you. If you’ve never asked yourself these questions before, it’s normal for your mind to draw a blank. That’s okay. Simply spend some time to think over each question and let your mind run free. Ask them over and over, at different sittings. Soon the answers will come to you. :)

Also, know that there is no one final answer. Your answers to these questions today may be different one, two, three years down the road, and that’s part of your personal growth journey. You may want to use a journal to record your answers, then refer to them years down the road to see how you’ve changed and grown.

I present to you, 101 important questions to ask yourself:

1. Who are you?
2. How would you describe yourself?
3. What are you passionate about?
4. What personal achievements are you most proud of?
5. What are you most grateful for?
6. What are the most important things to you in life?
7. What are your values? What do you represent? What do you want to embody?
8. Do you love yourself?
9. Why or why not? What do you love most about yourself?
10. How can you love yourself more today?
11. What is your ideal self?
12. Look at your life now. Are you living the life of your dreams? Why or why not?
13. If you have one year left to live, [what would you do](#)?
14. If you have one week left to live, what would you do?
15. If you have one day left to live, what would you do?
16. If you have one minute left to live, what would you do?
17. What would you do today if there were no tomorrow?
18. What are the biggest things you've learned in life to date?
19. What advice would you give to your younger self?
20. Let's say you are your future self. What advice would you give to your present self? (On Day 22 of [Live a Better Life in 30 Days Program](#), we travel to the future to give advice to the us today.)
21. Is there something you're still holding on to? Is it time to let it go?
22. What are you busy with today? Will this matter in 1 year? 3 years? 5 years?
23. What are your [Quadrant 2](#) tasks? How can you start working on them?
24. What opportunities are you looking for now?
25. How can you create these opportunities?
26. What are your biggest goals and dreams?
27. Is there anything stopping you from pursuing them? Why? How can you address these factors?
28. If you were to do something for free for the rest of your life, what would you want to do?
29. What would you do if you cannot fail; if there were no limitations in money, resources, time, or networks?
30. What do you want to achieve in 1 year?
31. ...3 years?
32. ...5 years?
33. ...10 years?
34. How important are these goals to you?
35. What if these goals are doubled? Tripled? Magnified by 10? How would you feel? Would you prefer to achieve these or your previous goals?

36. Who are the people who have achieved similar goals? What can you learn from them?
37. Are you [putting any parts of your life on hold](#)? Why?
38. What's the [top priority in your life](#) right now? What are you doing about it?
39. If you were to die tomorrow, what would be your biggest regret? What can you do now to make sure that it doesn't happen?
40. Looking back on your life, have you made any mistakes before? What happened, and why?
41. What have you learned from those episodes?
42. What is your biggest frustration right now? What can you do about it?
43. What is the biggest thing you can do now, that will change your life for the better?
44. ...How can you start working on that?
45. If you had a million dollars, what would you do with it?
46. Do you love your job? Why or why not?
47. What is your ideal career?
48. How can you start to create your ideal career starting today?
49. What is your ideal diet?
50. What do you need to do to achieve your ideal diet?
51. What is your ideal home like?
52. What do you need to do to achieve your ideal home?
53. What is your ideal physical look?
54. What do you need to do to achieve your ideal physical look?
55. What is your ideal life?
56. What can you do to start living your ideal life?
57. What would you want to [say to yourself in 1 year's time](#)?
58. ...3 years?
59. ...5 years?
60. ...10 years?
61. What do you fear most in life? Why?
62. Is there anything you are [running away from](#)?
63. Are you settling for less than what you are worth? Why?
64. What is your inner dialogue like? (Day 26 of [Be a Better Me in 30 Days Program](#) is about uncovering your limiting thoughts.)
65. What limiting beliefs are you holding on to?
66. Are they helping you achieve your goals?
67. If not, is it time to let them go?
68. What empowering beliefs can you take on to help you achieve your goals?
69. What bad habits do you want to break?
70. What [good habits](#) do you want to cultivate?
71. What are the biggest actions you can take now to create the biggest results in your life?
72. Where are you living right now — in the past, future, or present?
73. Are you living your life to the fullest right now?

74. What is the meaning of life?
75. What is [your life purpose](#)? Why do you exist? What is your mission?
76. How can you make your life more meaningful, starting today?
77. What drives you?
78. What are the times you are most inspired, most motivated, most charged up?
79. What did you do during those times? How can you do more of that starting today?
80. How can you change someone's life for the better today?
81. Who are the 5 people you [spend the most time with](#)?
82. Are these people enabling you or holding you back?
83. What qualities do you want to embody? (Refer to Q7: Values and Q11: Ideal Self) Where can you [meet people](#) who embody these qualities?
84. Who inspire you the most?
85. How can you be like them?
86. What is your ideal life partner like?
87. Where can you find him/her?
88. How can you get to know him/her?
89. Are you [afraid](#) of letting others get close to you?
90. ...Why?
91. Who is/are the most important person(s) to you in the world?
92. Are you giving them the attention you want to give?
93. How can you spend more time with them starting today?
94. What kind of person do you enjoy spending time with?
95. How can you be this person to others?
96. Who do you want to be like in 1 year?
97. ...3 years?
98. ...5 years?
99. ...10 years?
100. Who are your mentors in life? (formal or informal)
101. What is one thing you're going to do differently after reading this article?

101 Ways To Live Your Life To The Fullest

“Your time is limited, don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living the result of other people’s thinking. Don’t let the noise of other’s opinion drown your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary.” — Steve Jobs

How do you feel about your life today? Do you live every day in excitement? Do you look forward to what’s coming up next? Are you living your best life?

If your answer to any of the above is a no, not sure, or maybe, that means you’re not living your life to the fullest. Which really shouldn’t be the case, because your life experience is yours to create. We all have good days and bad days, and the most important thing is to make the best out of each day, regardless of the good or bad. Ultimately, we only have one life to live. We can’t control all the bad things that happen, but we can change our attitude toward them — and in the process, shape our future and create our most amazing life experience.

In this post, I want to share 101 timeless tips to live our best life. Don’t let yourself be overwhelmed by these 101 tips — use them as a guide, and focus on applying just one or two a day. As you work on these tips, you’ll find yourself becoming more conscious and more proactive in creating the life of your dreams. Be sure to bookmark or print out this page and refer to it daily!

