10 Rules to Achieve Anything You Want in Life by Putting Yourself First!

By Dr. Mark Skovron



- [ ] **1. Focus on commitment, not motivation.** Just how committed are you to your goal? How important is it for you, and what are you willing to sacrifice in order to achieve it? KEY: Passion fuels commitment and commitment fuels motivation!

- [ ] **2. Seek knowledge, not results.** If you focus on the passion and excitement of discovery, improving, exploring and experimenting, your motivation will always be fueled naturally. If you focus only on results, your motivation will be more difficult to preserve. KEY: Focus on the journey, not the destination. Keep thinking about what you are learning along the way and what you can improve.

- [ ] **3. Make the journey fun.** Create an awesome game of this journey! The minute you make it too serious, there's a big chance you could get stuck. KEY: Make a list of the 3 most important things to do right now. Build in a reward for each accomplishment – milestone.

- [ ] **4. Minimize stagnating thoughts.** Thoughts just appear. We are hard-wired toward fear – isn't that great? Negative thoughts will never go away completely but you can minimize the length of their stay. Thoughts influence feelings and feelings will affect your passion. You must protect your passion at all costs! KEY: Realize and hold on to that 'thoughts are just things' and they do not define you or your project; nor do they determine the outcome – you do!

- [ ] **5. Supercharge the passion.** There are things that all leaders have in common. Whether in business, life, or any field all successful people are fanatics of reinforcing their beliefs and passion. Most choose reading, listening to success stories, mediating on having the result. KEY: Build in an hour a day to recharge yourself.

- [ ] **6. Get rid of distractions.** Meaningless things and distractions will always be in your way, especially those easy, usual things you would rather do instead of focusing on new challenging and meaningful projects. KEY: Learn to focus on what is the most important. Write a list of time-wasters and hold yourself accountable to not do them.

- [ ] **7. Get rid of negative people.** There was a study that has been cited that says that your income will be the average of the 10 people in your life that you associate with the most. Do the math! KEY: Eliminate the negative influences in your life including people who try to drag you down and are energy vampires. Start hanging around people who think and talk the way that you want to!

- [ ] **8. Always have 3 steps.** Always know your next 3 immediate steps forward. You do not need more. Fill out your weekly

calendar, noting when you will do what and how. When-what-how is important to schedule. KEY: Stay focused on the next 3 things to do and keep moving toward them. Nothing will increase your passion for your project more than progress!

- [ ] **9. Limit your down time.** Sorry to break it to you but you will occasionally fail to execute some of your goals. Everyone does. That is not an indication that you're on the wrong path; but limit your down-time. When you fall down, or fail, or stall out, get back up and get moving as quickly as possible. KEY: Great leaders know that successful people are those who get back up the fastest.

- [ ] **10. Protect yourself from burnout.** It's easy to burn out when you are very motivated. Learn to recognize any signs of tiredness and take time to rest. Your body and mind rest when you schedule relaxation and fun time into your weekly calendar. KEY: Do diverse tasks, keep switching between something creative and logical, something physical and still, working alone and with a team. Switch locations. Meditate, or just take deep breaths, close your eyes, or focus on one thing for five minutes.

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