

Chapter 7 Success Secrets

Look for ways to motivate yourself. (p. 256)

Positive motivation brings you closer to your goals. (p. 257)

Lasting motivation comes from inside. (p. 258)

Aim for inner fulfillment, not outward achievements. (p. 259)

The motivation for self-improvement comes from inside. (p. 263)

Needs motivate much of human behavior. (p. 263)

Satisfying basic survival needs requires hard work. (p. 265)

We all need to feel secure in our environment. (p. 266)

Low self-esteem can crush motivation. (p. 266)

Desire and self-discipline keep you going along the tough road to your goals. (p. 271)

Fear of failure drains positive motivation. (p. 272)

You may fail, but you are never a failure. (p. 274)

Fear of success defeats your goals. (p. 275)

Having unrealistic expectations of yourself can drain your motivation. (p. 275)

Give yourself permission to make mistakes. (p. 278)

Use your success to inspire others. (p. 278)

Use visualization to harness the power of the subconscious mind. (p. 280)

Visualize yourself succeeding, and you will succeed. (p. 281)

Visualize yourself as the person you want to be. (p. 281)

Use positive self-talk again and again. (p. 282)