Here are 101 ways to live your life to the fullest:

1. **Live every day on a fresh new start.** Don’t be held back by what happened yesterday, the day before, the week before, the year before, or even decades ago. Life is short, so live in the present moment.
- 2.
3. **Be true to who you are.** Stop trying to please other people or to be someone else. It’s better to be an original version of yourself rather than be an exact duplicate of someone else.
4. **Quit complaining.** Don’t be like [the howling dog](#), always howling and never doing anything. Stop complaining about your problems and work on them instead.

5. **Be proactive.** Stop waiting for others around you to do something and take action yourself instead.
6. **Rather than think “what if,” think “next time.”** Don’t think about the things you can’t change. Instead focus on the things *you* can act on. That’s the most constructive thing you can do in any situation.
7. **Focus on WHAT vs. How.** Focus on [WHAT you want first](#), before you think about HOW to do it. Anything is possible as long as you set your mind, heart, and soul to it.
8. **Create your own opportunities.** You can wait for opportunities, or you can get out there and create your own. The latter is definite and much more empowering.
9. **Live consciously each day.** [Stop sleepwalking through life](#). Your life is something to be experienced, not coasted through.
10. **Be committed to your growth.** Take courses. Self-reflect. Build on your strengths. Don’t rely on the feeling of familiarity but focus on what will enable you to grow the most.
11. **Know your inner self.** This means knowing who you are and what you represent. Be clear of your personal identity. Read: [Finding Your Inner Self](#)
12. **Discover your life purpose.** Set the mission statement for your life, one that will drive you to live your life to the fullest. Read: [How To Find Your Life Purpose](#) (7-part series)
13. **Live in alignment with your purpose.** What can you start doing immediately that will let you live 100% in alignment with your purpose? How can you live true to your purpose within every situation you are in, every second of the day?
14. **Set your life commandments.** Define your personal commandments to live your best life. What adages and principles do you want to follow in your life?
15. **Discover your values.** Values are the essence of what makes you, you.
16. **Hold yourself to the highest conduct.** Every one of us have our own set of ethics and principles. Live true to them every day. Also, live in full alignment with your purpose (#12), commandments (#13) and values (#14).
17. **Stop putting life on hold.** Are you [putting any parts of your life on hold](#)? What is one area of your life you have been [putting off](#), [avoiding](#) or [denying](#)? Uncover that and start working on it.
18. **Create your [life handbook](#).** Your life handbook is your personal manual to live your best life, containing your mission statement, values, goals, personal strengths, blind spots, and action plans. Start off with a few basic pages, and then build on it.
19. **Design your ideal life.** What is your ideal life? Design it. Firstly, assess your life via the [life wheel](#). Then, ask yourself what it takes to live a 10/10 life. What is the life that will make you shout for joy? There are no limits in life — only those you set for yourself!
20. **Set your goals.** After you design your ideal life, set your 5-year, 3-year, and 1-year goals. The more specific they are, the better!
- 21.

22. **Take action on your goals and dreams.** Create an action plan for your goals and work on it!
23. **Create your [bucket list](#),** which is a list of things to do before you die. Then, get out there to achieve them.
24. **Don't do things for the sake of doing them.** Always evaluate what you're doing and only do it if there is meaning behind them. Don't be afraid to [quit the things that don't serve your path](#).
25. **Do the things you love** because life is too precious to be doing anything else. If you don't enjoy something, then don't do it. Spend your time and energy on things that bring you fulfillment and happiness.
26. **Discover your passion in life.** What sets you on fire? Go out there to discover what you love to do. Read: [How To Know What You Want To Do In Life](#)
27. **Make your passion a full-fledged career.** Then, start pursuing it. Stop working in a job you feel passionless about. Quit your job when you are ready to do it full-time. Read: [How To Pursue Your Passion](#) (series)
28. **Turn your passion into a huge success.** Turn your passion into a multi-million dollar business. Better yet, make it a [multi-billion dollar one](#).
29. **Learn from criticism.** Be open to criticism but don't be affected by it. Criticism is meant to help you be a better person. Learn from it. Watch: [5 Tips To Deal With Negative Criticism \[Video\]](#)
30. **Be positive.** Is the glass half empty or half full? What if I say it's neither? It's actually all-full – the bottom half is water, the top half is air. It's all a matter of perception. Take on perceptions that empower you, not those that bind you. If you can see the positive side of everything, you'll be able to live a much richer life than others.
- 31.
32. **Don't badmouth other people.** If there's something you don't like about someone, say it to his/her face — otherwise, don't say it at all. It's not nice to badmouth others, and it also reflects [a small mind](#).
33. **Be empathetic.** If everyone only sees life from his/her own perspective, we'll forever be close-minded and insular. See things from others' shoes.
34. **Be compassionate.** Show compassion and kindness to everyone around you.
35. **Develop 100% self-belief.** Believe in yourself and your abilities. Remove your limiting beliefs and replace them with empowering ones (In Days 26-27 of [Be a Better Me in 30 Days Program](#), you identify your limiting beliefs and replace them with empowering ones). If you don't believe in yourself, how can you expect others to believe in you? Read: [How To Be The Most Confident Person In The World](#)
36. **Let go of unhappy past.** This means past grievances, [heartbreaks](#), sadness, [disappointments](#), and [anger](#).
37. **Forgive those** who have done you wrong in the past. This includes [backstabbers](#), those who [took credit for your achievements](#), and those who have done you wrong. "To forgive is to set a prisoner free and realize it was you." — Lewis B. Smedes

38. **Let go of attachments.** Don't get fixated with achieving a [certain status](#), fame, [wealth or material possessions](#). These are impermanent and will ultimately disappear one day when you die. Focus on growing and living life to the fullest instead.
39. **Let go of relationships that do not serve you.** That means [negative people](#), [dishonest people](#), [people who don't respect you](#), [people who are overly critical](#), and relationships that [prevent you from growing](#).
40. **Spend more time with people who enable you.** Hang out with people whom you compatible with: like-minded people and people who are positive, successful, and positive for your growth. You are after all [the average of the 5 people you spend the most time with](#).
- 41.
42. **Build genuine, authentic connections** with people around you — friends, family, colleagues, business partners, customers/clients, and acquaintances. Spend time to know them better and foster stronger connections.
43. **Connect with an old friend.** There is no end to the number of friends you can have. Reach out to people from the past.
44. **Do a kind deed a day.** What is something you can do today that will make the world a better place? Go and do it.
45. **Help other people who are in need.** Volunteering is one outlet. You can also start with your friends and family.
46. **Help people when they least expect it, without reason.** You don't need any reason to help others. Do it because you want to. Share the love with everyone.
47. **Go dating** ([if you're single](#)).
48. **Fall in love.** ♥ :) Read: [How To Find Your Soulmate](#) (7-part series)
49. **Review your life.** Set a weekly review to assess how you are doing for your goals. Review your purpose once every 3-6 months so that you know you're on the right path.
50. **Overcome procrastination.** Procrastination is a huge waste of your time (and your life). Get rid of it once and for all. Read: [How To Overcome Procrastination](#) (5-part series)
51. **30 minutes a day.** Set aside at least 30 minutes every day to work on [a Quadrant 2 goal](#) that, when you achieve it, will bring about the biggest fulfillment and happiness in your life.
52. **Get out there and make new friends** — whether at your workplace, online, with friends' friends, or in social groups. Read: [10 Tips To Make New Friends](#) and [Cooped Up Indoors? Get a Life with These 7 Tips](#)
53. **Make deeper connections.** Beyond making new friends, aim to make deeper connections. Read: [How to Have More Best Friends in Life](#)
54. **Be your advisor (from the future).** Imagine you're the future you from 5 years later. How would you advise yourself? Write this advice down. Now, apply them.

