

SEVEN ATTRIBUTES TO SUCCESS

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You must start with your ideal, your vision of a perfect future.

Peace of mind:

Peace of mind is the highest human good. Peace of mind is your internal gyroscope. When you are living in harmony with your highest values and your innermost convictions – when you are perfectly balanced in life – then you enjoy peace of mind.

Identify your values: Identifying your values is the first step to simplifying your life. What is important to you? What values or unifying principles do you care about the most with regard to your personal life?

Some things you might value could be peace, simplicity, tranquility, contentment, satisfaction, happiness, love, and joy.

You are only successful as a person to the degree to which you can achieve your own happiness, your own contentment, your own sense or personal well-being, in short your own peace of mind.

You cannot give away what you don't have, therefore you cannot make someone else happy by being miserable yourself. As Abraham Lincoln once said, 'You can't help the poor by becoming one of them.'

In organisations, peace of mind can be measured in terms of the amount of harmony that exists among coworkers. Productivity, profitable companies are those who feel good about themselves. The major obstacle to eliminate the negativity that interferes with your happiness is your attachment to the negative people and situations that cause it.

Just define your life exactly as it would have to be for you to enjoy the peace of mind you desire.

In your organisation, create the ideal future vision of what your job or work would look like if it was absolutely excellent in every respect. What would you do more of (or less of) to achieve higher levels.

Health and Energy:

Just as peace of mind is your normal and natural mental state, health and energy is your normal and natural physical state.

Radiant health exists in the absence of any pain, illness or disease. Wonderfully enough, your body is constructed in such a way that if you just stop doing certain things to it, it often recovers and becomes healthy and energetic all by itself.

Loving relationships:

Most of your happiness and unhappiness in life comes from your relationships with others.

A key quality of the fully functioning person is that he or she has the ability to enter into and maintain long-term friendships and intimate relationships with other people. The very essence of your personality is demonstrated in the way you get along with others, and the way they get along with you.

To measure how well you are doing in relationships – laughter.

High-performing organisations are those in which people laugh and joke together. They enjoy one another and their work. They function smoothly and happily as teams. They are more optimistic, more open to new ideas, more creative and more flexible.

The furniture and fixtures can be replaced. The products, services and customers will change over time. But if you have the right people, the organisation will continue to prosper.

The most important single responsibility of the executive is to ensure harmony and happiness among the people he or she is responsible for, to create a climate of optimism, enthusiasm and high morale. This 'esprit de corps' is the distinguishing quality of all world class organisations.

People problems do more to disrupt your peace of mind and undermine your health than perhaps any other factor.

Financial Freedom:

To be financially free means that you have enough money so that you don't worry about it continually, as most people do. Fully 80% of the population are preoccupied with money problems. Most worry, stress, anxiety and lost peace of mind are caused by money worries. Many health problems are caused by stress and worry about money. Many problems in relationships are caused by money worries, and one of the main causes for divorce is arguments over money. A

feeling of freedom is essential to the achievement of any other important goal, and you cannot be free until and unless you have enough money so that you are no longer preoccupied with it.

Worthy Goals and Ideals:

According to Dr. Viktor E. Frankl, author of 'Man's Search for Meaning', is the need for meaning and purpose in life. To be truly happy, you need a clear sense of direction. You need a commitment to something bigger and more important than yourself. You need to feel that your life stands for something, that you are somehow making a valuable contribution to your world.

Think about what sort of activities and accomplishments you most enjoy. What were you doing in the past when you were the happiest? What sort of activities give you your greatest sense of meaning and purpose in life?

Self-knowledge and self-awareness:

To perform at your best, you need to know who you are and why you think and feel the way you do. It is only when you understand and accept yourself that you can begin moving forward in the other areas of your life.

Personal fulfillment:

This is a feeling that you are becoming everything that you are capable of becoming. Psychologist Abraham Maslow called this 'self-actualisation'.

The ability to set goals and to make plans for their accomplishments is the master skill of success.

If your goal is to get through the day and then get home and watch television, you will achieve it. If your goal is to be fit and healthy and to live a long life, then you will achieve that, too. Your only limitation is your desire: How badly do you want it?

Take any two people with the same relative levels of intelligence, background, education and experience, the one with the greatest intensity of purpose will always win out over the other.