



12

Secrets

Successful Life

I've always been fascinated by people who are consistently successful at what they do; especially those who experience repeated success in many areas of their life throughout their lifetime. But how do they do it?



Over the years I've studied the lives of numerous successful people. I've read their books, watched their interviews, researched them online, etc. And I've learned that most of them were not born into success; they simply did, and continue to do, things that help them realize their full potential. Here are twelve things they do differently that the rest of us can easily emulate.



Secret # 1 : They create and pursue S.M.A.R.T. goals.

Successful people are objective. They have realistic targets in mind. They know what they are looking for and why they are fighting for it. Successful people create and pursue S.M.A.R.T. goals. S.M.A.R.T. goals are Specific, Measurable, Attainable, Relevant, and Timely.



You become motivated to figure out ways to attain them. You develop the necessary attitude, abilities, and skills. You can achieve almost any goal you set if **you plan your steps wisely** and establish a time frame that allows you to carry out those steps.



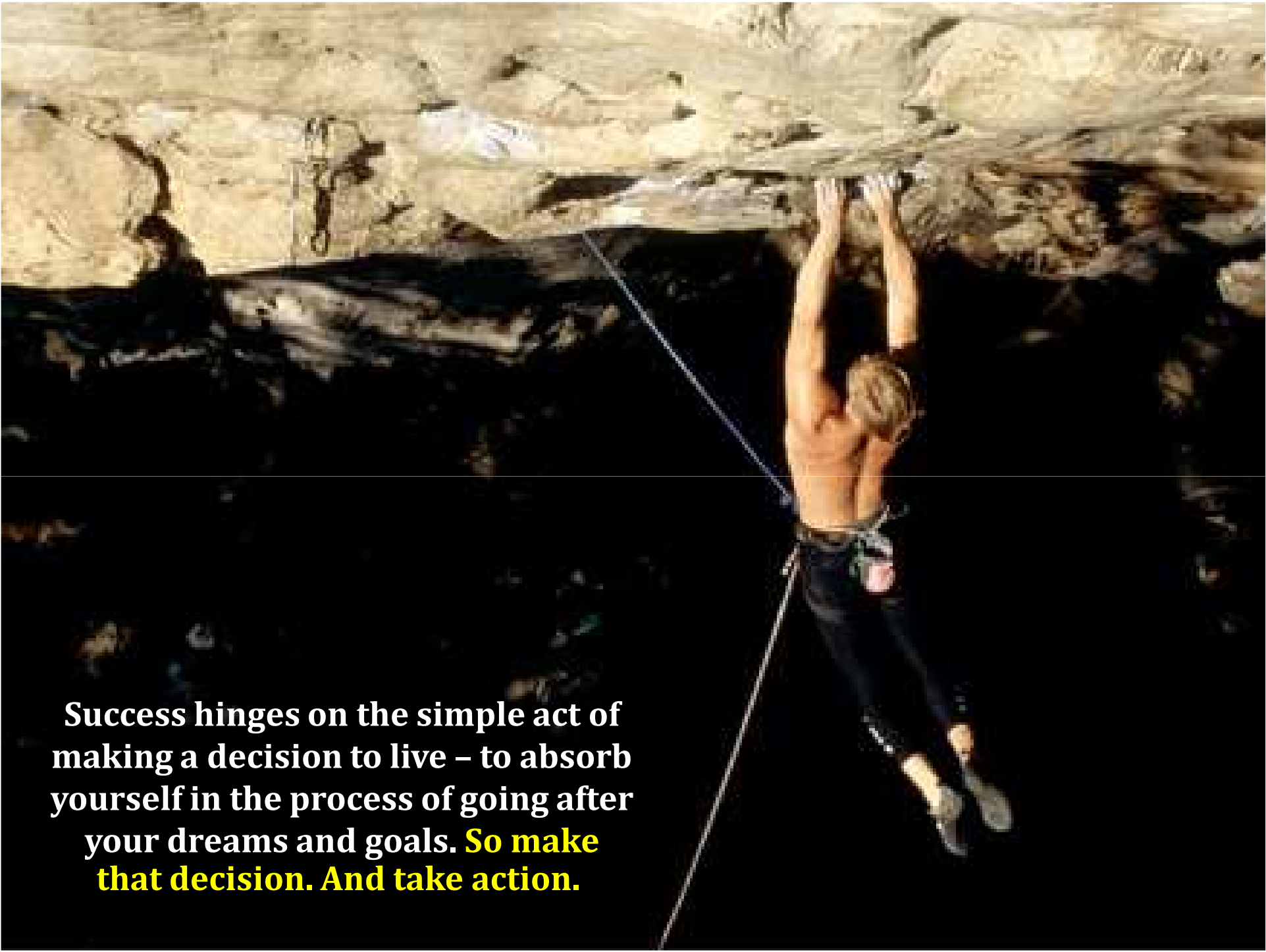
Goals that once seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but **because you grow and expand to match them.**



