

DISCOVER THE
SECRETS

of the World's Most
Successful People!TM

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www.totalsuccess.com

Submit your 3-day challenge stories and
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www.liveontheedge.com

Commandments for a Life worth Living!™

1. TNT = TODAY NOT TOMORROW
2. If you're wondering if it's an excuse, it's an excuse!
3. If you're sweating about a decision, do the thing you're sweating about
4. Every moment is the moment of truth
5. Love yourself enough to do what you love
6. Resist the temptation to resist change
7. Develop courage by doing courageous things
8. Do what you would do if you knew you wouldn't fail
9. Decide to trust and then trust your decision
10. Move the ladder you're climbing against the right wall

*Your actions create
the life you live,
so choose them carefully!*

- Gary Tuerack

Successful people:

- ⊕ Do what they love
- ⊕ Dismiss negative criticism
- ⊕ Surround themselves with positive people
- ⊕ Have a vision
- ⊕ Continuously challenge themselves
- ⊕ Have goals
- ⊕ Expect success
- ⊕ Take action
- ⊕ Know their core values
- ⊕ Take risks
- ⊕ Know that failure is OK
- ⊕ Overcome setbacks
- ⊕ Work hard
- ⊕ Persist
- ⊕ Keep perspective
- ⊕ Give help to others

- **Gary Tuerack**

Persist. . .Persist

*When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must -- but don't you quit.*

*Life is queer with its twists and turns
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up, though the pace seems slow --
You might succeed with another blow.*

*Often the goal is nearer than
It seems to a faint and faltering man.
Often the struggler has given up,
When he might have captured the victor's cup.
And he learned too late, when the night slipped down,
How close he was to the golden crown.*

*Success is failure turned inside out.
The silver tint to the clouds of doubt --
And you never can tell how close you are,
It may appear when it seems afar;
So stick to the fight when you're hardest hit --*

It's when things seem worst that you mustn't quit!

--Author Unknown

Discover The Secrets of the World's Most Successful People™

Re-Discovering Your Dreams:

You are walked through this exercise during the program.

Once you start writing, do not stop or analyze – just keep writing all your thoughts no matter how ridiculous they seem. Once you start writing, write anything and everything that comes to your mind. Make it a stream of consciousness. There are no limits or restrictions, so think big. This is your own personal list, and no one else ever has to see it.

Take 5-10 minutes for each question to create your own personal list:

1. What would I like to do in my lifetime?
 2. What would I like to do, experience, or accomplish in the next 5 years?
 3. You suddenly found out that your finances are taken care of, but you also just received the news that you have 6 months to live. How do you spend your time?
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- A. Circle the 3 most important from each list above – this leaves you with a total of 9 circled.
 - B. From the 9 circled in Step A, put a star next to the 3 most important to you out of those 9.
 - C. On a fresh page, number it 1-3 and write down the 3 things you circled from step B.

You will now have in front of you the things that are most important to you at this time in your life. The quality of the rest of your life will be determined by whether you have the courage to go after these things!

Getting Yourself to Take Action -- ask these questions

Write down the answers to the following questions:

1. What are the benefits of reaching my goal?
2. What's holding me back?
3. What are some of the action steps I need to take?
4. What's the first step?
5. When am I going to take the first step?

Vision: the ability to see what does not yet exist.
You won't hit a target you can not see.

Goals: propel you into action towards your vision.
You won't reach what you want, unless you know what you want!

The only difference between a Goal and a Dream is that a goal has a deadline!

As we flow through the river of life, as the current pulls us and we start to drift: Vision lets us see which way we want to travel when we come to the forks; Goals get us into action to start paddling towards our vision before the current drifts us down any random path; Dreams without Goals, Vision, or Action describe those who sit and wonder how much better life would be if they had paddled.

"You can't just dream about success and expect it to happen."
- Gary Tuerack

Gaining Clarity and Power From Your Goals:

Acronym – **S W I F T**

- SPECIFIC** (Make Your Goals Specific So You Can Measure Them)
- WRITTEN** (Write Your Goals Down)
- INDEX CARD** (Keep Them Short and Put Them on an Index Card)
- FIRST PERSON** (Write Them in the First Person, as if They Have Already Been Achieved)
- TIME-FRAME** (Write Down The Time-Frame For Achieving Them)

REVIEW your goals 2x/DAY – look at the index card morning and night, until the goal is achieved!

A SWIFT goal is taking a positive step toward achieving the life you desire.

