

THRIVING IN THE JOURNEY

An essay of an outstanding life

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Ebook Kindle Formatting

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Entre-Change

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DEDICATION

To my family and supportive friends who are my source of inspiration.

Thanks for being with me on my long journey.

I love you all.

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Part I

Change Your Life.

Make a personal transformation, overcome bad habits, and move your life in a positive direction...

Have you been looking to change your life? Have you been looking for a tipping point that could take you from where you are to the next level? Let me tell you – that’s great, because change will make you feel alive. Maybe you feel trapped in somehow and you want to change your current situation. We all know that there comes a moment in our lives where we feel the need to change and move onto a different path.

Your breakthrough to change your life comes from when you get motivated by something, or something comes from within. Both are great sources to obtaining a life change. What motivates you? What excites you? What drives you?

Never have I been so focused. I have regained my whole life. I’ve gone from being too worried about my life and having to strive my way through, looking for significance and status, ignoring the presence of well-being. The concept of “Thrive” involves gaining full control so that your life can flourish and succeed. You will grow vigorously and expand your life so widely to the point of developing a new you. It is realizing that you are supposed to contribute not only to wealth but to the service of others. As a result of changing you will personally find the pathway to redefine what it means to be successful. You will be able to realise your full capacity and potential. As you acquire experience you can help enlighten others in their journey to a positive new direction in our workplace and personal lives.

I hope the words of wisdom from this book will help us make room in our definition of success for well-being, wisdom, wonder, compassion, and giving, and help us move from knowing what we need to do to actually doing it.

What advice do you have for women who are often struggling to balance it all, and don’t prioritize their own self-care?

The better people are at taking care of themselves, the more effective they’ll be in taking care of others, including their families, co-workers, communities, and their fellow citizens. When you’re on an airplane you’re told to “secure your own mask first before helping others,” even your own child. After all, it’s not easy to help somebody else breathe easier if you’re fighting for air yourself.

In *Thriving in the Journey*, I emphasise the principle behind an enlightened vision of an evolutionary shift in our consciousness and culture, and a new paradigm of what it means to lead a successful life, resulting in a deeper connection to our sense of self and the world around us. I will take you down a road where the challenges that you are probably facing now are equal to my own past personal challenges. As time passed

by, I managed to balance my life and the demands of a busy career. I was mindful of giving it the best shot and shaking up my emotional life to transform my stressfulness into a total breakthrough.

The ability to get past those old patterns in your life will cause circumstances to come to a breakthrough. Breakthrough is the gateway to change your life.

Part II

10 Simple Formulas For a Lasting Change

We live in a time when life itself is falling apart. Every day we hear about people collapsing from becoming so saturated by all sorts of distractions that move us from one side to the other side. Life is becoming so perplexing and confusing because we have so much going on around us. There is no way to stay focused and on track to accomplish our task in life. We get notified about everything, even things that are not on our agenda or in our daily activities. We have activated all sorts of alert systems into our lives without knowing the reason for activating them. Unfortunately, many of them were activated purposely, but some not on purpose. The bottom line is we are not aware that we have too many things going on. The media, TV, Internet, phone, computer, news, and so much more, consume us. And some of them are uninstalleable. It's as if we are married to them with the label "undivorceable." I have been asking myself for so long how to find my way out of this situation, and at least be able to get more focus in my life. I did some studying and research. How can I get myself out of all these connections that keep my life busy? Meanwhile, I want to find a way to accomplish greatness and set my life to a Lasting Change.

During my research and study over the past few years, I have found that life is so beautiful having all the things that we have now, such as technology, and the ability to rapidly communicate and be informed of any things we might need in the moment (and even things we don't need). We are alerted to know about them. We have capabilities that the world never had before, in all of history.

We are living in the greatest moment since the existence of humanity. But why are there some people who accomplish more and others who accomplish less? I am not pointing fingers - I have been in the same situation. Even though we have all the resources available that we need, sometimes we are the ones not getting things done.

Something is holding us back. We are missing the presence of life – we don't have the rituals and practices that we need. I delved deep to learn how to find how to get back the purpose on life, have all the resources available and still enjoy the meaning of life.

I started to ask myself questions like: How could I enjoy having all the things that I have available? How could I accomplish more, appreciate more and understand more? How could I create a Lasting Change to my life? How could I accomplish every task that I intend to?

I knew I had to go and work hard on myself to find my way out. Below is a list of practises of those who made up their minds to get a lasting change, while I personally am still working on the list. I have come so far from where I was in many areas of my life, and areas where I had difficulty in my personal activities.

The tipping point in my life was when I demanded of myself that I would do anything to get better and become better by applying what works for so many others.

Belief in possibilities – it is useless if you don't shift your limiting beliefs – everything that you have made up in your mind for so long.

Set your goals – write down everything that you want, and make it clear what you want. Many people don't know what exactly it is that they need. Don't be fooled by the crowd. There is no such thing as a "big" or "little" thing that you want to accomplish. It is your goal – write it down and go to this list to move on and reach your goal.

