SUCCESS ACTUALIZATION COACHING

UNLOCK YOUR FULL POTENTIAL
Success Habits and Strategies for the Year 2020

By: Ahmed Ali
Who am I?

THE LANGUAGE OF SUCCESS
Anything you want to change in your Life?
Our goals and dreams are often born out of the **challenges** we face.
Two Signals for Growth

Longing  Discontent

“We are often pushed by pain, until we are pulled by a vision”  Rev. Dr. Michael Beckwith
My Story
THE RESULTS FORMULA

Thoughts ➔ Feelings ➔ Actions ➔ Results

CAUSE ➔ CAUSE ➔ CAUSE
THE RESULTS FORMULA

Thoughts ➔ Feelings ➔ Actions ➔ Results

because  because  because  because  because
“Whether you think you can or think you can’t you’re right”

Henry Ford
Key #1

Designing Your Vision
CLARITY IS POWER
What do you REALLY WANT?
“It isn’t what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it.”

- Dale Carnegie, How to Win Friends and Influence People
Notice What You Are Noticing!

Be Very Curious

Ask: Why are things “happening the way they do”? 
Only 5% of people know what their income is by the end of the year, and what their Net worth will be by the age of retirement!
“Nothing can prevent your picture from coming into concrete form except the same power that gave it birth, Yourself”

Genevieve Behrend

“Your Invisible Power”
The 4 Disciplines

- Discipline 1: Focus on the Wildly Important Goal (WIG)
- Discipline 2: Act on Lead Measures
- Discipline 3: Keep A Compelling Score Board
- Discipline 4: Create a Cadence of Accountability
The subconscious mind

• Works only with images
• Doesn’t work with negation

Your brain will always bridge the gap between what it sees, and the subconscious mind
The Subconscious mind only thinks in the present.

The Subconscious mind doesn’t know the difference between what is real and what is imagined.

Your Conscious mind is: logical, rational, and analytical. Your Subconscious is ill-logical, ir-rational, non-analytical.

Your Subconscious mind believes ANYTHING whether it makes no sense, no logical sense at all.

Your Conscious mind know that it takes time to action goals BUT in your Subconscious mind, programme it to believe you have already attained them right NOW.
We Are Pulled in Many Directions

• Pulled back by the past events
• Pulled to the side by the distractions
• Halted in the present by fears of the future
• **Having a clear goal will ALWAYS pull you forward**

“Don’t be casual about your Dreams.... Or you will end up being a casualty!” Les Brown
You must adopt new habits!
Key #2

The Power of Decision
A Decision is a Commitment

• An unwavering step towards achieving your goal

It is not saying:
• I’ll try it and see what happens

Rather it is believing:
• I will do it regardless of everything
Your Daily Check

• What are you doing to keep your commitment!!

• What excuses are you coming up with to avoid doing what you need to do!!
Take Small steps
One Step at a Time

• Success is one step building onto the one before
• We fail only when we expect to immediately be in the final stage, and get discouraged at the first obstacle.
The moment you have an instinct to act on a goal, you must physically move within 5 seconds, or your brain will stop you.

“You are never EVER going to feel like it, EVER”

Mel Robbins
Your life comes down to your decisions. If you change your decisions, you’ll change your life.

Mel Robbins
Consistency
YOU REAP WHAT YOU SOW
Passion Drives Creativity

Followed the puck around the rink!

Passed the ball from one hand to the other in the darkness!
SUCCESS is doing ordinary things extraordinarily WELL

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E + R = O

- Event + Response = Outcome
- Too often we blame the event or the person for our outcome
- Outcome is a combination of the Event AND our Response to the Event

Response is Behavior
Behavior is a choice!
If you change, everything will change for you.

You don’t need to change what’s outside... You only need to change what’s inside.

Our Life is a reflection of our thought process.
What Drives Your Response?

Your beliefs (subconscious mind) will always rule, unless you re-program it.
Start Your Action by Giving

• For every Action, there is a Reaction.
• The “Law of Receiving” is triggered by giving.
• “Seek to understand then be understood”, Dale Carnegie
Describe a person with what he/she strives to be rather than what they failed to do
Will Power?!
“What we focus on is the Master Gate through which we gain full and free access to the power of our mind”

Napoleon Hill, “Keys to Success”
“It is not so much what you achieve, but it’s who you will become on your way to achieving it ”

Tony Robbins

“There is a hidden opportunity in every challenge we face
It’s not Time Management
It’s Priority Management
7 Habits of Highly Effective People

1) BE PROACTIVE ➔ The Habit of Choice
2) BEGIN WITH THE END IN MIND ➔ The Habit of Vision
3) PUT FIRST THINGS FIRST ➔ The Habit of Integrity & Execution
4) THINK WIN WIN ➔ The Habit of Mutual Benefit
5) SEEK FIRST TO UNDERSTAND THEN BE UNDERSTOOD ➔ The Habit of Mutual Understanding
6) SYNERGIZE ➔ The Habit of Creative Cooperation
7) SHARPEN THE SAW ➔ The Habit of Renewal
# 7 Habits of Highly Effective People

**Weekly Goals**

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**Notes**

- Use the planner template adapted from *Seven Habits of Highly Effective People* by Stephen Covey. Created by Morris Small. Victorine. For personal use only, not to be used for sale.
Failing to Plan is Planning to Fail
In The Past 12 Months

• What New Skills you have acquired?
• Which New year resolutions you have accomplished?
• What level did you reach in your relationships?
• What non-useful habits you picked up?
• What should you be doing less of?
Task Batching

- Maximizes concentration, productivity, creativity, and mental sharpness
- Minimizing distraction, stress, and fatigue
- Group a long list of similar tasks together to complete during a dedicated time period with no interruptions.
- This cuts down on the time it takes for your brain to switch and refocus between different tasks.