



10 SUCCESS-BOOSTING TIPS USED BY CELEBRITIES



Discover what famous entrepreneurs like Elon Musk, Arnold Schwarzenegger and J.K Rowling do to achieve success.



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Introduction



Want to be highly successful?

If you KEEP trying, if you put in the work, if you are single minded and you DO NOT GIVE UP, then you will be successful.

We hope you take some inspiration from a small selection of very famous people who understand it's not what you know, it's what you do....always has been , always will be.

Let's Get Started!



01 HAVE A SINGULAR GOAL - ARNOLD SCHWARZENEGGER

Arnold Schwarzenegger is undoubtedly one of the most successful people on the planet. Not only did Arnie win Mr Universe 5 times but he also became the highest paid movie actor of his time, and the governor of LA.

That's all pretty impressive for a guy who grew up in a rural village in Austria, and who had a strong accent to contend with!

How did he do it? Arnie recalls how he would train for hours at a time, run businesses, and simultaneously work on his English at night school.

He was able to do all this because he had a single goal that he was absolutely passionate about.

He said that every gruelling rep was worth it because at the end of each one, he would be a step closer to his end goal. With every single curl and press, he was closer to becoming Mr. Olympia.

02

PRACTICE THE SAME KICK 1,000 TIMES - BRUCE LEE

Bruce Lee said that he doesn't fear the man who practices 1,000 different kicks once. Bruce Lee feared the man who practiced one kick a thousand times.

In other words, Bruce Lee "feared" (or respected at least) mastery. Bruce was enamoured with those who had honed and perfected their technique through countless hours of rigorous practice.

In fitness this is called "greasing the groove." By training a movement or a pattern every single day it becomes ingrained.

So, while that perfect mastery might seem a long way now, keep in mind that each attempt is just one of your thousand reps. That every single attempt makes you a little bit better. Eventually, you'll be a master.



03 USE FEAR SETTING - TIM FERRISS

Author Tim Ferriss is responsible for starting the “lifestyle design” movement, and can even take some amount of credit for the equally big health tracking trend.

Tim’s books have all reached the bestseller lists, he has worked with some of the most successful people on the planet, he has run multiple businesses, and he also has a HUGE podcast. If you haven’t checked him out, then we recommend you do!

Tim recommends a technique called fear setting to achieve your goals. The idea is that many of us fail to make progress because we’re scared of failure.

But here is the thing: most of us fail to ever define precisely what we’re afraid of. As a result of this, we end up blowing those fears out of all proportion and becoming frozen in action.

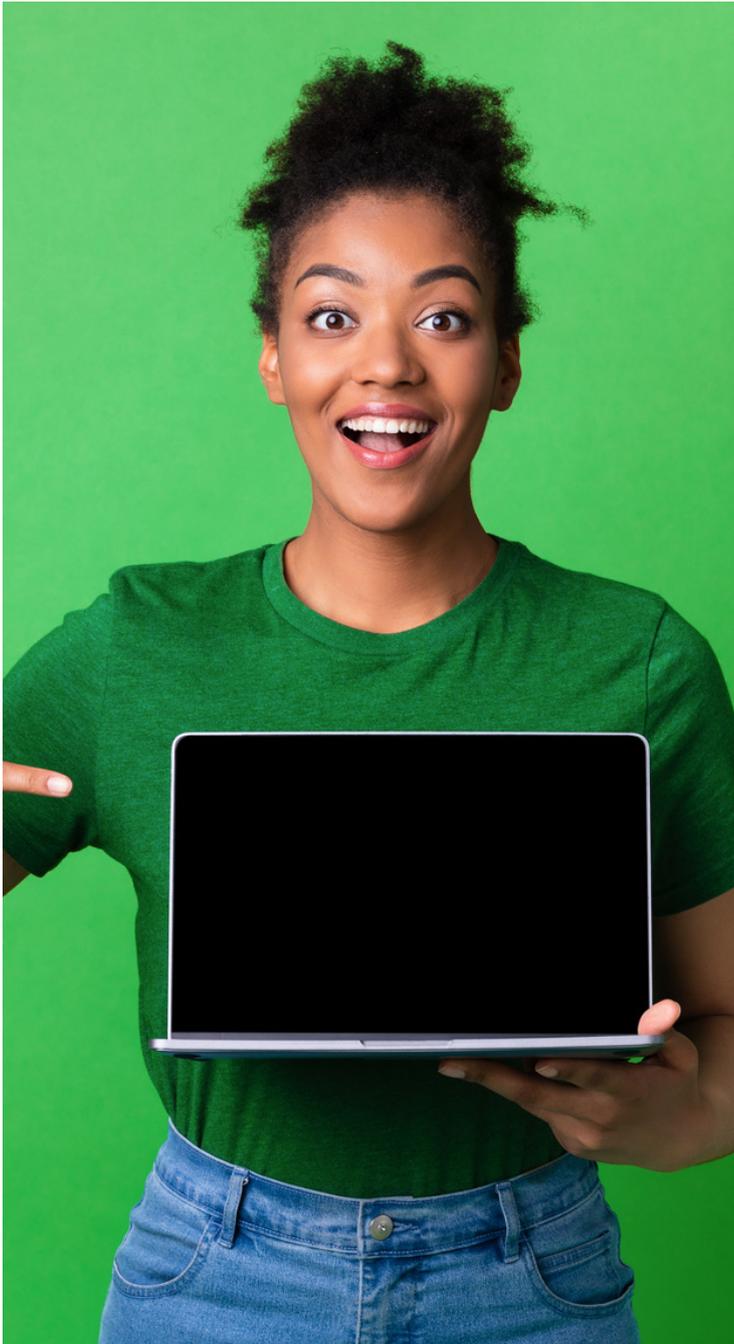
By taking a moment to write down precisely what it is you are scared of, you will often realise that your fears really aren’t all that bad and that you’re perhaps overreacting.