Secret # 2 : They take decisive and immediate action.

The acquisition of knowledge doesn't mean you're growing. Growing happens when what you know changes how you live. So many people live in a complete daze. Actually, they don't 'live.' They simply 'get by' because they never take the necessary action to make things happen – to seek their dreams.



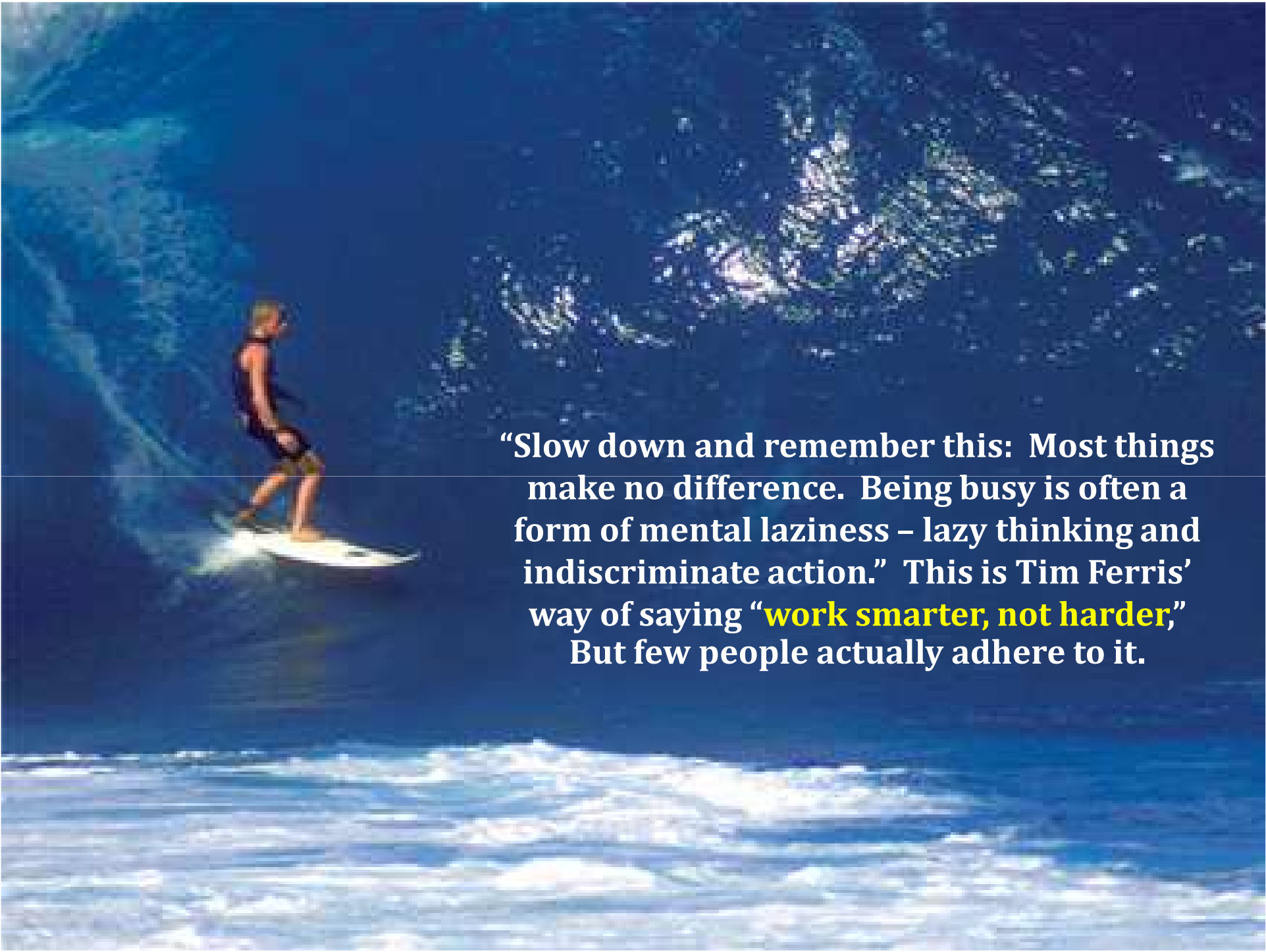
A photograph of a person rappelling down a rope against a rock face. The person is shirtless, wearing black pants and a harness, and is positioned vertically with their arms extended upwards, gripping the rope. The background is a dark, textured rock face. The text is overlaid on the lower left portion of the image.