55. **Write a letter to your future self.** Envision how you'll be like in the future, one year from now. Write as long as you like. Now, seal it and put it in a safe place. Set a calendar appointment one year from now, so you'll know to open when it's time. Watch: [Write a Letter to Your Future Self \[Video\]](#)
- 56.
57. **Declutter.** Start from your computer, then proceed to your workdesk, your bedroom, and your home. When you throw unwanted stuff away, you make room for new things and new energy to enter your life.
58. **Keep learning.** There is something to learn from everything you see, hear and experience. This includes your mistakes and past misshaps (if any). Learn to interpret each event objectively. Focus on what you can learn from it so that you can apply the lessons moving forward.
59. **Keep developing yourself.** Equip yourself with a huge breadth of knowledge. Learn different skills, pick up different hobbies, study different fields.
60. **Keep upgrading yourself.** Equip yourself with a huge depth of knowledge. While you can usually only reach level 99 [in video games](#), in real life you can level up to infinity. Go for further studies if need be. [Develop your skills](#). [Level up](#). Invest your [>10,000 hours in each skill](#).
61. **Try new things.** What is something you would normally not do? Get out of your comfort zone to try something different. It can be something simple like taking a new bus route, trying a new food item, picking up a new hobby, or something bigger like studying in a different field, learning a new skill, and traveling to a country you'll never visit. There are no limits (except whatever is illegal and morally wrong of course)!
62. **Get yourself out there.** (a) Get out there *geographically*. Go out, travel, and explore the world. Set sail into the sea. Go backpacking by yourself and visit as many countries as possible. Get on a road trip and visit all the places that come up in your trip. (B) Get out there **situationally**. Stop sticking to routines and comfort zones. Try something different. (c) Get out there **in life**. [Stop watching TV](#) and [living vicariously](#) through the TV characters. Go and live the life of your dreams.
63. **Be the absolute best in what you do.** Go for the #1 position in what you do. If you want to spend your time doing something, you might as well be the best in it!
64. **Don't settle.** In the same vein as #58, don't settle for less. Don't settle for someone you don't like as your partner. Don't settle for a job you don't like. Don't settle for friends who make you feel like a lesser person. Don't settle for a weight you are unhappy with. Go for what you really want.
65. **Stretch yourself.** What are you doing now? How can you achieve more? Set bigger goals. Explore your limits and break them.
66. **Embrace new ideas.** Don't mentally limit yourself. Let your mind be a breeding ground for new ideas. Read: [25 Brainstorming Techniques](#)

67.

68. **Create your inspirational haven.** Turn your room into a place you love. Do the same for your work desk. Get rid of things that make you unproductive. Surround it with things that inspire you and trigger you into action. Read more: [How to Create An Inspiring Room](#)

69. **Behave as your ideal self will.** All of us have an ideal vision of who we want to be. What is your ideal self like? How can you start to be your ideal self now?

70. **Set your role models in life.** With role models, you become much better than you can be by yourself. I am personally inspired by Oprah Winfrey (for how she has impacted millions of lives), Lady Gaga (for her talent and not being afraid to be different), Leonardo Dicaprio (for his dedication to his craft and his commitment to environmentalism), and many more. Seeing them and what they do reminds me of what I can be and what I can do, so they drive me to greater heights.

71. **Get mentors/coaches.** There's no faster way to improve than to have someone work with you on your goals. Not only will they drive you to achieve more, but they'll also share important advice which you can use to create even more success for yourself. Many of my clients approach me to coach them and the net result is this: they achieve significantly more progress and results than if they had worked alone.

72. **Uncover your blind spots.** The more you uncover, the more you grow, the better you become. Read: [Blind Spots In Personal Growth](#)

73. **Increase your consciousness.** Having a high consciousness level means being able to transcend beyond fear-based reactions and to make wise choices that create the most positive impact on both you and others.

74. **Ask for feedback.** As much as we can try to uncover our blind spots (#66), there will be blind spots that we cannot identify. Asking for feedback gives us an added perspective about ourselves. Some people to approach are friends, family, colleagues, boss, or even acquaintances, since they have no preset bias and can give their feedback objectively. Day 17 of the [Be a Better Me in 30 Days Program](#) is about getting feedback from others so as to uncover our blind spots.

75. **Generate passive income.** Create passive income streams so that your income is not tied to the time you spend on work. Of course you'll still continue to work, but only because you want to and not because you have to.

76. **Help others live their best lives.** There is no better way to grow than to help others grow. Ultimately, the world is one. We are all in this journey of life together.

77. **Get married / Start your family / Have kids!**

78. **Improve the world.** There are many things in the world that need your help and attention. [Poverty](#). Disaster recovery. [Illiteracy](#). [Children in need](#). [Depleting rainforests](#). [Animal rescue](#). [Endangered species](#). [How can you do your part?](#)

79. **Spearhead a humanitarian cause or organization** that you are passionate about.

80. **Give more value than you receive.** There is so much unspeakable joy that comes from giving. And when you give, you'll find that you actually receive a lot more in return, in spades.