Write down all the things you’re scared of, and then next to each point, write down how likely it is to happen, how it could be prevented, and what you would do in that worst-case scenario.

For example, let’s discuss leaving your job and setting up a business.

Perhaps you’re scared that you’ll fail and not make enough money. Your partner will leave and you’ll be forced to sell your home. The gap on your CV means you’ll never work in that industry again.

Okay, so how likely is this?



First: you won't give up your current job whilst you work on your own business.

Second: if it didn't work out you can look for employment again.

Now consider that you probably could get your old job back if ever you needed to. That you likely have at least some savings you could live off for a while. That your parents might step in to help. That you can discuss the idea with your partner. And that they support your decisions.

ALL of this makes you realise that the "fears" are constructs of your own mind.

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04 MAKE IT AWESOME - ELON MUSK

Elon went from complete obscurity to running PayPal, Tesla, and Space-X. He is almost entirely responsible for driving the commercial space travel industry, is transforming the environment with electric cars, and is known for pulling off Tony Stark-esque PR stunts.

How does he do all this? Simple: Elon Musk clearly loves being the guy to introduce the world to science fiction ideas. He has spoken before about how he dislikes boring businesses. He has chased his biggest goals and ambitions.

He has been more successful because he loves what he is doing and feels motivated to wake up every day. But it's also true because such big lofty goals actually motivate other people better too. They are memorable, they garner media attention... So, don't have small goals! Make it awesome and go for broke.

05 LET IT COME - EINSTEIN



Einstein is an example of a great thinker who had his epiphany while relaxing. He was sorting through patents at the patent office where he worked, then the theory of special relativity came to him in a vision. He visualised what it would feel like to fall off of a roof while watching another object fall from the same point. In doing so, he understood relativity!

Why did this happen? The answer is that he was actually engaging in what most of us would consider menial or mindless work. When we do this, it activates a network of brain regions known collectively as the "default mode network." The reason this is important, is that this network is responsible for creativity, imagination, and daydreaming.

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06 DON'T BE AFRAID TO PROMOTE YOURSELF - ALI

Ali was the greatest of all time, and he had no qualms about letting you know it! He was constantly self promoting to competitors, to the press, and to anyone who would listen.

This might make it seem as though he had a big ego, but in fact he was just being honest about what he believed. And at the same time, this helped him to remind others of his best qualities... especially his opponents!

We've all been brought up to be humble and shy about our accomplishments. But if you notice, most of the most successful people in the world actually like talking about just how successful they really are. It's no coincidence!

07 IT AIN'T ABOUT HOW HARD YOU HIT - SYLVESTER STALLONE

This excellent life advice was spoken by Rocky Balboa in the film of the same name, but was penned by Sylvester Stallone – and could have been about his own life!

The full line is:

“It ain’t about how hard you can hit: it’s about how hard you can get hit and keep moving forward.”

As a boxer, this line makes perfect sense spoken by Rocky. But it is also a fantastic metaphor. No matter how talented you are, if you get put off by the first setback, then you will never be successful. So keep moving forward.



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08 NON-REACTIVITY - NAVY SEALS

Navy SEALs must prove their endurance on a regular basis. During training their most gruelling test is actually called hell week!

So how do they cope? One of the tools they use is a mental trick called nonreactivity. That means simply choosing not to react to bad news, stress, anxiety, or setbacks. This has a lot in common with the school of thought known as Stoicism. It means that while you can't prevent bad things happening, you can prevent yourself being upset about them.

Notice what has happened, and move on. You can worry about it later.

09 YOU ONLY NEED TO BE SUCCESSFUL ONCE - J.K. ROWLING



J.K. Rowling has one of those classic successful stories of being turned down by just about every single publisher before finally getting a book deal. She's now estimated to have a net worth of over a billion dollars.

This is a testament to Rowling's determination and self belief and a reminder that you only need to be successful once.

The more you keep trying, the more you stack the odds in your favour. If you sell enough products then ONE will eventually be a massive hit. If you ask enough people, then someone will eventually say yes.

10 BE THE LAST TO GET OFF THE TREADMILL - WILL SMITH

After starting his career acting in a sitcom, Will went on to become one of the highest paying blockbuster actors in Hollywood. He took on dramatic roles and he had many other successes in music and business along the way.

What's his secret? Will puts it down to "staying on the treadmill longest." He doesn't believe he's the most talented, but he says he will not STOP putting in the hard work until he has done the absolute most he possibly can do.

When everyone else has gone home he is still churning away and pumping out work. This ensures that he stands out, and it gives him a huge competitive advantage over everybody else.



When it comes to business success, it's not what you know, it's what you do....always has been , always will be.