Success hinges on the simple act of making a decision to live – to absorb yourself in the process of going after your dreams and goals. **So make that decision. And take action.**

Secret # 3 : They focus on being productive, not being busy.

The solution: Slow down. Breathe. Review your commitments and goals. Put first things first. Do one thing at a time. Start now. Take a short break in two hours. Repeat. And always remember, results are more important than the time it takes to achieve them.



A photograph of a surfer in a dark wetsuit riding a white surfboard on a large, curling blue wave. The surfer is positioned on the left side of the frame, moving towards the right. The wave is massive and has a deep blue face with white foam at the crest. The foreground shows the churning, white foam of the wave's base.

“Slow down and remember this: Most things make no difference. Being busy is often a form of mental laziness – lazy thinking and indiscriminate action.” This is Tim Ferris’ way of saying “work smarter, not harder**,” But few people actually adhere to it.**

Secret # 4 : They make logical, informed decisions.

Although emotional 'gut instincts' are effective in certain fleeting situations, when it comes to generating long-term, sustained growth in any area of life, emotional decisions often lead a person astray. The best advice here is simple: Don't let your emotions trump your intelligence. Slow down and think things through before you make any life-changing decisions.



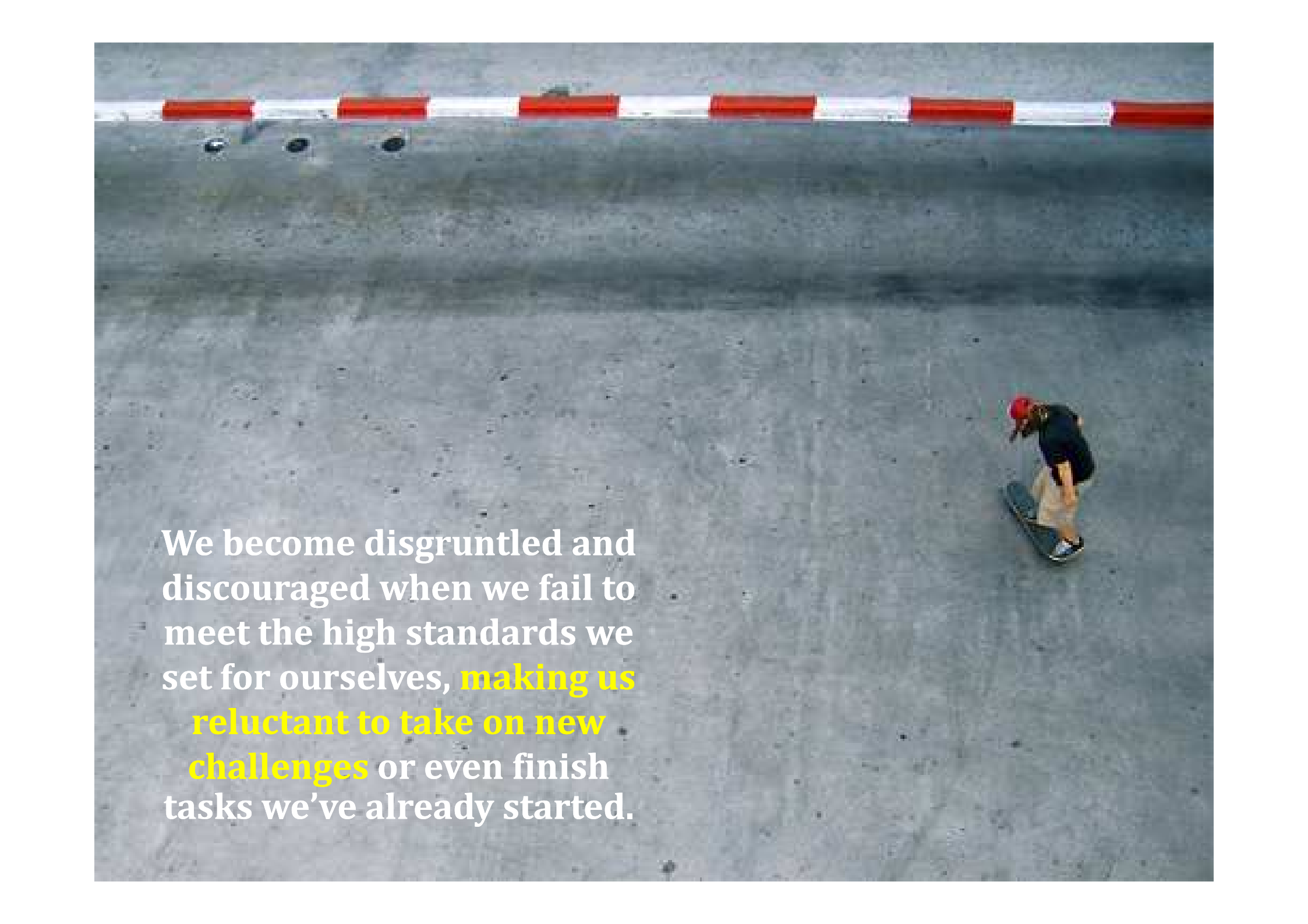


Decisions driven by heavy emotion typically **contain minimal amounts of conscious thought**, and are primarily based on momentary feelings instead of mindful awareness.

Secret # 5 : They avoid the trap of trying to make things perfect

Remember, the real world doesn't reward perfectionists. It rewards people who get things done. And the only way to get things done is to be imperfect 99% of the time. Only by wading through years of practice and imperfection can we begin to achieve momentary glimpses of the perfection. So take action, learn from the outcome, and repeat this method over and over again in all walks of life.



A high-angle photograph of a person skateboarding on a grey concrete surface. The person is wearing a red cap, a dark t-shirt, and light-colored pants. They are positioned in the lower right quadrant of the frame, leaning forward on their skateboard. In the background, a horizontal barrier with alternating red and white segments spans the width of the image. The ground is a uniform grey concrete with some minor texture and small dark spots.

We become disgruntled and discouraged when we fail to meet the high standards we set for ourselves, **making us reluctant to take on new challenges** or even finish tasks we've already started.

Secret # 6 : They work outside of their comfort zone.

