

Formula For Success

Thanks to Dr. Phil for putting pen to paper

The winners in life know the rules of the game and have a plan. Whether you're looking to heal a relationship, get a new job, lose weight or find inner peace, consider these characteristics which Dr. Phil says are common to people who succeed.

Have a vision.

Champions get what they want because they know what they want. They have a vision that keeps them motivated and efficiently on track. They see it, feel it, and experience it in their minds and hearts. What is success for you? You won't get there without knowing what it feels and looks like.

Make a strategy.

People who consistently win have a clear and thoughtful strategy. They know what they need to do and when they need to do it. They write it down so they stay on course, and avoid any alternative that does not get them closer to the finish line.

Find a passion.

Are you excited to get up in the morning? People with a passion are, and they're energized about what they are doing. You need to live and breathe what it is that you want, and be passionately invested in both the journey and the goal.

Live the truth.

People who consistently win have no room in their lives for denial, fantasy or fiction. They are self-critical rather than self-deluding, and they hold themselves to high but realistic standards. They deal with the truth, since they recognize that nothing else will make their vision obtainable.

Be flexible.

Life is not a success-only journey. Even the best-laid plans sometimes must be altered and changed. Be open to input and consider any potentially viable alternative. Be willing to be wrong and be willing to start over.

Take risks.

People who consistently win are willing to get out of their comfort zone and try new things. Be willing to plunge into the unknown if necessary, and leave behind the safe, unchallenging, and familiar existence in order to have more.

Create a strong nucleus.

Surround yourself with a group of people who want you to succeed. They will move with you toward your goal. Choose and bond with people who have skills, talents and abilities that you do not. Winners give and receive by being part of other people's nuclear groups.

Take action.

Do it! People who succeed don't just sit and think about what they want to do. They take meaningful, purposeful, directional action consistently and persistently. Every step they take puts them toward the outcome they're looking for.

Set priorities.

People who are consistent winners manage their challenges in hierarchical fashion. They commit to managing their time in such a way that does not allow them to spend time grinding along on priority number two or three if priority number one needs their attention.

Take care of yourself.

People who consistently win are consciously committed to self-management. They are the most important resource they have in achieving their goals. They actively manage their mental, physical, emotional and spiritual health.