Find a new strategy – have a new strategy. The old way is no longer the right way anymore. There is some change that is supposed to take place. There are some adjustments that should be in process.

Discipline yourself – we often hear people talking about discipline, but they don't go into detail. It is to set a time frame to move or do something on a constant basis. Have a pattern set and develop a new habit.

Take responsibility – this is the big one for me. If you get results it's you – if you don't get results it is also you. Why not choose to be fully responsible, and cause your life to never be the same? You have to be honest with yourself.

Be committed – we also hear that everywhere. Whenever things are not going the way they should be, it is because we are not being committed and serious enough to make a difference. Be committed to start now. Now. I mean now. The change is for your benefit. Make it happen by starting in this moment. Don't waste more time before having the Lasting Change you deserve.

Be a student – educate yourself. This is what you need in this moment. Look at all the information possible, learn everything you can and find all the resources that you can find. In books, audio, video and from others – learn. Knowledge always stays with you. Learn to recheck this list so you don't miss something.

Push beyond your limits – you have to be willing to do something more, take one step more, to climb another time, to give another push. You might be tired, but that little extra after you are exhausted is what will change everything – from your beliefs to your actions.

Acknowledge yourself – remind yourself every day that you are moving and enjoying your life. Tell yourself that you are progressing and you have a plan in life. Don't be empty, but be fulfilled by having a vision for multiple tasks, and goals to achieve.

Reset always and repeat it again – it is necessary to repeat all the processes and apply them. There are bad moments in life; there are rainy days. It's not always a sunny day. You will find problems, struggles, and tiredness along the way. In those moments you need to recap, to reset yourself, go back to your goals and see them again, and go for the run.

If you have found value in this "10 Tips for a Lasting Change" formula after reading this page, help someone else benefit from it by sharing it with others. The most important thing I have to ask you is to share this article – I believe you can make a difference by sharing this article with someone. Post it anywhere, maybe it could help someone.

Part III

How to Find Your Way in Life by Thinking Better

Have you ever taken a few minutes or seconds to think better and ask yourself: what would it be like if I had no limitations? How would life be if you had no fear, no worries?

Maybe you have been in a situation like that, or maybe you haven't thought it through. It's time to check over yourself, look at your current situation and feel the moment deep inside of you.

No matter how much you have been going through, no matter how long you have in front of you, just to revisit yourself and realize what is on your plate. If we can use this framework.

How can you find your way in life?

What is in your life?

What is life all about?

Many people have been driving by all the statements, challenges and all kinds of things brought about by negative sources or groups of individuals. Later these will become part of the mind trap for so many. But when you look at life itself, really people are living in boundaries, chasing life with the intent to a better future.

What could be the benefit of helping each individual find their own peak interest in life?

What is the cause that justifies the real value of living beyond our means?

It's never been easy because of all the conditions that people face in their daily lives. The world's changing, so we need to build and develop the right mindset to work on taking advantage of challenges to create opportunities and possibilities- not to eliminate all the risks in life, but to use the right strategy to keep them up to a greater good.

How could you dive to find your aim in life?

How can we focus on what is possible in life instead on what appears like to block us in life?

I have to admit that one of the biggest obstacles in life that serves like a blocking stone to prevent anyone breaking through to abundance is the assimilation of all the information that we receive so often, delivered by the environment, and how we apply it to our daily lives. This is affecting our mind and mental attitudes, our personal achievement and daily performance. It's affecting our strength and now we're driven by our fear.

How could I better use the information I receive from all these sources? How could I develop the right mental attitude toward life? As you are going over these insights into life maybe by reliving your experiences, and visualizing your past journey, remember there is a far better quality of life to be had. Throughout any trying point in life (difficult circumstances, struggles, obstacles, debt etc.) there is something that you can learn along the way and that you can use to claim the life you deserve. Develop the strength of character to harness the power within, and find out what is the essence of your life, and how do you gain your aim in life.

You have suitably innovated in character to expand, grow, and accomplish the life you want on your own terms. You can now become creative, productive, and eliminate all the negative patterns that don't have

any really control over you anymore. You can now find your way in life because you have created a new You. You are a winner!

Part IV

How to Motivate Yourself to Do Anything

For most of people, there comes time in life that they get so frustrated with situations that are holding them back, and they feel powerless and hopeless to keep going on. They even say to themselves, "There's no way that I can continue with myself doing this or that." We all know what they are talking about because we have been in the same situation in our lives when we don't feel motivated to do even the most basic things in life. This may be taking care of yourself, maintaining your health, focusing on your job, getting work done, concentrating on your business, you name them...

You feel like there's no improvement, that your life going nowhere. There is nothing that you're excited about. You have no energy to even do the easy stuff, you feel dry inside. The reality is that you have a lack of motivation. But how do you motivate yourself?

