

Chapter 6 Success Secrets

All successful people rely on self-discipline. (p. 210)

Success doesn't always come on the first or second try. (p. 212)

Don't wait for someone else to do something—take action! (p. 213)

Before you act on impulse, stop, think, and decide. (p. 216)

Self-improvement requires the willingness to change. (p. 218)

It takes courage to try something new. (p. 218)

Your self-esteem rises when you make positive changes. (p. 218)

Almost everything in life is a choice. (p. 221)

When your habits have negative consequences, it's time to change them. (p. 224)

It takes effort to commit to changing. (p. 224)

Before you can change a habit, you need to understand it. (p. 225)

Are your habits stubborn? Be more stubborn! (p. 225)

Use positive self-talk to create a mental image of the new you. (p. 229)

Positive self-talk helps you change for good. (p. 229)

Critical thinking helps you solve problems and overcome obstacles. (p. 231)

Think and communicate with a clear purpose. (p. 232)

Learn to distinguish facts from opinions. (p. 237)

Learn to separate the relevant from the irrelevant. (p. 237)

Remember that your point of view is only one of many. (p. 238)

Look at critical thinking as a learning process. (p. 239)

When you make a major decision, you are creating a new future for yourself. (p. 239)

Consider every possible option. (p. 243)

Use your values and goals to guide your choices. (p. 247)

The results of your decisions can teach you a great deal. (p. 249)