81. **Be big-picture focused.** You can either set your eyes on the big things or get hung up by the nitty gritty details. The former will help you get a lot more out of life than the latter. Focus on your [big rocks](#) and [put first things first](#).
82. **Be clear of your end objective.** What is the end goal you seek? Is the task that you're working on bringing you there? If not, put it aside. As long as you keep working on tasks that match your end goal, you'll eventually reach there.
83. **Go the 80/20 route.** For every goal you have, there are different paths to achieve it. Pick the 80/20 path, i.e. the most effective path that brings you to your goal with the least amount of effort. Read: [How To Achieve More With Less Using The 80/20 Principle](#) (3-part series)
84. **Work on the 80/20 actions (Prioritize).** As you embark on the 80/20 path for your goals, focus on the important tasks and cut out the less important ones. Work on the 20% actions that give you the 80% results.
85. **Live in the moment.** Do you often have a very busy mind? Calm your mind down. Be present. The only time you're ever living is in this moment. Meditation helps remove mental clutter. Read: [How To Meditate in 5 Simple Steps](#)
86. **Relish in the little moments.** Snuggling under warm covers on a rainy day. Having ice cream on a hot day. A kiss with your loved one. Being with your best friend. A walk by the park. The breeze on your face. Quiet, alone time. Watching the sunrise/set. Soak in all these little moments of life. They are what make up your life.
87. **Take a break.** Being the best also requires you to [take breaks when needed](#). Make sure you rest when needed. Doing so lets you walk the longer road ahead.
88. **Stop wanting things a certain way.** I have a 3-part series on the downsides of perfectionism and how to overcome them. Be firm on your end goals and ideals, but let go of the obsession to have things done a certain way. You'll realize that when you do so, you achieve what you want. Read: [How To Overcome Perfectionism](#) (3-part series)
89. **Focus on creation.** Think about what you can bring to the world and create that.
90. **Don't criticize or judge others.** Respect others for who they are.
91. **The only person you can change is yourself.** Stop expecting others to behave in a certain way. Rather than demand that others around you change, focus on changing yourself. You'll be happier and live a more fulfilling life this way.
92. **Practice gratitude.** Be grateful for everything you have today, and everything you will get in the future.
93. **Express gratitude.** Let the people who've touched you know about your gratitude toward them. You'll be surprised what a little act like this can do. If you don't tell them, they'll never know.
94. **Let loose and have fun.** Sing at the top of your lungs. Dance in the rain. :D [Run barefoot](#) and feel the ground underneath your feet. Hug everyone you know. Release yourself of your self-imposed shackles and be free! :D
95. **Get into nature.** Many of us live in concrete jungles. Get out of the urban city environment and soak in the beauty of nature.
96. **You have a choice.** Recognize [you always have a choice](#) in how to live your life.

97. **Laugh more.** :D Are you reading this with a straight face? Smile and have fun. :D
98. **Embrace change.** The only thing that's constant is change. Change means growth. Rather than resist change, learn to be versatile such that you can make the best out of the changes that come. In fact, become an agent of change.
99. **Be more risk-inclined.** Don't be afraid to take risks. The bigger your risks, the bigger your return.
100. **Embrace mistakes.** The more mistakes you make, the more experience you have, the higher your chances of success. Make sure to identify lessons from each experience so that you can build on them.
101. **Embrace disappointments.** Many people try to avoid feeling disappointed. They develop a negative relationship with disappointment. However, disappointment is part and parcel of being human — it reflects your real emotions. Don't resist it — instead, embrace it. Learn to channel into your disappointment, emotions, to create more in life. Read: [How To Overcome Disappointment](#) (4-part series)
102. **Challenge your fears.** All of us have fears. Fear of uncertainty, fear of public speaking, fear of risk... all these fears keep us in the same position and prevent us from growing. Rather than avoid your fears, recognize that they are the compass for growth. Address and overcome them. Read: [4 Reasons We Should Overcome Fear](#)
103. **Maximize your mind, body, heart and soul.** Living your best life requires you to maximize yourself mentally, physically, emotionally, and spiritually. If you are highly successful, have lots of money, have a big circle of friends, and are very spiritually aware but you neglect your physical health, that's not living your life to the fullest. The same for other scenarios where you block off a part of you. Maximize all 4 aspects of you.
104. **Be your best self.** Essentially all the articles here at [Personal Excellence](#) are about being your best self and achieving your highest potential. It's by being our best self that we can live our life to the fullest.
105. **Love yourself.** You are the one constant in your life. Remember to always treasure and love yourself. ♥ You deserve nothing less. Read: [How To Love Your Body](#)
106. **Love others.** Be grateful to all the people around you because they help you grow. They enrich your life experience. Without them, your life would not be the same.
107. **Last but not least: Love life.** I find living to be a fascinating experience. How we're all on earth with millions of species, 30,000 different life forms, and over 7 billion people, and everyone is thriving in their own way, existing, co-existing, and co-creating. There's so much we don't know out there and so much to be experienced that it's just wonderful. As you live on earth, remember to love life. It's the only way we have to live.

101 Timeless Principles to Guide You to Your Best Life

“Your time is limited, don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living the result of other people’s thinking. Don’t let the noise of other’s opinion drown your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary.” – Steve Jobs (101 Most Inspiring Quotes of All Time)

How do you feel about your life today? Are you living every day in exuberance? Do you love what you’re doing? Are you excited every single moment? Are you looking forward to what’s coming up next? Are you living your best life?

If your answer to any of the above is a no, maybe or not sure, that means you’re not living your life to the fullest. Which really shouldn’t be the case, because your life experience is up to you to create. Why settle for anything less than what you can get? You deserve nothing but the best. In the past years of my life, especially since after I pursued my passion in ’08, I’ve been living every day to the fullest, filled with joy, passion and rigor. It’s an amazing experience that I want you to experience that too. This is a list of 101 timeless principles I use to live my best life, and I hope they’ll help you to do so too. As you live in alignment with them, you’ll find yourself becoming more conscious, more alive, and more importantly, experiencing life on a whole new level. Be sure to bookmark or even print out this page and refer to it daily to guide you to your best life.

Here are 101 ways to live your life to the fullest:

Live every day on a fresh new start. Don’t be held back by what happened yesterday, the day before, the week before, the year before, and so on.

Be true to who you are. Stop trying to please other people or be someone else. It’s better to be an original version of yourself than an exact duplicate of someone else.

Quit complaining. Don’t be like the howling dog, always howling and never doing anything. Stop complaining about your problems and work on them instead.

Be proactive. Stop waiting for others around you to do something and take action yourself instead.

Rather than think “what if”, think “next time”. Don’t think about things you can’t change (namely what has happened and thoughts of other people) or unhappy things because these are disempowering. Instead focus on the things you can action upon.

That’s the most constructive thing you can do in any situation.

Focus on WHAT vs. How. Focus on WHAT you want first, before you think about HOW to do it. Anything is possible, as long as you set your mind, heart and soul to it.

