

11 WAYS TO BE THE BEST YOU CAN BE

By Charles M. Marcus

Wisdom dictates that taking time to reflect on past triumphs and celebrating success fuels future success. But in order to grow and develop both personally and professionally, you also have to look back at and acknowledge the things that challenged you, the things that did not go so well.

There is nothing wrong with setbacks, in fact, I believe that if we don't have obstacles to overcome along the way we won't learn and grow. Thomas Watson, the founder of IBM, once said, "If you want to increase your rate of success, you better be prepared to increase your rate of failure."

There is no better time than right now to reflect on your past successes and setbacks and establish new dreams and goals to strive for. In what areas do you want to grow? What is truly important to you? What challenges do you want to take on? Most of us don't realize what we can accomplish when we unleash the hidden talents that we possess. To help you make your future the best ever, take a few moments to ponder these 11 suggestions.

1. CHALLENGE YOURSELF

Have a clear vision and focus of what you want to achieve and set a time frame. Challenge yourself to be the best you can be at all times. Visualize what you want to accomplish. See it in your mind. Write down your goals, have a plan of action, and never doubt you will be successful.

2. FIND THE LOVE FACTOR

Surround yourself with loving, supportive people. Stay away from the dream stealers, the people who would bring you down. Cherish the special people in your life and let them know you cherish them.

3. DEDICATE QUALITY TIME

Life is so precious; make the most of each and every day. Rise early, spend some quality time by yourself as well as with those you care about. Go for a walk, workout, read a book. Value not only the time you spend with your loved ones, but also the time you spend by yourself.

4. STRETCH YOUR COMFORT ZONE

Do at least one thing a day, which makes you feel uncomfortable. Push yourself; you will be amazed how far you can go. Remember: on the other side of fear is freedom. To remain stagnant is not to grow. To reach your full potential, you must rise above the fray and soar like an eagle.

5. BE PASSIONATE

Show passion in everything you do. Let it show in your body language, in your smile, in your voice. Let your eyes sparkle. Let the world see and hear your enthusiasm and let it feel your passion.

6. SERVE OTHERS

Be a role model and mentor for people. Volunteer in your community and help others achieve their goals. Your world will be enriched and a better place for sharing your talents and giving freely of your time. Leave a lasting legacy.

7. DON'T SWEAT THE SMALL STUFF

Let go of the little things you can't control. Don't take yourself so seriously. Recognize that perfection isn't always the only option. Don't let life's imperfections bother you. Lighten up and see the funny side of things when they go wrong, the learning in them. Be tolerant, smile...don't waste your energies on the small stuff, you have much bigger fish to fry.

8. LIVE WITH INTEGRITY

Always be true to yourself. Take pride in whatever you do. Be proud of who you are and what you represent. Accept others with all their flaws. Show compassion and goodwill to your fellow human beings. Be dignified. Lead a life of purpose and be proud of your values.

9. SHOW GRATITUDE

Show gratitude and say thank-you to the people who have helped you along the way. Send a handwritten letter to someone who has touched you. Call up a friend or loved one and tell them how much they mean to you. Compliment a colleague or business associate on a job well done. Show people you appreciate and care about them. Acts of kindness cost nothing but mean everything.

10. CELEBRATE SUCCESS

Be proud of your achievements. Take time to recognize yourself and others for even the small successes. But also be humble and dignified, sensitive to people who are not as fortunate as you.

11. EXUDE A POSITIVE ATTITUDE

I cannot express enough the importance of having a positive attitude and believing in yourself. Yes, you can be well intentioned, you can be determined, but without a positive attitude about yourself and about life, you will not succeed. Dreams will die, goals will fade, and gloom and darkness will replace clear blue skies and sunshine in your mind and heart.