We hear about how every New Year some people make resolutions accomplish some specific task, goal, or to succeed in something during next 365 days. But how often do they attain what they have set for the New Year? According to some research, few people who had made a resolution in January even continue them in February. What is the main factor that blocks your life, conditioning your mind and behaviour that you don't have the courage to take charge of what you want to do and who you want become? Maybe you find yourself in a situation you have started to not put in the effort that you need to. You can't get yourself engaged to do your tasks in life. At some point you found yourself wondering which direction you should lean towards to gain perspective, so you can move forward and get result that you want. How can you motivate yourself to take your life to where you want it to be? By taking action on your word and needs. In this Post I will point out the essential and effective steps to get yourself going with creating new habits that will keep you motivated to push yourself at any time you don't feel the willing to move on. This series of highly effective points can be used to change other areas. You don't need a New Year resolution, you just have to start right after you finish reading this post. I might say before I take you through the list, that there is a lot of great advice on this topic about how to motivate yourself. I found them very helpful. It all starts with you. You are the only one that can make your life different from yesterday, and remain that way a year from now. You have to align yourself to do what is necessary to never again fall off the track.

Steps to motivate yourself at any time:

Have a Goal or Plan.

You need to have a clear idea of what you want, and write it down. "

Make that image of yourself having or being what you want. Make a picture vividly in yourself. You need a big Why, and make it the reason for you to live.

Be Aware.

What I mean by that, is don't fool yourself with positive thinking .Now is the time to get clear that it will not be easy, because if it was easy then everybody would get what they want. It's achievable but it will be necessary that you to put the hard work required in an effective way to make everything happen for you.

Some of the time it will be painful, with no good feelings to go on, and you need to be aware that there will be times like this before you even start.

Take Action.

You need to make the first move no matter what, the first action that will put you on the track. You need to force yourself to start any how or any way. It's like: finish reading this post, take a piece of paper, start to write your goals, and make the plan.

Get Training.

I wanted to write "educate you," but instead I put "Get training." It means you need new information from good sources, anything that you can put your hands on, and apply the advice that you find. Let me make a remark here. You will find a bunch of bad news and advice but you need to judge them yourself and find the best that is relevant for you.

Stay Consistent.

There are a lot of people out there that like it when it's Friday. They want the weekend. When it's Monday morning they hate Monday because they have to go back to work. You need to differentiate yourself from that type of thinking. You need to put in a lot of work because you have a big "Why" as your goal.

Nourishing Your Life.

You need to stick to your plan. Desire the process like a new birth. Finding enjoyment in thinking about what you want to accomplish.

Become a Reader.

You can imagine how much you can learn from reading. Read something about your goal. Develop a reading habit- it's a major step toward improvement. You will be amazed to see how much better your performance will be.

Increase Your Motivation.

Maximise everything. Every move counts. That might make me seem a little bit harsh but to motivate yourself the way that you use time, activities will affect you during your journey. The way you deal with disappointment, and obstacles. Your mood will produce an effect upon you. You need to embrace these things with a positive attitude.

Reward Yourself.

Don't wait for someone else to acknowledge you. Reward yourself for any small challenge that you pass. Be happy and reward yourself. It is really important to take the time to celebrate, whenever you reach a positive step on the plan. It requires monitoring your progress, and checking for the small results that come along the way. They may have a significant effect on you.

Now we have finished going through these steps designed to help you motivate yourself at any time and in any project. You can have more fun and enjoy much more doing anything that you are involved with. Those steps allow you to get you activities easily organised to complete everything that you start. If you apply them in this order your ability will increase the intensity level of your productivity, and you will be able to keep boosting your motivation at anytime even though your mood is feeling down.

Now it is the time for a new beginning.

Part V

How to Find Your True Passion in Life

There are a lot of people living in a jumping start life running through a lot of instabilities and cannot even find something that they can be excited about, something that they could have a strong feeling for, or passionate about. It is a fact that most people, instead of trying to figure out what to do, feel alone and see it as a problem. Of the 7 billion human beings in the world, most of them have still not found their true passion in life. A large majority are frustrated and unfulfilled. Surely they want to want to discover a way to transform their life ahead.

According to recent research, 87% of employees are not satisfied with their current organisation.

All transformation or any change will require them to put hard work in place: (massive effort, energy, time). Passion will not appear in front of your door, you have to pursue it, and look for it. But the reality is that not too many people are willing to do the hard part to find passion in life. You can only get your way out by not looking of what you have to go through, instead you need to get real, and engage yourself fully for what it worth. All discoveries have been made through an amount of research. There are some sacrifices that will have to be made, and a true commitment needed to place yourself ahead. That is what sets apart the people that have found themselves passion, drive and inspiration from the others that live in pure desperation in life.

Let's immerse ourselves in exploring what skills, abilities and strong interests could be developed in a practical way. In what could we be engaged to build a significant life with values?

"Clarity is Power" Quote Tony Robbins

What if we do not do what the education system and corporates tell us to do, but redefine what is exactly our unique strengths, and understanding? The more you get clear, the more you will find the way.

Unfortunately we have been conditioned, and paralysed by so many dogmas of society, lack of good sources, information, education, others limiting our beliefs that condition us to a deficiency of developing life's necessities.

Let's think about it a little bit.

