

ACTIVATING YOUR AMBITION



A photograph of a large, rugged mountain peak covered in snow, set against a clear blue sky with some light, wispy clouds. The mountain's surface is textured with snow and dark rock patches. The overall scene is bright and clear.

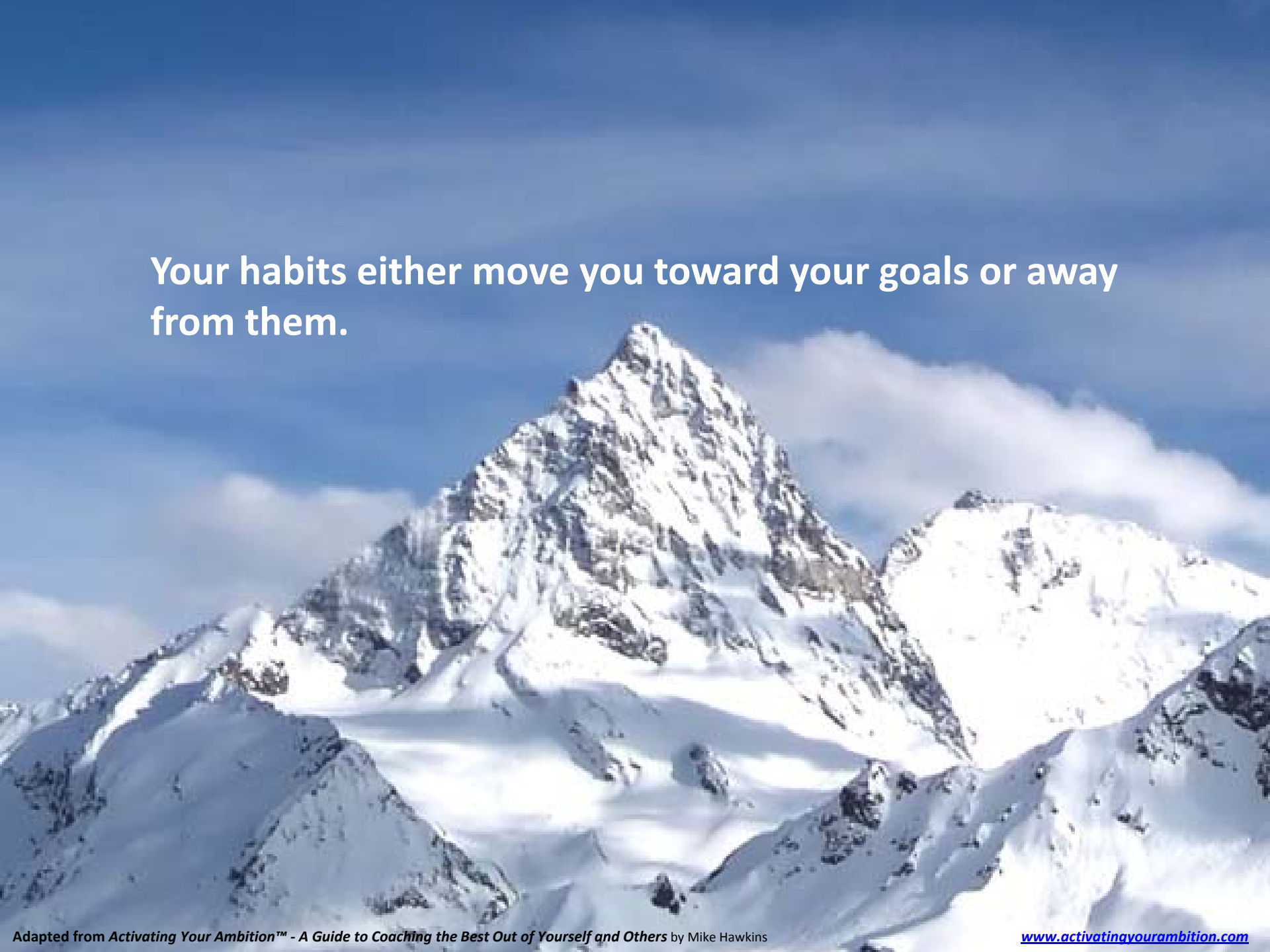
Did you know that you perform 95% of your actions unconsciously?

A photograph of a large, rugged mountain peak covered in snow, set against a clear blue sky with some light, wispy clouds. The mountain's surface is textured with snow and dark rock patches. The overall scene is bright and clear, suggesting a high-altitude, sunny day.

Your actions are an outcome of your engrained habits.