Create your own opportunities. You can wait for opportunities to drop in life. Or, you can go out there and create your own opportunities. The latter is definite and much more empowering.

Live more consciously each day. Stop sleepwalking through life. Your life is something to be experienced, not coasted through.

Be committed to your growth. In the Map of Consciousness, there are 17 levels of consciousness – from Shame to Enlightenment. The higher level of consciousness you are in, the richer your life experience. Achieving higher consciousness comes from your commitment to growth.

Know your inner self. This means knowing who you are and what you represent. Be clear of your personal identity.

Discover your life purpose. Set the mission statement for your life; one that will drive you to live your life to the fullest.

Live in alignment with your purpose. What can you start doing immediately that will let you live 100% in alignment with your purpose? How can you live true to your purpose within every context/situation/environment you are in, every second of the day?

Set your life commandments. Define your personal commandments to live your best life. What adages and principles do you want to follow in your life?

Discover your values. Values are the essence of what makes you, you. Read article #11: Discover Your Values in Personal Excellence Book (Volume 1) on the importance of values, my values and how you can create your own.

Hold yourself to the highest conduct. Every one of us have our own set of ethics, principles and moral codes. Live true to them every day. Also, live in full alignment with your purpose (#11), commandments (#13) and values (#14).

Design your ideal life. What is your ideal life? Design it. First, assess your life at the moment via the life wheel. Then, ask yourself what it takes to live a 10/10 life (in all 10 areas – career, health, love, social, etc...). What is the life that will make you the best person you can ever be? Set your BHAGs – big, hairy and audacious goals! There are no limits in life – only those you set for yourself!

Stop putting life on hold. Are you putting any parts of your life on hold? What is one area of your life you have been putting off/avoiding/denying? Uncover it and start working on it.

Create your life handbook. Your life handbook is your life-long personal manual to live your best life – from your mission statement, your values, your long-term goals, short-term goals, personal strengths, blind spots to address, plans, among others. Create your book first then build on from there.

Set your goals. After you design your ideal life, set your 5-year, 3-year and 1-year goals. The more specific your goals, the better! Read the 10 principles on how to get winning goals.

Take action on your goals and dreams. Create an action plan with your strategy, plan and immediate next steps. ESPER: 7-part Goal Achievement series is a great tool to get you started.

Create your bucket list, i.e. things to do before you die. Then, get out to achieve them. Don't do things for the sake of doing them. Always evaluate what you're doing and only do it if there is meaning behind them. Don't be afraid to quit the things that don't serve your path.

Do the things you love, because life is too precious to spend it doing anything else. If you don't enjoy something, then don't do it. Spend your time and energy on things that bring you fulfillment and happiness.

Discover your passion in life. What sets you on fire? Go out there (and explore inward) to know what you love to do.

Make your passion a full-fledged career. Then, start pursuing it. Stop working in a job you are passionless toward. Quit your job when you are ready to do it full-time.

Turn your passion into a huge success. Turn your passion into a multi-million dollar business. Better yet, make it a multi-billion dollar one.

Learn from criticism. Be open to criticism but don't be affected by it. Criticism is meant to help you be a better person. Learn from it.

Be positive. Is the glass half empty or half full? How about neither? It's actually all-full – the bottom half is water, the top half is air. It's all a matter of perception. Take on empowering perceptions, not those that bind you. If you can see the positive sides of every thing, you'll be able to live a much richer life than others. Purge unnecessary negativity from your life.

Don't badmouth other people. If there's anything you don't like about someone, say it to him/her in the face – otherwise, don't say it at all. It's not nice to do that.

Be empathetic. If everyone only see life from his/her own perspective, we'll forever be close-minded and insular. See things from others' shoes.

Be a compassionate person. Show compassion and kindness to everyone around you

Develop 100% self-belief. Believe in yourself and your abilities. Remove your limiting beliefs and replace them with empowering ones (In Days 26-27 of Be a Better Me in 30 Days Program, you identify your limiting beliefs and replace them with empowering ones). If you don't believe in yourself, how can you expect others to believe in you?

Let go of unhappy past. This means past grievances, heartbreaks, sadness, disappointments, etc.

Forgive those who may have done you wrong in the past. "To forgive is to set a prisoner free and realize it was you." – Lewis B. Smedes

Let go of attachments. Don't fixate yourself with a certain status, fame, wealth or material possessions. These are impermanent and will ultimately disappear one day when you die. Focus on growing and living life to the fullest instead.

Let go of relationships that do not serve you. That means negative people, dishonest people, people who don't respect you, people are overly critical and relationships that prevent you from growing.

Spend more time with people who enable you. Hang out with people who you compatible with, like-minded people, people who are positive, successful, strong achievers and positive for your growth. You are after all the average of the 5 people you spend the most time with.

Build genuine, authentic connections with people around you – strangers, friends, family, colleagues, business partners, customers/clients, etc. Spend more time to know them better and foster stronger connections.

Connect with an old friend. There is no end to the number of friends you can have.

Reach out to people from the past.

Do a kind deed a day. What is something you can do today that will make the world a better place? Go and do it.

Help other people who are in need. Voluntarism is one outlet. You can also start with your friends and family.

Help people when they least expect it, without reason. You don't need any reason to help others. Do it because you want to. Share the love with everyone.

Go dating (if you're single).

Fall in love ♥

Review your life. Set a weekly review session to assess how you are doing for your goals and your life. Review your purpose once every 3-6 months too so you know you're on the right path.

Overcome procrastination. Procrastination is a huge waste of your time (and your life). Get rid of it once and for all.

30 minutes a day. Set aside at least 30 minutes every day to work on a quadrant 2 goal that, when you achieve it, will bring about the biggest source of fulfillment and happiness in your life

Get out there and make new friends – whether in your workplace, online, friends' friends, social groups, etc. Read: 10 Tips To Make New Friends

Make deeper connections. Beyond making new friends, aim to make deeper connections out of them. Read: How To Have More Best Friends in Life

Be your advisor (from the future). Imagine you're the future you, 5 years later. How would you advise yourself? Write it down. Now, apply them. Check out Future Prediction Exercise article in Personal Excellence Book (Volume 1), which teaches you to predict your future, then learn from it.

Write a letter to your future self. Actually, write 3 letters – for yourself in 1, 3 and 5 years. The longer the letters, the better. Envision how you'll be like in the future. Make each letter a minimum 2 pages long. Now, seal them and put them in a safe place. Set it in your calendar so you'll know to open them when it's time. This will inspire you to work your hardest and achieve your maximum results in the time period.