How to Find Your Passion/Core Value/Strength

Look up to what you love to do, what you have a lot of interest in, what those things are that have great impact on you and others. Identify what set you up, in which circumstances you have given of your full potential, even way back to childhood. When you do recognize the elements of your core values and strengths, you pursue them for a lifetime. You need also to check out what those things are that you don't love, and you don't like to do. Those are also things that you need to think about. You need to experiment with different kinds of things and test them to find which of those have closer rapport with your values. It's getting to the real life, to live through exploring the variety of all aspects of your life, digging different sources, not the ones you are already used to but rather new types of things. Go beyond your limits, and your expectations. Push yourself more than you have to till finally you are convinced what your those values and strengths are

Find a New Entourage.

You have to be willing to change your old world into a new environment where people are more excited, and passionate about life. Model them, and get inspired by how they do things. Be curious about how they practice focusing on what matters the most for them. Successful people are those that have found their true passion and know exactly how they should be using their time. What are they reading, and listening to? Where do they go, what people have they met? All the things they do have an alignment to their own interests because they really love what they do. Jim Rohn says: "You are the average of the five people you spent time with."

Work Out Anything You Can.

Implement all the goods that you find along the way. Most people find it easy to get inspired and discover new things in themselves but the application of what they have learned sometimes keeps them back. You will have to work hard to sustain all that you have learned through practice. Stick to them, processing all the skills that you acquire. Life itself is long process. There is not an end. You will never find your passion in life just doing a thing once. You have to do keep adding more to the value attained. This is where you start to grow, expand, and discover what you are truly capable of. You need to take a lot of risks and be prepared to jump when the opportunities come.

Sometime it's required that you struggle, but that is the work necessary in order to be successful in anything.

"If you're prepared and you know what it takes, it's not a risk. You just have to figure out how to get there. There is always a way to get there." (Mark Cuban) Your passion is your right and it's available for you but you have to put a lot of effort in in many different ways to get it. You will be discovering your passion through the major results that you have been accumulating and go along the way with it. It won't be easy it can be present to all sort of difficulties and frustrations along the way. Till you find what is aligned and matched with your core values the most, don't stop.

At that point, you will create a life worth living day by day because you have created, and embedded your purpose in the most congruent way. That is what all the most successful people that have found their passion have been through. Most dropped out early on or after a long time not because of some kind of lack but they prefer to change to a place that they are good, skilled and better at. They create what we call Innovation, in which they demonstrate what they have been so passionate about. Finding your passion in life can be the most fulfilling accomplishment that you could ever have. It will last within you and impact your life first and then the lives of so many others. Work will be enjoyable, because you will be going after what is the most important for you.

Part VI

What It Takes To Make An impact In Life

We cannot start by not making a point on having a vision if someone wants to make an impact. So many people want something, or want to do something but they don't have an idea, an outcome, or somewhere to focus. It's inevitable to see that people who don't know where they are going will end up nowhere. If you have a "Why", a reason to go and do something you will do whatever it takes to get there and do whatever you want to do. But how far do you willing to go? How much guts do you have when things going wrong to hold up and keep pushing forward? How big is the size of your core belief to stay on the line, unshakable when the big winds and storms in life come your way? How determined are you to remain on the road and fight all obstacles, struggles and crisis?

Here is what has been revealed:

It doesn't matter how big you are. How talented you are. How much you get. In one of the interviews with Will Smith, as he is considering his life, one of the most successful actors in the world says: " I never view myself as particularly talented, where I excel is having a ridiculous sickness: work ethic!" Meaning it is not really your talent that will make your life greater.

It doesn't matter at all what you do or do not have!

How far do you willing to go into life? How far are you willing to put in the hard work necessary to go far beyond your expectations?

Can you get where you want to be? Do you have enough courage and commitment no matter what happen on the way that you will not settle for the less? Are your goals, and aligned with your core values and beliefs? Can you reach it (the vision that you get)? Are your really wanting to push yourself beyond the fear? To give yourself permission to sacrifice the inner doubt and save and find your voice?

Finding the Core Purpose

What exactly is it that you are doing that you can't stand away from? Is there something that you are so excited about that you want to share and give it to others by a meaningful way? What is it that you have inside of you that you can't wait to share with your loved ones? What is that you have within and want to someone listen to you about?

The bottom line is: can you find someone to talk to about what you have in your mind that is so enlightening you with pleasure? Do you have someone? Then it's the moment to reveal with big expectation this driving idea of yours to others because it matters and the impact will serve for the greater good. Make an impact today. Make what you live for like a voice to direct, encourage and inspire other lives in need.

Part VII

Tips on How to Be More Productive In Life

When we look society in these days, people are grinding to increase the level of their productivities either at work or in their personal lives. People are looking to improve the conditions and the quality of all the activities that they are doing. But they are still struggling to find a way of becoming more productive in life. Some people try to put themselves in a position to do as many things as possible, then later on just burn out. Instead of just waking up and just doing things, try to do your tasks more efficiently and with better quality.

