

Giant Steps for Success

First 15 steps

by Anthony Robbins

1 *We all have dreams....* We all want to believe deep down in our souls that we have a special gift, that we can make a difference, that we can touch others in a special way, and that we can make the world a better place.

What's one of your aspirations? Maybe it's a dream you've forgotten or have begun to relinquish. If that vision were alive today, what would your life be like?

Take a moment now just to dream and to think about what you really want for your life.

2 *It's not what we do once in a while* that counts, but our consistent actions. And what is the father of all action? What ultimately determines who we become and where we go in life? The answer is our *decisions*. It's in these moments that our destiny is shaped. More than anything else, I believe **our decisions – not the conditions of our lives – determine our destiny.**

3 *Who would have thought* that the conviction of a quiet, unassuming man – a lawyer by trade and a pacifist by principle – would have the power to topple a vast empire? Yet Mahatma Gandhi's decision, his belief in non-violence as a means to helping India's people regain control of their country, set in motion an unexpected chain of events.

Realise the power of a single decision acted upon immediately and with utter conviction. The secret is to make a public commitment, one so forceful you cannot turn back from it. While many thought that his was an impossible dream, Gandhi's consistent commitment to his decision made it an undeniable reality.

What could you, too, accomplish if you invoked a similar level of passion, conviction, and action to create unstoppable momentum?

4 *Each of us is endowed* with innate resources that enable us to achieve all we've ever dreamed of – and more. **The floodgates can be opened by one decision, bringing us joy or sorrow, prosperity or poverty, companionship or solitude, long life or early death.**

I challenge you to make a decision today that can immediately change or improve the quality of your life. Do something you've been putting

off... master a new set of skills... treat people with newfound respect and compassion... call someone you haven't spoken to in years. Just know that *all* decisions have consequences. Even making no decision at all is a decision in its own way.

What decisions have you made or failed to make in the past that powerfully influence your life today?

5 *In 1955, Rosa Parks made a decision* to defy an unjust law that discriminated against her on the basis of her race. Her refusal to give up her seat on the bus had consequences far beyond those she may have been aware of at the moment. Had she intended to change the structure of a society? **No matter what her intent, her commitment to a higher standard compelled her to act.**

What far-reaching effects could be set in motion by raising the standards you hold for your life and making a true decision to live up to them today?

6 *We've all heard about people* who've exploded beyond the limitations of their conditions to become examples of the unlimited power of the human spirit.

You and I can make our lives one of these legendary inspirations, as well, simply by having courage and the awareness that we can control whatever happens in our lives. Although we cannot always control the events in our lives, we can always control our *response* to them, and the actions we take as a result.

If there's anything you're not happy about – in your relationships, in your health, in your career – *make a decision right now about how you're going to change it immediately.*

7 **The more decisions you make, the better you'll become at making them.** Muscles get stronger with use, and so it is with your decision making muscles.

Today, make two decisions you've been putting off: one easy decision and one that's a bit more far-reaching. Immediately take the first action toward fulfilling each of them – and follow through with the next step tomorrow. By doing this, you'll be building the muscle that can change your entire life.

8

We must commit to learning from our mistakes instead of agonising over them, or we're destined to repeat our errors in the future. When you temporarily run aground, remember that there are no failures in life. There are only results. Consider the adage: **Success is the result of good judgment, good judgment is the result of experience, and experience is often the result of bad judgment!**

What have you learned from a past mistake that you can use to improve your life today?

9

Success and failure are usually not the result of a single event. Failure is the result of neglecting to make the call... to go the extra mile, to say, 'I love you.' In the same way that failure follows this string of small decisions, success comes from taking the initiative and following up... persisting... eloquently expressing the depth of your love.

What simple action could you take today to produce a new momentum toward success in your life?

10

Research has consistently shown that **those who succeed tend to make decisions rapidly** and are slow to reverse a well-thought-out position. conversely, people who fail usually decide slowly and change their minds frequently. Once you've made a sound decision, stick by it!

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He's spent nearly half his life in an iron lung and the other half in a wheelchair. With so many personal challenges, surely he's been in no position to improve the quality of life for others. Or has he?

Ed Roberts personifies the power of a single, committed moment of decision. He became the first quadriplegic to graduate from the University of California, Berkeley, and served as director of the California State Department of Rehabilitation. A tireless advocate for disabled people, he has lobbied to secure all persons' right of access and supplied many of the innovations that made these laws enforceable.

There are no excuses. *Make three decisions now that will change your health, your career, your relationships, your life – and act upon them.*

12

How do you turn the invisible into the visible?

The first step is to define your dream precisely; **the only limit to what you can achieve is the extent of your ability to define with precision that which you desire.** Let's begin now to crystallise your dreams, and over the next few days form a plan that will ensure their attainment.

Taken from the book Giant Steps, 365 daily lessons in self mastery by Anthony Robbins, Publisher Simon & Schuster

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We all have goals, whether we know it or not. No matter what they are, they have a profound effect on our lives. Yet some of our goals, such as 'I need to pay my lousy bills,' lack any inspiration. **The secret of unleashing your true power is setting goals that are exciting enough that they truly inspire your creativity and ignite your passion.**

Right now, consciously choose your goals. Brainstorm everything worth pursuing. Then pick a goal that excites you the most, something that will get you up early and keep you up late. Assign a deadline for achieving it, and write a paragraph describing why you absolutely must attain it by then. Is it grand enough to challenge you? To push you beyond your limits? To uncover your true potential?

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Have you ever bought a new outfit or car, then started spotting it everywhere? Surely it's always been around you. Why haven't you noticed it until now?

Quite simply, a portion of your brain is responsible for screening out all information except what's essential to your survival and success. **So much that could help you achieve your dreams is never noticed or utilised simply because you haven't defined (taught your brain what's important!) your goals with clarity.**

Once you do, however, you'll have triggered your Reticular Activating System (RAS). This part of your mind becomes like a magnet, attracting any information or opportunities that can help you achieve your goals more rapidly. Tripping this powerful neurological switch can literally transform your life in a matter of days or weeks.

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GUIDELINES FOR GOAL SETTING (Programming Your RAS)

- a Commit now to spending ten minutes each day for the next four days setting goals. (NOTE: Keep a permanent record of these goals in a hardbound journal.)
- b As you work on the goal-setting exercises, constantly ask yourself, 'What would I want for my life if I knew I could have it any way I wanted it? What would I do if I knew I could not fail?'
- c **Have fun!** Imagine that you are a kid again. You're in a department store on Christmas Eve, about to sit on Santa's lap. (Remember what this was like?) In this state of excited anticipation, nothing is too big to ask for, nothing costs too much, everything is within reach....