Declutter. Start from your computer, then your table, your room, your bag/wallet, and your home. The more you throw the unwanted and old stuff away, the more room you're creating for new things to enter.

Keep learning. There is something to learn from everything you see, hear and experience. This includes your mistakes and past mishaps (if any). Learn to interpret each event objectively. Focus on what you can learn from it so you can apply them moving forward.

Keep developing yourself. Equip yourself with a huge breadth of knowledge. Learn different skills, pick up different hobbies, study different fields.

Keep upgrading yourself. Equip yourself with a huge depth of knowledge. While you can usually only level up to 99 in video games, in real life you can level up to infinity. Go for further studies if need be. Develop your skills. Level up. Build your >10,000 hours in each skill.

Try new things. What's something you'd normally not do? Get out of your comfort zone try something different. It can be something simple like taking a new bus route, trying a new food item, picking up a new hobby, or something bigger like studying a different field, picking a new skill, traveling to a country you'll never visit, etc. You set your own limits.

Get yourself out there. This applies for everything. (a) Get out there geographically. Go out, travel and explore the world. Set sail into the sea. Go backpacking by yourself and visit as many countries as possible. Get on a road trip and visit the different places that come out. (B) Get out there situationally. Stop sticking to routines and comfort zones. Try something different. (c) Get out there in life. Stop watching TV and living vicariously through the TV characters. Go and live the life of your dreams.

Be the absolute best in what you do. Go for the #1 position in what you do. If you want to spend your time doing something, you might as well be the best in it. Strive for the best – you don't deserve anything lesser than that.

Don't settle. In the same lines as #58, don't settle for less. Don't settle for someone you don't like as your partner. Don't settle for a job you don't like (#25). Don't settle for friends who make you feel like a lesser person (#37). Don't settle for a weight you are unhappy with. Go for what you really want.

Stretch yourself. What are you doing now? How can you achieve more? Set bigger goals. Explore your limits and break them.

Embrace new ideas. Don't mentally limit yourself; Let your mind be a breeding ground for new ideas. Read: 25 Brainstorming Techniques.

Create your inspirational haven. Turn your room into a place you love. Do the same for your work desk. Get rid of things that make you unproductive. Surround it with things that inspire you and trigger you to action. Read more: How To Create An Inspiring Room

Behave as your ideal self will. All of us have an ideal vision of who we want to be. How is your ideal self like? How can you start to be that ideal self now?

Set your role models in life. With role models, you become much better than you can be by yourself. I personally am inspired by Tyra Banks (for her passion for helping women build their self-esteem and changing notions of beauty), Ivanka Trump (for her success, intellect and beauty), Donald Trump (for his success and drive in life), Oprah (for being who she is), Lady Gaga (for her talent and not being afraid to be different), and many more. Seeing them and what they do reminds me of what I can be and what I can do, so they drive me on to greater heights.

Get mentors and/or coaches. There's no faster way to improve than to have someone work with you on your goals. Not only will they drive you to achieve more for yourself, they'll also share with you important advice which you can use to create even more success for yourself. Many of my clients approach me to coach them and the net result: they achieve significantly more progress and results in their life than if they had worked alone.

Uncover your blind spots. The more you uncover, the more you grow, the better you become.

Increase your consciousness. The more conscious you are, the more evolved you become.

Ask for feedback. As much as we try to uncover our blind spots(#66), there will be areas we cannot identify. Asking for feedback gives us an additional perspective. Some people to approach will be friends, family, colleagues, boss, or even acquaintances, since they will have no preset bias and can give their feedback objectively. Day 17 of Be a Better Me in 30 Days Program: Get Feedback From Others is about getting feedback from others so as to uncover our blind spots.

Generate passive income. Create passive income streams so your income is not tied to the time you spend on your work. Of course you'll still continue to work, but only because you want to and not because you have to.

Help others live their best lives. There is no better way to grow than to help others grow. Ultimately, the world is one. We are all in this together.

Get married / Start your family / Have kids!

Improve the world. There are many things in the world that need your attention and help. Poverty. Disaster recovery. Illiteracy. Children in need. Depleting rainforests. Animal rescue. Endangered species. How can you do your part?

Spearhead a humanitarian cause/organization you are passionate about.

Give more value than you receive. There is so much unspeakable joy that comes from giving. And when you keep giving, you'll find that you actually receive a lot more in return, in spades.

Be big picture focus. You can either set your eyes on the big things or get hung up by the nitty gritty details. The former will help you get a lot more out of life than the latter.

Focus on the big rocks in life and put first things first (Quadrant 2 tasks). Practice the 80/20 rule – focus on the 20% things that give you the 80% fulfillment in life.

Be clear of your end objective. What is the end goal you seek? Is what you're doing bringing you there? If not, put it aside. As long as you keep taking on things that meet your end goal, you'll eventually reach there.

Go the 80/20 route. For every goal you have, there are different paths to achieve it. Pick out the 80/20 path, i.e. the most effective path that brings you there the fastest with least amount of effort.

Prioritize (80/20 actions). As you embark on the 80/20 path for your goals, focus on the important tasks and cut out the less important ones. That means do the 20% actions that give you the 80% results.

Live in the moment. Are your thoughts wandering around all the time? Calm your mind down. Be present. The only time you're ever living is in this moment. Meditation helps to remove mental clutter.

Relish in the little moments. Snuggling under warm covers on a rainy day. Ice cream on a hot day. A kiss with your loved one. Being with your best friend. A walk by the park. The breeze on your face. Quiet, alone time. Watching the sun rise/set. Soak in all these little moments of life. They are what make up your life.

Take a break. Being the best also requires you to take breaks when needed. Make sure you rest when needed. Doing so lets you walk the longer mile ahead.

Stop wanting things a certain way. I wrote a 3-part series before on the downsides of perfectionism and how to overcome them. Be firm on your end goals (your objective goals) and your ideals, but let go of the fixation that things have to be a certain way. You'll realize it's by doing that that you achieve what you want.

Focus on creation. Think about what you can bring to the world, and create that. Don't criticize or judge others. Respect others for who they are.

The only person you can change is yourself. Stop expecting others to behave in a certain way. Rather than demand that others around you change, focus on changing yourself. You'll be happier and live a more fulfilling life this way.

Embrace gratitude. Be grateful for everything you have today, and everything you will get in the future.

Express gratitude. Let the people who've touched you know of your gratitude toward them. You'll be surprised what a little act like this can do. If you don't tell them, they'll never know.

Let loose and have fun. Sing at the top of your lungs. Dance in the rain. Run barefoot and feel the ground underneath your feet. Release of your self-imposed shackles and be free .

