

WHAT QUALITIES DO WE ALL NEED (AND HAVE) TO BE SUCCESSFUL?

This week's focus: How we all have it in us to be successful - we just have to tap into the four qualities that it takes to get us there. *Motivation, commitment, dedication and sacrifice.*

Why is it important?: When we realise that we don't need any special talent to win at lifestyle change, and we just have to apply ourselves to the process we instil confidence in ourselves to achieve our goals. Everyone can do this!! You just have to find these qualities within yourself and get cracking.

What we will tell you: What these four qualities really mean, and how you can find them in yourself.

1

Motivation: The state or condition of being motivated or having a strong reason to act or accomplish something. We are all motivated by something. To be successful at anything, we need to link our goals to what motivates us – also known as our purpose or our reason for being. Once we do this, we experience a boost in motivation. Alternatively, reflect on a period when you were really motivated. Why were you so motivated then? What put the fire in your belly? What did you do then? What can you do now? Remember how good it feels to be so motivated that you will do anything to achieve what you set out to.

2

Commitment: The act of committing, pledging, or engaging oneself. When making a commitment there are ways to make them stick – writing it down makes it real, saving it as a screensaver on your phone or computer or sticking it to your fridge ensures you see it every day, commit to achieving a goal for charity or other cause that is important to you or making a public declaration makes you not want to let others down. Try them all if you have to!

3

Dedication: The state of being dedicated: to devote wholly and earnestly, as to some person or purpose. This where we show how committed we are, by spending our dedication dollars!! How many dollars are you prepared to spend to achieve your goal. This is where we show up and stick to our plan and perform no matter what – through the good, the bad and the ugly. How many dedication dollars are you spending right now?

4

Sacrifice: To surrender or give up something, for the sake of something else more valued. We are all capable of making sacrifices. The key to choosing the right sacrifices is in the definition – you must wholeheartedly believe that whatever you want to achieve is more valuable to you than what you will sacrifice – if it isn't you will give up!

KEY MESSAGES

Check in this week with your qualities.

Are you motivated? Are you connected with your purpose? Have you got fire in your belly?

Have you made a commitment?

Are you dedicating yourself to that commitment – and performing to the best of your abilities every single day? How many dedication dollars are you spending each day?

And lastly are you making the right sacrifices? Are the sacrifices worth the reward, and are the sacrifices you are making enough to get you to your goal?