I like the idea of Tim Ferris's' 4 Hour Workweek. That I highly recommend. To become more productive in life there are certain important points that you need to figure out and implement them. All those successful people have them focused straight to the point that separates the urgent things from the important things. In other words there are so many things in life that come in a form of urgency but not aligned with our goals and the things that we value the most.

We usually spend a lot of time doing "urgent things," reducing the amount of stress in a the short term, because they are just some sort of little distraction that needs immediate attention but which contributes most of the time to someone else's Plan, and someone else's agenda.

Burchard #1 New York Times bestselling author and founder of Expert Academy put it:

"When we define exactly what the best use of our time is, what tasks and things are most important to our lives then we get into a motion with our work and become more productive. We find our passion in doing things that matter the most to our assignment. The level of our productivity will increase to a place in which we will be more successful doing the essential activities, being so effective and at the same time efficient in life, business etc..."

Here are some tips that will help you become more productive by accomplishing more in your life.

Time to Reflect.

You don't jump start in anything without knowing what and where to go. You need to look back at what is really going on. In which way can you have the result that you want? How is it possible to not be able to accomplish your task?

Decide to Change.

Many times you can see that things going are not in a good way but you still try other things without changing first what needs to be changed.

Writing down your Goals.

Think about something- it can be just a wish but when you write down a paper somewhere it becomes real in your eyes. Have a to-do list. Write all the important things that will contribute to your achieving goals.

Scheduling your Task.

Find the best time that you feel you have the most willpower that you can eliminate as many distractions as possible and focus on your task.

Set a Deadline.

You need a specific time in which you intend to be finished. It then becomes achievable and your purpose is clear.

Clear all Distractions.

Remember earlier we talked about “urgent” things that might be sometimes just distractions: it could be an email, a notification, a phone call etc.... block all those things that are stopping you from focusing on your task.

Start to Move On.

It's the moment that you need to make the first step- you need to start doing something. No matter how small it might be. Taking the step will put you into a momentum. Just start something!

Don't Be a Multitask King.

Some people think that doing many things at once means they are intelligent, or smarter than others but let me tell you it reduces your level of productivity. You become unproductive in some area that you could have been better at.

Focus on One Thing.

Don't be a fool- be patient until you get done one thing and then move to another, focus on that thing. Make it real and don't just do your best, but rather be the best one doing that thing until you outdo everyone in it.

Learn to Finish Tasks.

So many times you start doing things and along the way you get discouraged and lose your motivation, so you end up quitting the task. When you don't finish your tasks you become used to not finishing anything. You need to finish something completely and then start a new thing.

Be Disciplined.

You need to establish a daily routine in which that correctly use your time. You need to have control over your behaviour, directing your actions into a devoted life, not just waiting for things happen.

Take Breaks.

Often, when you are putting a lot of effort into activities that you haven't got used to, specifically a new type of task or assignment, there will be times where you feel overwhelmed from trying to do things. Instead of keeping this up you need to stop, take a break, and remember you are human not a machine.

Re-evaluate Your Work.

You need to check your progress, you need to see the amount of activities that you have done if they have been done in an efficient way. Don't pretend you have done a great job, but get the right estimation of your advance project.

Be Organized.

Get yourself in order before you work. Your task, goal and the quality your activities is the fruit of your life having been carefully organized. The way you arrange and manage your efforts in your personal life will systematically affect all productions.

Getting Things Done

Here is how to become more productive in life. I hope it helps you to become more productive by setting these 14 tips up vividly to your mind and transforming everything that matters in a practical way.

Part VIII

How Successful People Think

When it comes to the subject of success there are a lot of different approaches on how to define who exactly is successful in life. Regardless of the amount of each individual comments, discussions, opinions from all sources, the one thing that everyone know is that the way successful people think differently to the mindset- that is where all success comes from. Here are some characteristics of the way successful people think. (I highly recommend reading John C. Maxwell: *How Successful People Think*.)

Strong Beliefs

Successful people have a strong belief system above all. When others are mumbling on how things might be, they have a firm conviction and certitude that by faith anything is possible, because they trust their guts and refuse to see the impossibility whenever they face the discouragement and all the negativities.

Exposed to Ideas

They are constantly seeking for new ideas in order to improve their quality in any area that they need to change in life. The more they generate ideas the better chance they have to produce, create, develop great results and solutions to problems.

Focus on Priorities

Everyone have a lot things do in their lives. Some people always have more stuff pending to do than others. The difference is that doing more stuff has never been the right way. Instead, successful people focus on the tasks that matter the most, those that have much more importance and contribute to your success are the ones that need to use up most of your time. A better view on how to focus on prioritizing your time is revealed in detail by the principle 80/20 rules Tim Ferris in *Lifehack*.

Exposed to Great Mindset People

It has been said by the great late Jim Ron, one of the most motivational speakers that you are the average of the quality of the people you hanging out with. The most successful people make the choice to seek out time with the people that are great minds and thinkers. Because they never want to stop growing and expanding to new levels of experience.