Get into nature. Many of us live in concrete jungles. Soak in the beauty of nature. You have a choice. Recognize you always have a choice in how to live your life.

Laugh more. Are you reading this with a straight face? Smile and have fun.

Embrace change. The only thing that's constant is change. Change means growth.

Rather than resist change, learn to be versatile such that you can make the best out of the changes that come. In fact, become an agent of change.

Be more risk-inclined. Don't be afraid to take risks. The bigger your risks, the bigger your return.

Embrace mistakes. The more mistakes you make, the faster you learn. Make sure to draw lessons so you can build on them. (#53)

Embrace disappointments. Many people try to avoid feeling disappointed. They develop a resistant relationship with disappointment. However, disappointment is part and parcel of being human – it reflects your real passions. Don't resist it – instead, embrace it. Understand it, then channel into it to create more in life.

Challenge your fears. All of us have fears. Fear of uncertainty, fear of public speaking, fear of risk... All our fears keep us in the same position and prevent us from growing. Rather than avoid your fears, recognize they are the compass for growth. Address and overcome them.

Maximize your mind, body, heart and soul. Living your best life requires you to maximize yourself mentally, physically, emotionally and spiritually. If you're highly successful, very materially abundant, have a big circle of friends, very spiritually aware but you neglect your physical health, that's not living your life to the fullest. The same for other scenarios where a part of you is blocked off. Maximize all 4 aspects of you. Be your best self. Essentially all the articles here at Personal Excellence are about being your best self and achieving your highest potential. It's only through being the best we can be that we live our life to the fullest. This is why the motto of the site is "Be your best self, Live your best life".

Love yourself. You are the person you have to live with for the rest with your life. Treasure and love yourself.

Love others. Be grateful for all the people around you because they help you to grow. They enrich your life experience. Without them, your life would not have been the same.

Last but not least: Love life. I always find living to be a fascinating experience. How we're all on earth, with millions of species, 30,000 different life forms, over 7 billion people, and all thriving in its own way, existing, co-existing and in co-creation mode. There's so much we don't know out there, so much to be experienced in life, that it's just wonderful.

10 Ways to Increased Happiness, Better Health, and Greater Wealth By Living the Success Principles

Here are ten ways applying and living the success principles will lead to more happiness, better health, and greater wealth.

1. Take Personal Responsibility for Your Results and Your Life

What's involved?

This will require total honesty with yourself and for you to look at your results and your life without judging yourself. This will also require you to give up blaming, complaining, or making excuses about your results if they're not what you want them to be.

Why focus on this?

If you don't take full responsibility for your results, it means you're allowing situations or circumstances to affect what you can or cannot have. When you take responsibility, you're acknowledging you can influence your results without letting external factors affect you.

What will you gain?

You will have more clarity, take consistent action, have a better attitude, and improve your self-image. This will lead to steady progress toward the results you want to achieve.

2. Align Your Daily Activities to Something Greater Than You

What's involved?

This will require you to focus on developing a higher level of self-awareness. The higher your self-awareness, the easier it'll be to identify what you need to give your time and energy to.

Why focus on this?

You will know your priorities, purpose, values, and what your life is about a lot better.

What will you gain?

You will know your life is not only about you. This means you will focus on ways you can make a difference, which will cause you to use your time better and manage your energy well.

3. Identify Where You Want to Be

What's involved?

This will require you to have a vision of where you want to be and set goals to get there.

Why focus on this?

When you know where you're heading, it gives you purpose and direction in life. This means you know why you're doing what you're doing.

What will you gain?

You will have a higher level of focus, clarity, and motivation to reach your goals and vision. This will make it easier to identify resources you require, skills to develop, or things to learn to get to where you want to be.

4. Create Inspiring Environments

What's involved?

This will require you to review different dimensions of your life. These include your health and wellness, the people you spend time with, your home and workspaces, and your financial situation. When you review them, you will have a better idea of what you need to improve.

Why focus on this?

People often rely on willpower to do what's needed to achieve the results they want. Even though that works, it requires more effort and energy to sustain it. When you design inspiring environments, they will automatically fuel you rather than drain your energy.

What will you gain?

You will experience sustained motivation levels. This means you will take action consistently rather than being motivated some days and not on others. This will improve your mental and emotional well-being and also enhance the quality of your relationships.

5. Make Growth Your Ultimate Goal

What's involved?

This will require you to learn more about yourself. Personal growth and self-awareness work together. This means you will need to invest in yourself regularly, and also spend time with like-minded people.

Why focus on this?

The results you achieve and the success you have in life depend on who you become as a person. This will cause you to take risks, face your fears, and develop empowering habits.

What will you gain?

You will increase your self-esteem, self-confidence, and have a better self-image. This means your attitude will continue to improve, which will lead to a better quality of life.

6. Become a Highly Effective Decision-Maker

What's involved?

This will require you to know what's important and what's not. This means anything that won't get you closer to something you want will not be a consideration.

Why focus on this?

The ability to make excellent decisions is a skill that you can learn. This will cause you to challenge yourself and do things that may feel uncomfortable. This means you will have greater clarity on what you want in life.

What will you gain?

You will value yourself more and become better at saying no to things that are not aligned to what you want. When you make decisions fast, what you want also comes to you much faster.

7. Embrace Feedback and Use it to Course-Correct

What's involved?

This will require you to get out of your way and not do things on your own. It will also cause you to risk facing criticism, judgment, or ridicule. This means you will need to call upon people you trust to suggest ways you can do things better or improve as a person.

Why focus on this?

When you get ideas or suggestions from others, you will see things from fresh perspectives, which will give you better insights on what you can do to improve.

What will you gain?

You will not waste time, energy, or resources on things or activities that will not get you closer to what you want. This means you will get to your goals quicker and set bigger goals.

8. Accept Your Life is Not About You

What's involved?

This will require you to not focus only on yourself, but on the greater good. Even though it's necessary for you to focus on yourself so you can be at your best when serving others, your life isn't only about what you can achieve.

Why focus on this?

When you shift your mindset from being self-focused to focusing on how you can serve, you'll accept an aspect of your life is to make a difference in the lives of others. Rather than focusing on what you can get, you will also focus on what you can give or how you can serve.

What will you gain?

You will know what your purpose or mission is in life, reconnect to things that give you joy, and develop deep and meaningful relationships. This will bring a higher level of contentment and fulfillment in your life.

9. Focus on the Legacy You Want to Leave

What's involved?