Significant moments of opportunity for personal growth and success will come and go throughout your lifetime. If you are looking to make positive changes and new breakthroughs in your life, you will need to embrace these moments of opportunity even though you will never feel 100% ready for them.



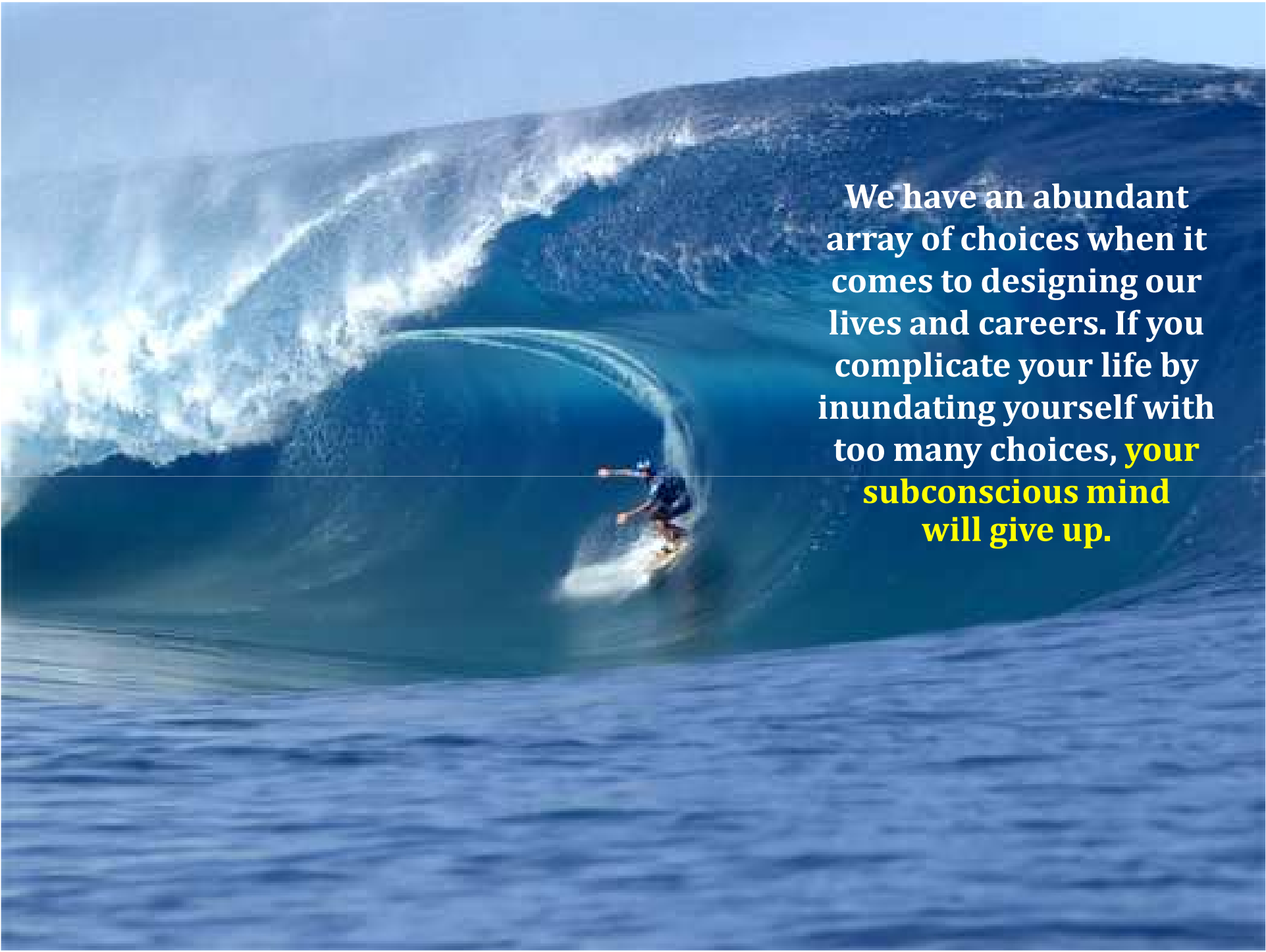
Don't be reluctant to accept an opportunity simply because they don't think they're ready. The truth is **nobody ever feels 100% ready when an opportunity arises.**



Secret # 7 : They keep things simple.

