



Winning Ways

A Success System

ONLINE
RESOURCES

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VISION/GOALS

Goals are key the key to success. Writing your goals down and actively pursuing them with thought and zeal, is the simplest way to propel yourself towards success. Reach enough of your goals and success won't just be a dream, it will be a by-product.

“Obstacles are those frightful things you see when you take your eyes off your goal.

Henry Ford

Online Resources

- ★ [Wishbomb](#) - A goal setting website.
- ★ [Really Simple Goal Setting](#) - A simple guide to goal setting courtesy of ZenHabits.com
- ★ [Stickk](#) - A website that allows you to create “commitment contracts” that can even include putting up your own money!
- ★ [Everest](#) - iPhone app that helps you track and live your dreams/goals.
- ★ [Joe's Goals](#) - A simple site that has stood the test of time. Joe wanted to track his goals so he built a site...you can use it too!
- ★ [Reach Your Goals](#) - An android app to help track and reach your goals.

MOTIVATION

Motivation is another key ingredient to the success recipe. Identifying what motivates you to strive for excellence is vitally important to success. Staying motivated is one of the best ways to stay focused on your goals/vision.

“People often say that motivation doesn’t last. Well, neither does bathing - that’s why we recommend it daily.

Zig Ziglar

Online Resources

- ★ [ET Inspires](#) - Home of Eric Thomas, one of the fastest rising stars in the motivational world.
- ★ [Top 20 Motivation Hacks](#) - 20 motivational tips courtesy of ZenHabits.com
- ★ [Top 10 Motivation Boosters](#) - 10 instant motivation boosters courtesy of lifehacker.com and Seth Godin.
- ★ [Motivational Quotes](#) - A collection of the best motivational quotes.
- ★ [Drive](#) - An RSA animate video on the surprising truth about what motivates us all.

ACCOUNTABILITY

While we all want to strive to do our best, sometimes we just don't. As humans we seem to find it easy to let ourselves down. However, even if only subconsciously, we find it harder to let those around us down. Accountability is a key to success. If you put yourself out there and publicly state deadlines - then you will feel more accountable to reach them.

“The keys to brand success are self-definition, transparency, authenticity and accountability.

Simon Mainwaring

Online Resources

- ★ [The Role of Accountability](#) - The role of an accountability partner in goal achievement.
- ★ [The Value of Accountability](#) - The value of accountability in goal achievement.
- ★ [Accountability App](#) - A handy accountability partner app for the iPhone.

PERSISTENCE

Persistence is the ability to continue on your path in spite of difficulty or obstacles. That definition alone highlights why persistence is a key piece to the success puzzle. You can set all the goals in the world, be motivated and accountable, but if you give up at the first sign of distress, you will **never** succeed.

“Education will not (take the place of persistence) ; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan ‘press on’ has solved and always will solve the problems of the human race.”

Calvin Coolidge

Online Resources

- ★ [How to be Persistent](#) - A “how to be persistent” guide from wikihow.com
- ★ [Persistence, Entrepreneurs, & Millionaires](#) - Youtube video of Brian Tracy talking about persistence.
- ★ [6 Effective Ways to Become Persistent](#) - Guide to becoming persistent from lifehacker.com
- ★ [Persistence Quotes](#) - A collection of the best quotes about the power of persistence.

FACING FEAR

Fear is something everyone has to deal with. We may grow out of childhood fears but even as adults many of us are still afraid. We might be afraid of trying new things, public speaking, failure...and yes even success! Don't be a slave to your fear. Face it. Your success depends on it.

"I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear... And when it is gone past I will turn the inner eye to see its path. Where the fear is gone there will be nothing. Only I will remain."

Frank Herbert

Online Resources

- ★ [Overcoming Fear of Failure](#) - A thorough guide to overcoming fear from mindtools.com.
- ★ [Facing Fears](#) - A video from the television series "This Emotional Life" *courtesy of Hulu - may not play in all regions.
- ★ [Facing Fear Tips](#) - 13 Tips about facing your fear courtesy of lifehack.com.
- ★ [Fear Quotes](#) - A collection of the best quotes about fear.

“ACTING AS IF”

Everyone has heard “fake it until you make it”.

A pretty simplified thought, but is there a kernel of wisdom there? Yes. A lot of people think they lack certain traits. How many times have you heard (or said) :

“I am not very confident”

“I am not comfortable in group settings”

“I can’t speak in public”

Etc...

If you feel like that, try acting like you don’t! It can’t be that simple right? Nothing is. That said, doing something like acting confident when you aren’t feeling it has a weird effect on us. If we do it enough - it starts to become second nature. Don’t ever feel like you don’t belong or don’t offer value. If you don’t really feel it - act like you do.

“Act as if what you do makes a difference. It does.”

William James

Online Resources

★ [Lifehacker Article](#) - Lifehacker offers their take on the “acting as if” concept.

★ [Body Language](#) - Body language is a big part of “acting as if” - this Ted talk claims it shapes who we are.

ASKING FOR THINGS

I know a lot of people value the ability to do something themselves. There is clearly great value in being independent. We would never question these ideas. However, there is also value in being able to ask for something when you truly need it. Whichever successful person you choose to study, you are almost guaranteed to learn they asked for something along the way. I am not talking handouts here either. There is nothing wrong with asking for advice, opportunity or help. Don't be afraid of hearing no - successful people aren't.

