

# The Recipe For Success - In Work and In Life

By Craig Lock

The Recipe For Success - In Work and In Life

Craig Lock  
clock@xtra.co.nz

Zaniest Books <http://www.bridgeniche.com/CLOCK/zaniestbooks.htm>

We hope that the following short extract from my new manuscript on sport psychology, called THE WINNING MIND may be informative and helpful to your e-zine readers, or on your web site. You have permission to publish this piece (formatted to 60 characters, approx) electronically or in print.

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

THE RECIPE FOR SUCCESS -- IN WORK AND IN LIFE

by Craig Lock

\* Self-imposed limitations impose a ceiling above you, so look to extend yourself to your full potential. The human mind is an amazing thing which can be expanded. Like a telescope!

\* Use your imagination.

\* Self discipline is an acquired habit. Teach your children this habit (and other good habits ... but not point one!) when they are young.

\* Establish other good habits. Start your day early. Use your most productive time and especially, your first hour wisely - when you are most alert (if ever?).

\* BE ENTHUSIASTIC and AVOID DISTRACTIONS.

I think enthusiasm is a vital key to success. You have to enjoy what you are doing and not merely "go through the motions".

We all have choices in the way in which we are going to live our lives. We can also choose the attitudes we are going to take: whether we are going to hold a positive or a negative outlook on life. Far more on this intriguing and complex subject later; but it is critical to whether you achieve success or not.

So make DAILY AFFIRMATIONS or short positive statements to yourself, eg. say, "I am on the right track", or "I can do it". These positive thoughts encourage you, especially if they are repeated frequently. The effects of daily affirmations are that they imprint upon our deeper consciousness, which reflects in the way we function. They make you feel better about yourself and in so doing enhance your confidence.

"A pessimist is one who sees a difficulty in every opportunity.  
An optimist is one who sees an opportunity in every difficulty..."  
- anon.

It is best to have a positive self expectancy by looking at "the bright side of life". Mexican wisecracking golfer, Lee Trevino is one of the world's greatest optimists. He visualizes each shot having the best possible outcome - dropping in the hole; whereas the weekend "hackers" in all spheres of life often think what can go wrong with each shot. And it often does!

It doesn't happen every time that Lee gets the ball in the hole, but it happens a lot more than most others. Time for a book on sports psychology, perhaps!

Many successful sportsmen and even ordinary happy people EXPECT success and happiness. And they get it ....

It's all in ONE'S ATTITUDE TO LIFE.

Always bear in mind ... "the greatest pleasure in life is doing what people say you cannot do."

- Walter Bagehot

"Do not let what you cannot do interfere with what you can do."  
- John Wooten

Whatever you do, be enthusiastic and avoid distractions. Focus totally on your task at hand. American President Franklin Roosevelt said ...  
"the only thing we have to fear is fear itself".

Are your fears holding you back? Don't be afraid to make mistakes. Take the blame and the credit for your position in life honestly and openly. You alone are responsible for it.

Break your routines:

Remember,  
"If you always do what you've always done,  
you will always get what you've always got". Make sense?

Spend 30 minutes alone each day to meditate. Contemplate your life and where you're heading.

Seek and talk to a person who currently is doing what you want to do most and doing it well. It doesn't matter how humble or famous they are or what it is they do: acting, singing, or merely being a good parent ... or just a hard "plodder". Get advice from the "experts". When we talk of success we usually think of winning: the topic of the next section. Not that we all can be winners in every aspect of our lives.

Who and what are winners?

\* Winners take responsibility for themselves. They know what they want and set realistic goals for themselves.

\* Winners make it happen, losers let it happen (but then losers I believe are only misguided winners). "Losers" probably lack only a right attitude, maybe a bit of knowledge or perhaps motivation or direction at crucial times.

\* Winners have a positive self image. They read biographies of famous people. They watch educational and inspirational cassette tapes for self improvement, as well as stimulating television programmes in general. Winners have a quest to gain knowledge and make the most of themselves - they know their time is limited and precious and so they make the most of it.

It is easy for you to become a winner too. You can read positive books and other inspirational works. Like this one. You can listen to motivational tapes, which can also serve to improve one's attitude to life. At first I was very skeptical, but they definitely do work if you allow them to sink in through repetition (it is not brainwashing, but controlled learning). I feel I am learning something new every day. There is such a great amount of truth and knowledge to be found in books.

Feed your mind continually with positive thoughts.

Remember to take time out to relax and unwind. Before the mind can be relaxed, the muscles must be. A relaxed body makes for a healthy mind, which can absorb information more easily. So you can watch the "soaps", if that gives you enjoyment and relaxes you! But **DO EXERCISE** as well. I definitely don't get enough of that. Winners visualize success and positive outcomes to their endeavours and they know when to relax. Remember how and what you think determines the way your life will turn out; because our thoughts determine our attitudes.

It is said that winners have only 5% of the available talent, but have 95 per cent of the drive. Usually there is not such a great difference between the world's top sportsmen, in terms of pure talent. Much of what distinguishes the winners amongst them comes from the mind ... thinking positively that you are a winner and handling pressure. Think of the sportsmen who got to the top through sheer hard work, far more than

their natural talent. I often think of a small man, like South African golfer Gary Player. A man not physically endowed (sounds rude!), who was out-driven metres and metres by the far larger American golfers. He was always at his best when the "chips were down". Not French fries.