This will require you to go beyond accepting your life is not about you. It will cause you to consider how you want to be remembered and the difference you want to make for future generations.

Why focus on this?

When you focus on your legacy, trivial things that may have triggered you previously will no longer matter. You will know you have other important things you're working on and will give more energy to them.

What will you gain?

You will attract people who resonate with the legacy you want to leave, which can inspire you to collaborate with them to support a mission or cause. This will give your life a deeper sense of meaning, which means you'll know you're making a difference.

10. Get Support and Guidance to Make it Easier to Go Further and Faster

What's involved?

This will require you to learn from those who have achieved the things you want to. There's a good chance someone has already done what you want to do, which means you can gain valuable ideas from their experiences.

Why focus on this?

It's often said if you want to go far, go alone, but if you want to go further, do it with others. When you have support and guidance, you know you have people you can count on who want you to succeed and will hold you accountable.

What will you gain?

You will experience less stress, overcome your challenges a lot quicker, and have the confidence to take bigger risks. This means you will never have to feel you're on your own or have to figure things out yourself.

10 Principles of Personal Development

As I mentioned before, I am obsessed with the topic of personal development. I've spent a great deal of time, effort, and energy learning all I can about how to optimize the human experience. As I've read and listened to the words of the most influential people in the field, I've identified 10 common principles that all of these men and women espouse. I call them The Ten Principles of Personal Development. Here they are, in no particular order:

I will be loving towards all whom I meet.

I will forgive all who attempt to harm me.

I become what I think; therefore, I will think only thoughts of greatness.

I will look for ways to strengthen those who have less than I.

I will always seek knowledge and truth.

I will always be honest.

I will never waste what I am given.

I will be grateful for all that I have.

I will develop a spirit of optimism.

I will have faith in something greater than myself.

The EASIER Method of Goal Achievement

Once you've set a proper goal (and if you'd like to learn how to set a proper goal just Google "SMART goals") all you have to do to achieve it is the following:

Envision – spend time each and every day envisioning your life as it will look after you have achieved your goal.

Assess – create an honest assessment of where you stand at this moment in regards to your goal.

Strategize – create a strategy that will get you from where you are to where you want to be.

Implement your strategy.

Evaluate your progress (or lack thereof) regularly. Tweak your assessment and strategy as necessary.

Report your progress to someone you love or trust.

50 Wise Quotes That Will Inspire You to Success in Life

Life is a gift that has been given to you. It is in your hands to make the best out of it--dare to believe that you can. Through the ups and downs, you'll find a lesson to learn that will make you a better person. Each experience--good and bad--makes you grow. Get along with life and surely, things will become easier for you. Live for today and enjoy every moment. Capture the best that life has to offer you.s

Here's a collection of valuable quotes about life to inspire you to make the best out of it:

"In the end, it's not the years in your life that count. It's the life in your years." Abraham Lincoln

"The greatest day in your life and mine is when we take total responsibility for our attitudes. That's the day we truly grow up." John C. Maxwell

"Life is not a problem to be solved, but a reality to be experienced." Soren Kierkegaard

"What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds." Wayne Dyer

"Life is ten percent what happens to you and ninety percent how you respond to it." Lou Holtz

"Believe that life is worth living and your belief will help create the fact." William James

"The only disability in life is a bad attitude." Scott Hamilton

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." Leo Buscaglia

"Life isn't about finding yourself. Life is about creating yourself." George Bernard Shaw

"There is more to life than increasing its speed." Mahatma Gandhi

"Life is really simple, but we insist on making it complicated." Confucius

"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them." Dalai Lama

"There are three constants in life...change, choice and principles." Stephen Covey

"Life's most persistent and urgent question is, 'What are you doing for others?'" Martin Luther King, Jr.

"Life is a series of natural and spontaneous changes. Don't resist them--that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like." Lao Tzu

"Change is the law of life. And those who look only to the past or present are certain to miss the future." John F. Kennedy

"Only a life lived for others is a life worthwhile." Albert Einstein

"When life is too easy for us, we must beware or we may not be ready to meet the blows which sooner or later come to everyone, rich or poor." Eleanor Roosevelt

"God gave us the gift of life; it is up to us to give ourselves the gift of living well." Voltaire

"We make a living by what we get, but we make a life by what we give." Winston Churchill

"All life is an experiment. The more experiments you make the better." Ralph Waldo Emerson

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style." Maya Angelou

"Once you say you're going to settle for second, that's what happens to you in life." John F. Kennedy

"There is no passion to be found playing small--in settling for a life that is less than the one you are capable of living." Nelson Mandela

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much." Jim Rohn

"I've failed over and over and over again in my life and that is why I succeed." Michael Jordan

"The biggest adventure you can take is to live the life of your dreams." Oprah Winfrey

"Literature adds to reality, it does not simply describe it. It enriches the necessary competencies that daily life requires and provides; and in this respect, it irrigates the deserts that our lives have already become." C. S. Lewis

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." Henry Ford

"Many of life's failures are people who did not realize how close they were to success when they gave up." Thomas A. Edison

"The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward." Amelia Earhart

"People grow through experience if they meet life honestly and courageously. This is how character is built." Eleanor Roosevelt

"Remember your dreams and fight for them. You must know what you want from life. There is just one thing that makes your dream become impossible: the fear of failure." Paulo Coelho

"Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits." Thomas Jefferson

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor." Vince Lombardi

"Communication is a skill that you can learn. It's like riding a bicycle or typing. If you're willing to work at it, you can rapidly improve the quality of every part of your life." Brian Tracy

"Today is life--the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto." Dale Carnegie

"The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you." Tony Robbins

"In three words I can sum up everything I've learned about life: it goes on." Robert Frost

"We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon." Franklin D. Roosevelt

"Life takes on meaning when you become motivated, set goals and charge after them in an unstoppable manner." Les Brown

"Life is a daring adventure or nothing at all." Helen Keller

"The ultimate value of life depends upon awareness and the power of contemplation rather than upon mere survival." Aristotle

"Don't take life too seriously. You'll never get out of it alive." Elbert Hubbard

"Each life is made up of mistakes and learning, waiting and growing, practicing patience and being persistent." Billy Graham

"Each person must live their life as a model for others." Rosa Parks

"My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose--somehow we win out." Ronald Reagan

"Life is not about how fast you run or how high you climb, but how well you bounce." Vivian Komori

"Transformation is a process, and as life happens there are tons of ups and downs. It's a journey of discovery--there are moments on mountaintops and moments in deep valleys of despair." Rick Warren

"Live life to the fullest, and focus on the positive." Matt Cameron