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# PLUS



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## 10 secrets of success

OVER the years, research has revealed that most successful people have 10 traits in common.

**HOW YOU THINK IS EVERYTHING.** Remember to "think positive" at every opportunity. Visualise success, not failure. Avoid negative environments and people. You are what you think. In fact, a study shows that positive thinking actually increases longevity. Decide on your dreams and goals. Be specific about your goals. For example, say "I am taking a music class next month," rather than "I

would like to take a music class sometime." Create a plan to reach your goals, and stick to it.

**TAKE ACTION.** Goals alone have no meaning; you need to take action to make them real. Don't let fear hold you back. "Just do it."

**NEVER STOP LEARNING.** Take classes, go back to school, read books, join a discussion group. If you are interested in a subject, make time to learn about it. Keep acquiring new skills.

**BE PERSISTENT AND WORK HARD.** You've probably heard the expression, "success is a marathon, not a sprint." Keep your eye on the goal, and keep working toward it. Don't give up.

**LEARN TO ANALYSE DETAILS.** Get all the facts, and ask for input. This will help you make wiser decisions. Acknowledge your mistakes.

**FOCUS YOUR TIME AND MONEY.** When you believe in something, put your attention and energy there.

**DON'T BE AFRAID TO INNOVATE; BE DIFFERENT.** Be true to yourself, and have your own ideas. Following the crowd is a path to mediocrity.

**COMMUNICATE EFFECTIVELY.** Remember that no person is an island. Communicate your thoughts and desires honestly, and encourage others to communicate honestly with you.

**BE HONEST AND DEPENDABLE. TAKE RESPONSIBILITY.** Never cheat or lie. When you make a promise, keep it. When you screw up, admit it. Without honesty, dependability and responsibility, the other nine secrets of success don't add up to much.