Remember, on your journey to the top (if that's what you want ... and it's not for everyone), sheer hard work and DETERMINATION is just as important as your intelligence and ability. It is probably the single most important step on your stairway to success.

To be successful yourself, associate with winners - not because they are successful people whose coat-tails you want to hang onto. Rather, because they are positive people who have achieved something in life, no matter how small it may be. They do not have to be rich and famous - as long as you enjoy their company ... and them yours. There's nothing wrong with admiring or envying them as role models.

Ask yourself: Would I like to "fly with the eagles, or scratch with the turkeys"?

Remember:

"Success comes from 90% perspiration and 10% inspiration."  
- famous American inventor, Thomas Edison and one of the men who has had the most impact on the world in the twentieth century.

\*

THE FORMULA TO SUCCESS:

As I see it...

CONCEIVE + BELIEVE = ACHIEVE

VISUALIZE + INTERNALIZE = REALIZE

SUMMARY:

THE STEPS TO SUCCESS

There are a number of important factors that make people successful in achieving their personal goals ... and I believe goal-setting is the key ingredient to success. These, I believe, are the crucial ingredients:

\* Have a VISION of what you'd like to be. What thoughts would you like to change? Where do you want to go?

\* Belief in oneself and the ability to succeed.

\* Good self esteem, ie. a healthy self image - being comfortable with who you are.

- \* Self confidence.
- \* Self discipline.
- \* A burning desire to achieve your pre-set goals.
- \* NB: Personal integrity and good ethics. This is of absolute importance ... because once you lose your integrity, you've lost everything.
- \* A desire to give something back to society and to invest in people - a very worthwhile life mission. If you help people get what they want and achieve their full potential in life, so will you.
- \* Having worthy goals which benefit oneself and others.
- \* Consistency and commitment.
- \* An ability to avoid distractions.
- \* Affirming oneself daily.
- \* An ability to take calculated risks.
- \* An ability to learn from your mistakes and overcome the fear of making them.
- \* An ability to handle stress well. Most important in today's fast-paced and ever-changing world.
- \* Exercise.
- \* Relaxation.
- \* Self motivation.
- \* Try looking at yourself through other's eyes.
- \* Talk yourself and others up (through self-affirmations).

Project a positive self image as often as you can. It's not always possible though, as we all feel discouraged from time to time. It's perfectly natural. The difference is that winners can pick themselves up when down.

Remember always: the only limits to your accomplishments in life are self imposed.

- \* NB: Have a winning focus and a positive attitude.  
At least as often as you can.

Stay positive and determined, even when "the chips are down".

Concentrate and contemplate.

Practice and be patient.

Keep pen and paper handy (to write down new and better thoughts and ideas). I keep them by my bedside. Not the thoughts, but pen and paper; then try to decipher my atrocious scrawl, when I wake up in the morning!

Try to understand your unique personality make-up.

Be COMMITTED and PERSEVERE.

Draw on and develop the courage that is within every one of us.

Finally, continually keep your eyes fixed on your ultimate goal, your grand purpose in life. What are you trying to do with it? You can yet achieve it, no matter how far you are down the track of life. I sincerely believe that.

Then have absolute FAITH in yourself and in a Higher Power ... and His (or Her) plan for your life (which is God, the "Great Designer" speaking to you through imagination and inspiration).

\* \* \*

To end off, a few quotations which help inspire me often in my personal journey ....

"Be bold and unseen and mighty forces come to your aid"

"The greatest risk in life is to risk NOTHING ...

The person who risks nothing, does nothing, has nothing, is nothing, and becomes nothing ...."

- Norman Vincent Peale.

"Only the person who risks is truly free. A man's conquest of himself dwarfs the conquest of Mount Everest".

- N.V.Peale (again).

The key lies in FINDING YOUR PASSION: what drives you and presses your "hot buttons" ...

"A passion for anything will ensure success, for the desire of the end will point out the means."

- William Hazlitt

"Whatever you do, or dream you can do, begin it.

Boldness has genius, power and magic in it".

- Johann Wolfgang Von Goethe

Whatever you want or desire in life, remember Hamlet's words written by the great English playwright, William Shakespeare:

"To thine own self be true."

Just remember,

You are launched on a great journey

and ...

"Make no little plans, they have no magic to stir the blood to action, make big plans, aim high in work and hope."

- D. Burnham

Craig Lock

[">http://www.craiglock.com](http://www.craiglock.com)

- The "original" Online Creative Writing Course

[">http://www.nzenterprise.com/writer/creative.html](http://www.nzenterprise.com/writer/creative.html)

- This short extract is from my new manuscript on sport psychology.

THE WINNING MIND and Craig's other books are available at:

[">http://www.bridgeniche.com/CLOCK/zaniestbooks.htm](http://www.bridgeniche.com/CLOCK/zaniestbooks.htm)

- THIS ARTICLE MAY BE FREELY PUBLISHED

[Get-Articles.com](http://www.get-articles.com) : 1000's of reprintable business and internet marketing-related articles.

[Submit your article for reprint.](#)