

7+

SECRETS OF
SUPERBLY
SUCCESSFUL PEOPLE

By Nina Franklyn BSc (Hons), PCCCA ~ Move Mountains UK

If you know someone who would like this booklet, please send them to mountain_movers@ymail.com and I will be delighted to send them a copy. Thank you.

This booklet offers expert advice but please note that life coaching does not replace therapy, should it be required for emotional/mental health problems.

7+ Secrets of Superbly Successful People

SPECIAL

OFFER
ON PAGE
3!!



1 Be Your Own Cheer Leader

You have an array of gifts, skills and talents that you can use to benefit your life and the lives of others.

What are yours? Write them down 'I am.....' 'I can.....' 'I have.....' and say them out loud. [It's also helpful ask people who know you well for their insights and suggestions.]

Read the list [out loud] at least 4 times a week, but daily is best.

How can you enhance and develop your stronger skills and talents? What area can you become the 'go-to' expert in?

Never compare yourself with others. You will either feel diminished or superior, neither of which is helpful. Just be yourself and keep focused on what you are doing. Celebrate all your successes and triumphs - as grandly or simply as you choose.

Make a list of your values, because they influence your attitudes and your actions. All the decisions that you make will reflect your values. Often, when you feel uneasy about something it's because it's clashing with your values, even if you don't consciously realise it.

2 Be 100% Clear About Your Destination

Superbly Successful People know precisely what they want to achieve and why. Then they write it down. Do you?

Your goals must be crystal clear and measurable i.e. losing 7lbs in 2 months. At the end of 2 months you can measure your success. Identify all the benefits of reaching your goal in as much detail as possible - how you'll feel: why your life will be better: what differences it will make to you and others.

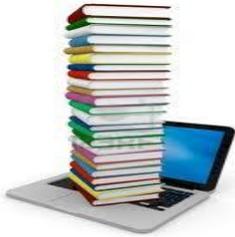
When you are clear about your goals and their benefits, write everything down and then create a vision board, as a combination of both words and pictures stimulates both sides of the brain. Every day, look at the words & pictures. This is highly motivating & focuses your attention which, some experts believe, stimulates the brain's Reticular Activating System which in turn helps us to notice relevant information etc. You move towards what you focus on.

GOALS + ACTION = SUCCESS

Long term goals can be broken down into sub-goals or steps that lead to completion of your main goals. Consistent 'baby' steps lead to big changes.

Be careful who you share your goals with – just choose one or two people who will support and encourage you.

3 Do Your Research



Leaders are Readers. Read as much as you can so that your knowledge and expertise keeps expanding. SSP understand that knowledge is power.

What do you need to accomplish your goals? Go on a fact finding mission. Speak to experts, find mentors, either people you know or read books, look on the internet etc. Sign up for courses if you need to.

This effort pays off! You feel more confident and are less likely to be thrown off course by unexpected difficulties.

4 Take Responsibility [but stay relaxed]

Whether you want to learn to cook Thai food or run a multinational company, it's up to you to make it happen. Accept that the buck stops with you and it's up to you to maintain the impetus, solve problems, and make things work.

Superbly Successful People recognise that taking responsibility is actually very liberating because it puts you in control of your life and its outcomes. This makes you much easier to be around – if there is a problem; find a way to solve it rather than playing the blame game.

Don't be afraid of making mistakes! If SSP blunder, they apologise, make amends & move on!

Stay cool! Things *will* work out, so don't get into a tizzy!

5 Have an Attitude of Excellence



Superbly Successful People realise that attitude is vital, that the right attitude is essential to success!

Forget perfectionism! Develop an Attitude of Excellence and always do the best you possibly can in every situation, all the time.

Be excellent with others. Be kind, honest and straightforward and keep your word. This inspires others to trust and like you. Be positive and encouraging, about yourself and others. Stay focused on finding solutions.

Never complain, criticise or badmouth others. Other people who share your Attitude of Excellence don't want to hear it and if you do it too often, you'll get a negative reputation.

This includes the things you say about yourself. Research suggests that you believe what you say about you more than what others say about you. Keep telling yourself that you are capable and that you will succeed and that better things are coming.

6 Start! And Don't Quit!

It sounds really obvious but until you take action, your great idea is nothing but a great idea. The biggest difference between SSP and less SPs is simply that Superbly Successful People start – and don't stop until they have accomplished their goals and plans. And they are prepared to be flexible if necessary.

Accept that you might have to give up some activities (e.g. TV) so that you can focus on your goals.

7 Hang Out With The Right People



Did you know you become a composite of the 5 people you spend most time with?

So, it makes sense to spend as much time as possible with positive, action-focused people & with people who encourage and support you in your goals and ambitions.

Seek help and advice from people who have done what you're planning – either face-to-face, webinars, books etc.

Choose someone – a close friend or a life coach – to act as your accountability partner. Talk to them every couple of weeks about your progress and your challenges. Encourage them to ask you the 'difficult' questions. This Secret is often neglected even though it's vital for your growth, both professionally and personally! Being accountable in this way is empowering – it keeps you on track, makes you stronger and supports success!

Thank you for reading these 7+ Secrets. I hope you found them interesting and helpful. If you have any questions, email mountain_movers@ymail.com

SPECIAL OFFER!

Now, get ready for 2013 with the e-Course, **'My Life in 2013'** at the special price of only **£27** until **31/12/12**

This low cost includes the 20-page workbook and one coaching phone call (up to 60 minutes)

You'll love all the expert information, stimulating questions and helpful exercises – all of which will help you have a happy and successful 2013 and enable you to start the New Year strong!

To take advantage of this amazing offer, email me on mountain_movers@ymail.com or leave a message on the facebook page <http://www.facebook.com/MoveMountainsUK>