The solution is to simplify. If you're trying to make a decision about something in your life, don't waste all your time evaluating every last detail of every possible option. Choose something that you think will work and give it a shot. If it doesn't work out, learn what you can from the experience, choose something else and keep pressing forward.



A photograph of a surfer riding a large, powerful blue wave. The wave is curling over, creating a tunnel-like structure. The surfer is positioned near the base of the curl, leaving a white wake. The water is a deep blue, and the sky is a clear, pale blue. The overall scene conveys a sense of power and challenge.

We have an abundant array of choices when it comes to designing our lives and careers. If you complicate your life by inundating yourself with too many choices, **your subconscious mind will give up.**

Secret # 8 : They focus on making small, continuous improvements.

Start with just one activity, and make a plan for how you will deal with troubles when they arise. For instance, if you're trying to lose weight, come up with a list of healthy snacks you can eat when you get the craving for snacks. It will be hard in the beginning, but it will get easier. And that's the whole point. As your strength grows, you can take on bigger challenges.



How do you eat an elephant? Answer: **One bite at a time.** This philosophy holds true for achieving your biggest goals. Making small, positive changes – eating a little healthier, exercising a little, creating some small productive habits.



Secret # 9 : They measure and track their progress.

Successful people are not only working in their job, they are also working on it. They step back and assess their progress regularly. They track themselves against their goals and clearly know what needs to be done to excel and accelerate. Now you identify your number one goal, identify the most important things for you to keep track of, and then begin tracking them immediately.



You can't control what you don't properly measure. If you track the wrong things you'll be **completely blind to potential opportunities** as they appear over the horizon.



Secret # 10 : They maintain a positive outlook as they learn from their mistakes.

If you want to be successful, you need to have a positive outlook toward life. Life will test you again and again. If you give in to internal negativity, you will never be able to achieve the marks you have targeted. So don't hesitate – don't doubt yourself! Don't let your own negativity sabotage you. Learn what you can and press forward.



Remember, **every mistake you make is progress.** Mistakes teach you important lessons. Every time you make one, you're one step closer to your goal. The only mistake that can truly hurt you is choosing to do nothing simply because you're too scared to make a mistake.



Secret # 11 : They spend time with the right people.

Successful people associate with people who are likeminded, focused, and supportive. They socialize with people who create energy when they enter the room versus those who create energy when they leave. They reach out to connected, influential individuals who are right for their dreams and goals.



You are the sum of the people you spend the most time with. If you hang with the wrong people, they will negatively affect you. But if you hang with the right people, you **will become far more capable and successful** than you ever could have been alone.



Secret # 12 : They maintain balance in their life.

When you let your work life (or social life, family life, etc.) consume you, and all your energy is focused in that area, it's extremely easy to lose your balance. While drive and focus are important, if you're going to get things done right, and be truly successful, you need to balance the various dimensions of your life.



Most people shout out a list of things like: 'fall in love,' 'make money,' 'spend time with family,' 'find happiness,' 'achieve goals,' etc. Completely neglecting one dimension for another only **leads to long-term frustration and stress.**



Take your time in reading them. Inwardly digest them. Chew on them. Be challenged by them. Don't discard them, but simply ask yourself 'what are the inspiring lessons I have just learned' once you have read them. Read them more than once. Seek to understand and take action. I believe you can succeed in your life!!!





Today is the preparation of your future success. Life is full of hardships, pains, sorrows, and trials. The only way to beat these odds is to face and **take them as challenges of life** and continue on improving yourself.

Thank You Very Much
Sompong Yusoontorn