Discipline

For most people to be able to set themselves in a position to control the effects around them has never been so easy. Life is not easy itself but to gain the right path in your life it requires to train yourself seriously to control the way you manage your life behaviour and also reinforce the way you conduct the activities are willing to follows on a daily basis.

Put Ideas into Action

Action that you put in place is the most crucial to any form achievement. Great ideas alone don't make success happen. The right action applied to the ideas is converted to the result you want to achieve. Ideas are able to produce success only when they are followed by the right amount of actions.

Make Something Happen.

There is a secret to getting things done. Successful people finish one task before moving on another task. They keep their word and do what they say they are going to do. When they come across difficulties, they

stick to the plan till the project is accomplished. They are fully committed to the finish line of the marathon.

Believe in Partnership.

In any success achieved, partnership plays a big role. But the challenge is that not everyone can choose the right partner. It is a skill that needs to be learnt like any other skill- that of being able to select the right people to be in collaboration with.

Failure is Not an Option.

One of the tipping points that has a lot of importance no matter what, is the way that you face failure. Are you one of those that react to it or are you on the same page of all successful people that when it comes to failure they embrace and face it, till they turn it in their favour? Learn to see failure as part of the game instead of as an obstacle.

Follow Through.

At any moment in order to turn your ideas, your passion, and your goals into reality it is necessary to continue actively the following up process though your core belief, maintain your action upon sight and never let go.

Develop a Spirit of Winner

When you are on the battlefield you are the only one who knows if you are going win or not. The winners see themselves as winners. They convince themselves that, "I can win," and, "I will win."

Confidence

Successful people build the confidence through practice every single day and expose themselves in an active way possible. They show up when they need to, and look to find the way when they don't see the way. There is a certainty, a belief in their ability to succeed, to act strongly upon the challenges that they might face along the way.

Make The Choice.

Every choice that you make throughout the journey has a major effect on your life. Your success will come in exact proportion to the good choices that you make. In front of any circumstances that happen in life there is a choice that has to be made. Where you are now in life is the result of the quality of choices that you have made in the past. Just imagine if you had made better decisions how different your life could be!

Do Things Differently To the Masses

Most people are not successful because they live, act and do what everybody else is doing. What is different to the ones that are successful compared to the others? It's not they are more lucky, but it seems they look luckier than everybody else. The reason why is that they get away from the insanity of doing the same things that are not working over and over again. Be smarter than others by doing things differently. The results will be huge for you too. Better choices lead you to a better life. A better life means becoming part of this group of successful people. Remember your success will come from the way you maintain your mind, repeating the process every time.

I highly recommend John C. Maxwell's book: *How Successful People Think*.

Part IX

How to Succeed In Life

There has never been a time in the whole history of humanity a better time to succeed in life for any person no matter what their culture, race and gender. There are more opportunities, information and resources available in large quantities more than ever. There are greater amount of facilities nowadays to help everybody to improve, and create the quality of abundance in life at all times. Besides of all the gifts that the new modern era brings and provide for living an outstanding healthy and wealthy life, there still a misleading state of mind that prevents people from being able to gain possession of the necessities of life. Most people are trapped by a lack of self-confidence that holds them back from moving forward. There is something in this the mindset that prevents them from advancing past this way of thinking. They need to boost their confidence, remove all limiting beliefs and excuses that keep them from acquire new skills and learn to have a happy life by acquiring some skills for a good successful life.

However, there is a blueprint behind any great life change. It is a process that I divide into 5 steps to succeed in life.

1. Gain The Belief Within.

Every human being has the capacity to move their life to the next level if they want to. It all starts with what you believe. The way you think about anything will affect your behaviour and your willingness to go forward. As Confucius put it: "He who says he can and he who says he can't are both usually right." If you believe you can and expect you can then will of yourself and then you can and you will. But if you believe you can't and expect nothing, then you will not be able to do it and you will get nothing. With everything that you encounter in your life, start with the belief that it's possible. Be positive and go for it.

2. Seek For Opportunity.

There are so many ways to live and be what you want to be. Information is all around. You need to identify what is essential and meaningful for your life by creating a definite goal, a specific goal, discipline yourself through the time to implement all that's necessary. Concentrate and focus on your strengths. Learn all the skills needed about everything aligning with your goals. It's required that you write down all the resources, strategies and the knowledge you find. This will move you gradually step by step toward the accomplishment of your goal and success in it.

3. A State Of Preparation.

There is no overnight success. The best way possible to get the most out of life is to always be in a state of constant preparation. Be open to learn and seek for new ideas, become a collector of good, important information, and new ways of doing things. As Les Brown put it: "You have to be hungry to succeed." The world is changing, practices are changing, and you must be willing and ready to make new approaches along the way. Stay in motion of preparation and practice, applying every strategy that you find and learn.

4. Block The Negativity.

It has never been easy for anyone get the success that they need without facing discouragement, negativities of all kinds and even mistakes that cause them to fail during the process. Sometimes it happens that you feel you have no strength to do things or you face negative thoughts that are spreading

around and making you want to give up on it. Sometimes you try and try but you still are not able to see the results coming. Remember, if it was easy then everybody would do it. Eliminate all the sources that bring you negative traffic and avoid them. As it says: negativity can steal your dream from you.

