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By Craig Lock

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"We share what we know, so that others may grow."

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The "X-Factor": What are the Secrets of the 'Super-Achievers' of this World (Part Two)?

Introduction: I am fascinated (strange!) by the common character traits (elements) in the super-achievers of this world and a lot of my studies and research for the past ten years has been in this field. In this article I'm sharing some thoughts, based on an excellent book I read (see author's note at end).

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"Every great man has become great, every successful man has succeeded, in proportion as he has confined his powers to one particular channel."

- Orison Swett Marsden

"Moderation is a fatal thing.

Nothing succeeds like excess."

- Oscar Wilde

"Racing is all I want to do.

I don't have a Plan A and a Plan B."

- Mario Andretti

"You've got to love it with a passion that will follow you to the grave. If you don't have that, you might as well forget it, I think."

The super-achiever's life then becomes focussed, with the person having the capacity to concentrate on the important things, rather than the superficial. This is a direct result of knowing where one is going - don't get side-tracked and so lose momentum.

MOTIVATION: Motivation comes from having a goal that is inspirational. In turn, this causes us to focus our lives even more and gives us the energy through which we can accomplish our dreams.

Super-achievers have BIG DREAMS - a grand vision,

a PURPOSE for their life... which gives them a sense of mission. The goal becomes both the target and the fuel, which drives them internally.

The vision is based upon absolute faith that they will ultimately realise their personal vision.

"We achieve, because we believe."

"Greatness is often born in the cauldron of suffering and pain.

It is in the hard places, the lonely places, that we discover if we really have an all-consuming purpose or sense of destiny."

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved."

- Helen Keller

"One must cling to the dream and with every fibre of ones being go into battle."

The theme of the indomitable human spirit in triumphing over adversity comes out again and again. In one study of successful people from different walks of life, it was discovered that their problems were more severe than those of average people.

One fourth had major handicaps, such as deafness, blindness or crippled limbs. Three-quarters came from broken homes or poverty. The common thread was that their problems built an even stronger determination to overcome - no apathy there. They all assumed responsibility for successful outcomes in their lives - refusing to admit defeat.

Raw talent is not enough, yet simple tenacity can often make up the difference. Sheer persistence: a willingness to never give up was their chief aid on the pathway to success. We must learn how to face defeat without being defeated; because failure is only that once it is accepted.

Zig Zigler once quipped: "The only difference between a big shot and a little shot is that the big shot kept shooting."

Ask people who have succeeded hugely how they did it, and they are sure to tell you that they HAD to. Because failure was NEVER an option to them. Their "have to attitude" gives them a mindset of

"I will until".

They have a positive attitude (man's greatness lies in his power of thought) - with an abundance mentality, together with:

- * faith in humanity...one's fellow man...and woman, of course!

"God does not hand over to us, His children, everything we desire. He gives us the tools that we require to succeed and allows us to discover for ourselves how to use them."

Initiative, dreams, entrepreneurship, wisdom and persistence.

Success is not a ladder - it's a journey we must all travel along, as we float down the "river of life" in our human quest for knowledge, insight and wisdom.

Super-achievers have an inward contentment in pursuing their over-riding goal; so they have a certain peace of mind regarding their chosen path.

- * internal harmony with their values in line with one's life purpose. They keep their perspective on life, seeing life as a marathon - not a sprint. Super Achievers success is God's way of helping other people.

- * They know themselves with deep insight and are in touch with their feelings.

They are true to themselves living with integrity. You 'gotta' be true to thyself.

"No man is free, who is not master of himself."

- Epictetus

- * focus, which produces clarity and energy

- * self growth: they are continually extending themselves beyond their comfort zones.

humility - this is not so much putting oneself down...but lifting up others. Humility means growing in knowledge and wisdom.

- * tenacity and

- * persistence (as mentioned above)

- * hard work

* great motivation

* they often use the technique of goal setting

have a grand vision of their lives with an overall perspective.

This brings a resoluteness to achieve the purpose and peace of mind going about it.

a grand purpose - once cultivated this produces naturally the necessary ingredients to fulfill itself.

* develop their discipline.

It entails "putting in the hard yards" on the pathway to success:

"No gain, no pain".

"The men who try and do something and fail are infinitely better than those who try to do nothing and succeed."

- Lloyd James

The difference between the achiever and superachiever is often a matter of discipline. The key to discipline is having a strong sense of destiny.

They get other people, whose skills they do not possess to help move them towards their personal goals. They harness the energy, talents and dreams of people around them in a spirit of co-operation...and so ultimately fulfil their destinies in life.

N.B:

Courage, which never fails to grab the heart and motivate the soul. Courage makes us stronger, braver and better people.

Courage is not the absence of fear; it is the ability to face fear and say, 'Regardless of how I feel at this moment, I am going

to push through to the other side.'

Mahatma Gandhi's immense courage was evident in his persistence in imprisonment and fasting...and this brings great stamina. Courage is a by-product of faith, making the person a 'child of destiny'. Courage has been the key element in the success of many of the world's Super-Achievers.

* they take calculated risks

* A creative imagination

A strong spirit. The generosity and nobility of spirit in 'great souled' people, like Mahatma Gandhi, Nelson Mandela, Martin

Luther King and Mother Theresa.

Most important is the journey inward - the soul must be nurtured, if we are going to be the people we dream of.

"Great hearts send forth steadily the secret forces that incessantly draw great events"

- Ralph Waldo Emerson. In truth, we all are called to be among those "great hearts".

Super-achievers are individuals, who don't conform like the masses. They don't follow the herd; but are true to themselves and their values. Many are a bit 'crazy' (as the world terms them). Passionate, "obsessive"!

Do not follow the path of others to success (because success is such a personal concept).

Make your own path and blaze a brilliant trail

You too can say 'no' to the security of mediocrity.

When the decision is made and the journey of discovery is embarked upon

with conviction, the soul finds much help along the way.

God, the Universe helps those who help themselves and helps us move towards our most dominant desires.

Great lives don't just happen, they are planned, caused and designed.

Caused through the essential elements in the recipe to great

achievement: ie. great desire, decision, dedication, determination and faith (blind). It all starts with a great desire....and this is no fancy wish.

Desire is the spark which fuels the flames, that starts the roar of the engine on the railroad to success.

You too can say 'no' to the security of mediocrity.

I truly believe a seed of greatness lies within many people, who don't even know it.

YOU too can realise the potential of a super-achiever.

"Let us take courage. Let us be who we are meant to be. Life is for living. The years are passing. The time for decision is now. Let your flame burn brightly for generations to come."

"Author's Note:

As well as my own studies and research in this fascinating field,

this article is largely based upon an excellent book I read recently:

SECRETS OF SUPERACHIEVERS by PHILIP BAKER, an

Australian living in Perth. I have used extracts, thoughts and concepts

from this work in my article and added some personal ideas,

based upon my own journey. I hope it may encourage and

inspire you as much, as it did me.

Thanks for sharing, Philip

Craig Lock

The books that Craig "felt inspired to write" are available at:

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