A little boy was having difficulty lifting a heavy stone. His father came along just then. Noting the boy's failure, he asked: "Are you using all your strength?"

"Yes, I am," the little boy said impatiently.

"No, you are not," the father answered.

"I am right here just waiting, and you haven't asked me to help you."

Anon

Online Resources

★ [Ask For Things Cleverly](#) - Lifehackers guide on how to not be annoying when asking for things.

★ [If You Need Something, Ask](#) - A 50-minute video from Stanford Business about the power of asking for things.

TIME MANAGEMENT

When it comes to time management we are all on a level playing field. Each and everyone of us has 24 hours in a day. This is why time management is so important. The only way to get an advantage is to use those hours more effectively than other people.

“Those who make the worst of their time most complain about its shortness.”

La Bruyere

Online Resources

- ★ [Toggl](#) - A very simple website that lets you time your tasks. Find out just how long it takes you to finish a project.
- ★ [My Hours](#) - A more advanced time tracking solution.
- ★ [Time Management Ninja](#) - A entire website devoted to time management and packed with resources.
- ★ [Wunderlist](#) - Wunderlist is a to-do list app that lets you easily create to-do lists with a simple, great looking interface.
- ★ [Timesheet: Time Tracker](#) - A highly rated time tracking app for Android smart phones.
- ★ [OmniFocus](#) - A productivity suite for Mac and iPhone users.

COMMUNICATION & PUBLIC SPEAKING

You can be the smartest person in the room but if you can't convey that convincingly, how much is it really worth? The ability to effectively communicate your brilliance, is almost as important as the brilliance itself. Public speaking doesn't always mean packed auditoriums. Some people struggle to even speak in small business meetings. This will undoubtedly hold you back in some way. Successful people are able to clearly communicate their thoughts and feelings.

“The way we communicate with others and with ourselves ultimately determines the quality of our lives”

Tony Robbins

Online Resources

- ★ [Ten Public Speaking Tips](#) - Ten tips from Toastmasters, one of the world's most popular public speaking organizations.
- ★ [Communication Skills](#) - A communication video courtesy of Videojug. Check their channel for more speaking/communication videos.
- ★ [Tom Antion](#) - The website may not be the most modern looking, but Tom has been engaging audiences for years. A lot of great info on this site.
- ★ [Forbes: Masterclass of Public Speaking](#) - An unpolitical look at Barack Obama's public speaking techniques.

KEEPING SCORE

A lot of people have a serious problem with remembering their successes. They will easily remember big milestones, but often lost are all the small victories along the way. This can be problematic. In bad times, the glory of past success can help you persist. Forgetting successes also means you can lose valuable lessons. Start keeping track of your “wins”. It might seem “corny” to have a success log. but it is an important document. With one glance you can relive all your glory and maybe trigger memories of forgotten lessons.

“Sometimes, you have to look back in order to understand the things that lie ahead.”

Yvonne Woon

Online Resources

- ★ [Evernote](#) - Evernote is a great app that lets you keep and take notes on the fly. It is cross platform so you can access it on any of your devices or computers. It is my favorite way to track my successes.
- ★ [Success Log](#) - An Android app that lets you track your successes.
- ★ [Track Your Wins](#) - A video/article that discusses how tracking your small wins can build serious momentum.

FINANCES

A fine tuned mindset is all well and good but sometimes you have to get into the “nuts and bolts”. If you plan on success then you are going to need some good ol’ financial acumen. A lot of people’s goal is to outsource their accounting. Fair enough but you still want to know enough that you don’t end up broke like former millionaire athletes/celebs who put too much trust in their accountants. Along your path to success you might have to work on a limited budget and financial creativity will help you in your early years.

“There are plenty of ways to get ahead. The first is so basic I’m almost embarrassed to say it: spend less than you earn.

Paul Clitheroe

Online Resources

- ★ [Lifetime Finance](#) - Bill Sharpe’s investing and finance blog. Bill Sharpe won the Nobel Prize of Economic Science in 1990.
- ★ [Mint](#) - Mint.com is a website (and mobile app) that is a full powerful budgeting and personal finance tool.
- ★ [Yodlee](#) - Power personal finance tool that let’s you track and monitor all of your accounts.
- ★ [iReconcile](#) - An iPhone app that allows users to keep their finances in check.

GIVING BACK

At first glance this might not seem related to success at all. How is giving things away going to help you be more successful? Well, it is simple really. For most people, giving things to others makes them happier. Think about how you feel when you give someone a gift. Giving back to people - whether it is gifts, charity, a helping hand or even advice will help you to feel happy. You might be asking, "Is happiness even important to success"? I'd counter with my own question, "Isn't being happy the reason you want to be successful?"

““From what we get, we can make a living; what we give, however, makes a life.”

Arthur Ashe

Online Resources

- ★ [Volunteer Watch](#) - A site that helps match up needful organizations with potential volunteers.
- ★ [Charity Navigator](#) - This site helps people search and evaluate potential charities.
- ★ [GoFundMe](#) - A crowd sourcing site that you can search and find people to help one on one.
- ★ [Benefits of Giving Back](#) - An article from Forbes.com on the tangible benefits of giving back.

CONCLUSION

This collection of links isn't going to turn you into Warren Buffet overnight, but it is a great starting point to your journey.

With the links in this eBook you can now start to learn about the key aspects of success. It is up to you how much time you dedicate to learning about a winning mindset. Remember though - everything you learn is an investment in yourself.

To your success!