

10 MORE LESSONS AFTER 30 YEARS

MORE IDEAS TO HELP MAKE YOUR CAREER AND LIFE MORE SUCCESSFUL

11 HAVE CLEAR GOALS

Invest the time and determine what you want to accomplish, both short and long-term. Once you've identified challenging but achievable goals, you should visualize accomplishment and then develop realistic action plans.



12 TAKE RESPONSIBILITY

Our situation in life is normally the result of previous decisions and actions, so don't blame others. It's your journey, so own it by making the right choices going forward.



13 STAY CALM

Don't let stress or frustration limit your ability to make good decisions. Maintain self-control which enables rational thought and realistic options during times of crisis or chaos.



14 DEVELOP GOOD HABITS

Consistent behaviors become habits. Some are good and others steal our time and resources. Identify specific activities that align with your intent and develop behaviors to implement. Exercise, journal, pray, read, eat healthy and get adequate sleep are great starting points.



15 EMBRACE CHANGE

Life evolves and the ability to adapt is critical to success. Change can also bring opportunity, so be ready and adjust when new doors open.



16 ASK FOR HELP

Don't suffer in silence or let anything prevent you from seeking help when necessary. Everyone needs assistance at some point and pride or schedules shouldn't limit your ability to ask.



17 SHARE CREDIT

Most things in life are accomplished with the help of others. When things go well, share credit with those who enabled your success.



18 PRACTICE GRATITUDE

Everything happens for a reason and moves us towards our goals or teaches a lesson. Be thankful for everything, while learning and improving along the way based upon your experiences.



19 LIMIT SELF-CRITICISM

Everyone has something they're critical about. When self-talk no longer enables positive life changes, it's time to cut back. Instead of dwelling on faults or mistakes, focus on positive memories or future opportunities.



20 BE AUTHENTIC

Listen to and trust your inner voice. Ultimate success is accomplishing your life purpose, not following the path others established or think you should pursue.