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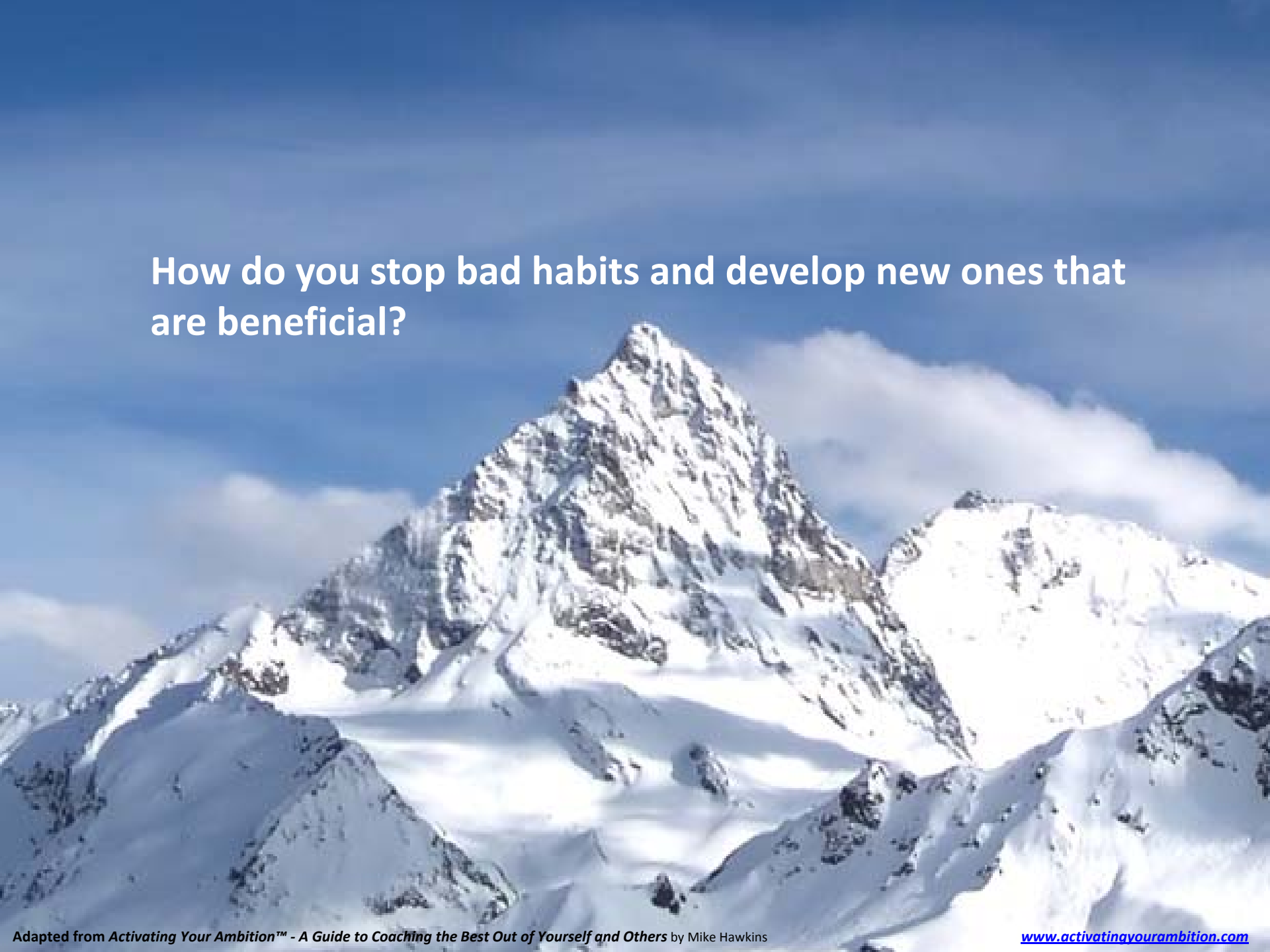
Success and failure – whether at work or home depend on your habits.

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Your habits either move you toward your goals or away from them.

But habits can be hard to make ... and break.





How do you stop bad habits and develop new ones that are beneficial?

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Developing good habits depends on eight timeless principles:

Principle One: Awareness - Know what you want to achieve and how you need to change in order to achieve it.



It could be your behavior, attitude, skills, relationships, communications style, or your approach to what you do.



You can't improve if you don't know what to improve.



“Know thyself.” - Socrates



Principle Two: Motivation – Get excited about developing yourself.



Visualize the benefits of your self-development and develop an eagerness to realize them.



“People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.” - Andrew Carnegie



Principle Three: Belief – Develop the confidence that you can achieve your goal.



Replace any cynicism with a can-do attitude.



Have a plan for how you will overcome the obstacles that will confront you.



“If you think you can, you are right. If you think you can’t, you are right.” – Henry Ford



Principle Four: Incremental steps – Create a written plan of actions and milestones that are based on small steps.



Define easily started actions . . .



. . . that move you forward gradually minimizing your brain's built-in resistance to change.



“It is better to take many small steps in the right direction than to make a great leap forward only to stumble backward.” – Chinese Proverb



Principle Five: Time & Energy – Confront the reality that developing yourself will take time and energy.



Determine what you must stop doing in order to have time for your plan of actions.



Identify what you need to do to have the energy your development will require.



“The bad news is time flies. The good news is you're the pilot.” - Michael Althsuler



Principle Six: Initiation – Start your self-development journey under the optimal circumstances.



Plan around any events, projects, holidays or other factors . . .



. . . that could make your journey more difficult.



“A journey of a thousand miles must begin with a single step.” - Lao Tzu



Principle Seven: Others – Involve others in your journey.



Others provide insight, encouragement, resources and accountability.



No one is successful on their own.



“Really great people make you feel that you, too, can become great.” - Mark Twain



Principle Eight: Normalcy – Apply yourself until your new behavior is a habit.



Practice your new behavior until it is routine.



It should become as natural as smiling when you are happy.



“Motivation is what gets you started. Habit is what keeps you going.” - Jim Rohn



Put these eight principles to work and YOU can do anything.



For more information, see:

www.activatingyourambition.com.



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