5. Take Massive Action.

The key to success always relies on the amount of effort that you put in place. Without no further of all the 4 steps above, the action that you take will be the tipping point of gaining the life you want and achieve everything you want. As Tony Robbins put it: "The path to success is to take massive determined action." Give all of yourself into the realisation of the life you want to create. Don't settle for less. Live fully for it. Have a big reason to never live the way you don't want to live, a reason to achieve and attain the life you want on your terms. Be the solution of your own problems, committed to a lasting change by shaping your decision to fulfil your life experience into a valuable masterpiece. The success in life is at your command. It's time to aim the power within you to give sense and meaning to your life.

Steve Jobs said: "Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition."

How To Ensure Your Success

As human beings we all know that everyone was born with the same equal traits, with an inner characteristic to be successful. It's absolutely true that some were born with different possibilities in the outside world. Like parents that already have prepared a secure economic status, compared with other children that most of the time were born unprepared or by mistakes that cause this child most of the time to have to find their own way in the process of growing up to ensuring success in life.

While the result of conduct such gradual activities toward a successful life, never been guarantee for anyone in any form that ensure success and growth. There is a series of actions when practiced continuously that lead to naturally advancing someone to attain the success in life. There are a lot of days that come with trials and struggles and you fall in a deep depression by not knowing what to do or where to go, things occur in an unexpected ways. Sometimes even solutions are so difficult that is so unclear to strike out in your own strength, and vigorously hit out at specific strategies. There are habits to transform the course to a different quality of life. It doesn't matter which of you have been lucky enough to own a teaspoon of economic background, there are days that everyone needs to make some major changes in their life either to maintain the status quo of wealth or to be able to survive. The need to do things in a different way is inevitable when the dark seasons of life appear.

Besides the ups and downs that we all face on a daily basis, there some people that always find their way out by developing strategies that keep them running their lives. They alter things, modifying and redesigning new plans and new methods to work on when life presents changes to them.

Here are 7 tips to help you to ensure your success in life:

1. Envision Your Success.

To take your life from where you are to another place you need first to see it all clearly. Have clear ideas of where your life is, and how you want it to be. What exactly are the things that you want to have in your life to make sure that you feel you have success? It might be for some people a certain skill, knowledge in a particular area, or a beautiful family. For some it could be just the result of achieving what they want, or the possession of material goods and luxury toys. The reality is that you need to have it clear in your mind that this is what you want.

2. Must Have A Plan.

You cannot build anything without a plan. You cannot travel without having a map or a destination otherwise you will end up nowhere. You cannot have a house without having a plan designed to construct this house. You absolutely need a plan, writing down what you want and not just having it in your mind. If it's just in your mind it is merely a wish, but when you write your plan down it becomes more real to you because you can see it and modify it.

3. Start To Move Towards It.

It has always been the same for anyone that has accumulated major success. They take action toward to their dreams, desires and goals. Unfortunately some people have something that they want to achieve; they know what to do and how to do it but never start to do it. Until you make the first step to move toward the things that you are looking for you will never even get close to having them. Nothing will show up in front of you or even come across to you. When you decide to move toward it, you will be much closer to getting it with every step you take.

4. Stay Motivated Always.

This might be very difficult for human beings. As we know that human beings have a different static life compare to a robot or a machine. Nobody can control the fact that sometimes we feel down, depressed, disempowered and unable to do something or move even themselves. It's obvious but there are a lot of ways of helping yourself deal with the times when you feel unmotivated. To make more of yourself, to fight your way out and stay motivated you need find some good inspiring materials, books, audio, video, seminars, articles, movies, etc. The reality is that whatever motivational material that you can find and put your hand will helpful to motivate you and move yourself to a different level when you feel your mood and strength down, and you are doubtful of yourself. Some I highly recommend: biography, personal

development materials, and successful stories. Some names to look for: Napoleon Hill, Norman Vincent Peale, Jim Rohn, Vince Lombardi, Zig Ziglar, Tony Robbins, Les Brown, and Eric Thomas.

5. Be Vigilant For Opportunities.

There is no need to just wait for something to happen; you have to go after everything. Opportunities are all around you and available everywhere but it's not everyone that can use them or even see them. You need to look for what you need until you find it regardless of who you are. It could be to develop something inside of you or you could look to find something in someone or from someone, it doesn't matter how and where you just need to find the way possible to gain the opportunities on time because for every opportunity there more a lot of people like you who are also seeking it.

6. Be Willing To Try Different Things.

Some people get stuck in something or some place and think that they are doing right. They say that at least they are doing something, but you need to be more intelligent than doing things over and over that do not bring you any result. That is the law of insanity- doing something over and over again and expecting new things to happen. You need to move yourself into a creative mode and do things differently. You need to try to be willing to do at least some things in a different way, and learn new way of doing things. It might be just a little twist you need in order to have major results.

