

## 10 Steps to Success.

**New year's resolutions – already fallen away?  
...mmmmm. Rather try a**

**New LIFE resolution!**

I hear you asking; "But how do I get started with changing my life, or with taking back control?" Well you don't have to everything at once.

Step by step gets the job done best.



Step # 10: set a good example

Step # 9: speak positively, always check your words.

Step # 8: persist until you get things right, then make the better.

Step # 7: monitor yourself, your actions and your results.

Step # 6: set clear goals and have challenging targets.

Step # 5: dream of a better life and a better world.

*Step # 4: dump the victim mentality.*

*Step # 3: focus on what you CAN do, stop whining about what you CAN'T do.*

*Step # 2: get rid of all excuses and look for solutions instead.*

*Step # 1: avoid the 'blame-game'.*

### **The ladder to success**

Like climbing a ladder, you can only move onto the next step, when you pass the one that you are on. We all dream of a better world and try to set clear goals. But those efforts may prove fruitless if you don't have a solid foundation to stand on.

Consider steps 1-4 as your "foundation phase" and get working to pass these steps. Before you start changing the world, start with the first step – YOU!

## Challenge yourself with:

What can I do this week to get past the 1<sup>st</sup> four steps?

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