

Jack Canfield - Success Principles

- 1) **Do what you should do**, when you should do it – whether you feel like it or not.
- 2) **Self discipline and self motivation** are joined at the hip. When you practice self discipline you feel like you are in control of your life. You feel content and motivated because you are moving towards your goals.
- 3) **Take 100% responsibility for your life and results** – it is all about your response – behaviour, thoughts and images.
- 4) **Life should be approached as a huge experiment** – try something different – take a risk – get out of your comfort zone
- 5) **Be solution oriented** – clear intention, positive expectation, action and perseverance plus law of attraction.
- 6) **Gold Mine is Goal Mind** – decide what you want – the mind is target seeking. Set long term and short term goals in each area of your life. Material goal should be time based whereas character goal should not. Write your breakthrough goal on a card and carry it with you. Do 5 actions each day towards achieving it. The universe will test you – how much do you really want it. You have to be willing to work at it. Make sure they are measureable – the test you can visualise what success looks like – envision twice a day for 30 days – take action. Goals must be charted in time to be realised – specific action plans. Focus on results and move towards your goals.
- 7) **If you have an idea you should act on it** – believe it is possible – perform up to it – project your best self from outside
- 8) **Your vision** – if you could do anything you want what would you do? Decide where you want to go? What are the next 3 things you need to do? Build momentum - do them – then nest three things. Always look forward – just keep taking small steps.
- 9) **Team - much easier to do stuff with others** – accountability, creativity, share the work
- 10) **To adapt to change** – need to act as guide not tourist – knowledge, attitude to life optimistic, skills and good habits (don't break habits replace them – observation, imitation, repetition, immersion) – self trust through small steps with positive rewards
- 11) **Sign your name on your work** and always do more than you promise.
- 12) **Have a success routine** – act successful and get in company of successful people.
- 13) **Self leadership** – knowing yourself so intimately that you can focus your talents and strengths to maximise your effectiveness while dealing with your shortcomings and weaknesses to minimise your challenges.
- 14) **Your main resources** – knowledge, skills and intellectual capital – how much can you market your knowledge, talents and experiences for?
- 15) **You control** you clock, concepts, contacts, consorts, communication, causes, commitments, confidence, concerns, considerations, conscience and choices.



- ☐ Am I going where I want to go, doing what I want to do and becoming who I want to become?
- ☐ How would I like to work for me, be a role model for me or be married to me?
- ☐ Welcome change as your friend
- ☐ Be flexible in response to daily surprises
- ☐ Abandon your assumptions but hold onto your core values
- ☐ Act self employed regardless of your profession
- ☐ Risk taker to be security maker
- ☐ To build your own security become a life long learner
- ☐ Do not be part of the past be engaged in your future.
- ☐ Improve your communication skills
- ☐ Inventory of your ASK resources
- ☐ Take a proactive approach to health
- ☐ Upgrade your computer literacy
- ☐ Stay current
- ☐ Register your name as domain
- ☐ Be responsible for your own financial security
- ☐ Build a retirement fund
- ☐ Work during Prime Time at night
- ☐ Take several mini breaks each year
- ☐ Chase your passion not your pension
- ☐ Leave your legacy and sign your work.