7. Keep Reinventing the Wheel.

Sometimes people wonder why things don't happen to move the ladder of progress. It's not usually what we think that makes a difference between what you have achieved and what you have not achieved - it is the way we go through things. Some have made a lot of effort to try do something but have not reached the result they have wanted to and they quit. The secret behind it is not being willing to keep reinventing the wheel, meaning that you have to first repeat the process not once but over and over.

8. Check The Result

If it's not to your satisfaction, go back to the beginning of the steps and do the same model of work, but with a different approach. Don't be too foolish – whenever you don't get the result you are looking for and something is going wrong, you need to reinvent the process with different steps - maybe more advanced, but at least different to the way that didn't give you a good result.

I do believe if you take you time to apply these tips and don't give up along the way, you will find yourself doing great, and there will be an important shift in your life challenges that you are facing every day, in almost all activities that you set yourself to.

Our survival mechanism's job is to make changes when the situations of life have a down side. The way you need to find your path is by making good choices and applying different tactics and strategies to help you ensure your success in your life, business, career and all the other fields that are part of you.

Bonus Section

10 Questions You Should Ask Yourself

We often get into situations in life where we can neither see where to go nor what to do. You wonder – how am I to get into this? Or how am I going to get out of this? That is an extremely good time to ask many questions that help you to reflect on yourself a little bit, not only that, but, "Which questions should you ask yourself?" By the way, this is a great question to ask yourself. We know that many people spend time thinking about everything but themselves. Let me tell you what my point is - questioning yourself can be the best thing that you owe to yourself. Not only when things are going the wrong way, but also to help you redirect your focus, to think back a little bit in order to see where you have been going so far. Some people think the first step is to ask themselves questions. The problem that they face here is that the question that they ask themselves is not helping them - either in solving their problems or in directing them to find the solution. Why is that? The answer to that I have learnt from Best Peak Performance Strategy. Tony Robbins, in one of his seminars, says:

"Quality questions create a quality life. Successful people ask better questions, and as a result, they get better answers."

In saying that, the quality of the questions that you ask yourself on a daily basis will determine the quality of your life. If you ask better questions you will end up having better answers and your results will definitely be better. And he explains it clearly with a pretty good example.

Example: Many times you ask people what they want in life, or what are they are looking for in life. The answer most of the time is "I want more money." Fine, they need more money, and you give them \$1. One dollar and they have more money than they just had. But only one dollar more.

So you can see that there are some questions that always keep you exactly where you are because they don't have the capacity to drive you to look from a different angle.

Here are 10 questions you should ask yourself:

1. Who are you really? You need to know exactly what your strengths, capacities, talents, skills, and even your weaknesses and worries etc. are.
2. What is it that you really want? Everyone has a big list with all the things that they want. You need to know what those things are that you want to have, things that you want to do, what you need to accomplish etc.
3. What is important to you? You have things that are priorities over others. Know which are the most important to you and get clear about them.
4. What do you love and are you passionate about? This is getting to the point where you realise that there are things that do not really excite you, but there are also things that fire you up. Those are things that you love and are passionate about at the same time.
5. Who do you love? Know those people in your life who have major impact on you – family, your spouse, friends and even sometimes strangers that you haven't met yet.
6. Am I doing the right things? Often we live chasing something without knowing why. Why are you following after those things? You need to know if what are you doing now is aligned with your core values, beliefs and purposes in life.
7. Am I doing something that matters? See for yourself if you are part of the world, or if you are just living in your own world. I mean, ask yourself if at any point in life you are contributing to others. That can be the most fulfilling part for you.
8. What more can you give? Start with yourself to see what more you can do. Can you give in anything that you are involved in? Extend this to the outside and see what more can you give, bring, and share with others.
9. Are you really living up to your full potential in life? According to statistics more than 80 percent of the world's population is not living their dream life. Check on your life – if you only had one day to live, would what you are doing right now be what you wanted to do?

10. What are you grateful for? Let me tell you that you could have everything in life, every kind of luxury toy, but feeling alive is feeling that everything you have is a privilege, to not only have them, but also to enjoy them. Some people have everything and they would pay anything to have this sense of peace and fulfilment but there are some things in life that don't have a price tag. Be grateful!

That's not everything, but just 10 questions you should ask yourself. There are a lot more important and correct questions to be asking. But here are some of them that will help you, and guide you to living with more joy, and set you up for more fulfilment – even if you only ask one question each day you wake up, or right before you sleep. You will be amazed to see what a major difference and impact you will have personally in your life, and in the lives of many others. You are probably not going to find the answers right away, but these questions will surely help you to re-evaluate yourself, give you more purpose in life and help you to better see what is going on in your life, or around you. You might be someone that has already done this task and had major success in your life. You have probably not been questioning yourself for awhile. This will just be a reminder for you to improve yourself more on the road of success and live being completely happy. There is more satisfaction when you live within your means. Have more impact with your life by the way you live daily. If I have to say something that I really wish from deep within my soul for you it is: To live your life fully, with passion. Make an impact today with your life, and create a legacy.

Entre-Change
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