

How To Achieve Success In 30 Days

“Thoughts lead on to purposes;
purposes go forth in action;
actions form habits;
habits decide character;
and character fixes our destiny.”
--Tryon Edwards, American theologian

Psychologists say it takes just 30 days to develop a habit whether it is a good habit or bad. Habits are things that we do automatically and are learned by repetition. If you spend just thirty days making a conscious decision to fasten your seatbelt every time you get into the car, you can almost bet that you'll end up wearing your seatbelt for the rest of your life. In fact, should you ever try to drive without wearing your seatbelt, you'll actually feel mentally uncomfortable as your subconscious fights with you to buckle up.

Because it is as easy to form a good habit as it is a bad one, we are in the perfect position to enhance our lives and increase our chances of being successful by making a conscious decision to form success habits.

In his book entitled *The Seven Habits of Highly Effective People*, author Stephen R. Covey discusses seven principles that, if turned into habits, form the basic foundation that is shared among the world's most successful people.

According to Covey, these principles are:

- Be Proactive. Make things happen instead of waiting for them to happen.
- Begin with the End in Mind. Set long term goals and take the time to consider how you want anything you do to end before you even take the first step towards starting.
- Put First Things First. Prioritize your work and delegate tasks to others when possible.
- Think Win/Win. Make decisions and reach conclusions that benefit all parties involved.
- Seek First to Understand, Then to be Understood. Listen to others and be sure to truly understand what they are saying before you offer advice or guidance.
- Synergize. Encourage teamwork and help each team member work to their maximum potential.
- Sharpen the saw. Take time to mentally and physically recharge yourself by taking vacations and participating in non-work activities.

While these basic principles are valuable habits to form, your 30 day success plan requires you to also develop habits that are specific to your own life and career goals.

What does it take to be successful in the areas that you want to excel in? Here's how to find out:

Associate with or observe people who are successful at whatever it is you want to do. Watch how they behave; understand their work habits and then do what they do and do it for 30 days. Before you know it you will automatically be doing those same successful things every day of your life and doing them will become easy because you have formed a habit.

The next 30 days are going to pass whether you do anything to change your life and form success habits or not. Don't waste one of those days. Start your 30 day success plan now. Your life will change when you make success a habit.

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