

Successful person are those who create good habits and are able to reach their goals in a timely manner.



# Be Clear

- Be clear to yourself the specific commitment to what you really want out of life.
- Put it down in writing and post it where you can see and read it often.



# Determine Changes

- Determine the result and consider what changes are required to get new results.
- Think about the attitudinal and behavioural modifications you must make and create a plan to follow through.



# Decide

- Decide the things that you are willing to do to make it happen.
- Be honest with yourself. The degree of action you are willing to take is directly related to how motivated and committed you are to your goal.



# Self-Motivation

- Understand your self-motivation.
- Write down compelling reasons to promote the changes required.



# Self-Belief

- Self-belief that you can achieve your objective is important.
- Get excited about taking action. You have to believe it to see it.



# Monitor Result

- Monitor your own results on a daily basis.
- Write down the things you did to support the habit you are creating and explain the importance.



# Be Consistent

- Stay consistent and carry out your actions diligently.





# Celebrate

- Finally, don't forget to celebrate.
- As you replace those bad habits with new successful ones, the pleasure you will receive as a result will keep you enthusiastically on track



**Thanks for reading and may you  
Download and Share this message  
with your family or loved ones.**

**Receive Free Daily Quotes with eBooks**

<http://www.motivationstuff.com>

