

A special note to LifetoSuccess.com Ezine Subscribers:

In this Holiday Season, I am reflecting on the past year and fortunately for me it was a great year.

Financially Good.

Healthy Good.

Relationship Good.

Career Good.

What I learned this Year... Priceless.

As 2005 approaches I feel more fortunate for what I learned than any other thing that has happened to me.

I am passing on these things I've learned so that maybe there may be something you can use going into 2005.

Lesson #1

I'm worth it. For years I didn't feel all that good about myself. When things happened that were good I dismissed it as luck. I didn't feel worthy. So any success was short lived and it wasn't long before I was back in my rut.

This year that didn't happen. I built on the successes I had to make even bigger successes and it was like compound interest. Each success ended up making a bigger success. It was amazing.

You know what... **You're worth it too.** No matter where this finds you in your journey, you are worth it. You deserve to have good things, jobs, relationships, and health.

For 2005, look yourself in the mirror and tell yourself that you are worth it. You deserve to have the good things that life has to offer.

Lesson #2

I'm here for a specific purpose. I have discovered that I am here for a specific purpose and it is my responsibility to focus all my efforts and energy through that purpose to help the greatest amount of people possible.

I've learned that the greatest successes come when you focus on your contribution not your rewards. And that the more you focus on your contribution the greater the rewards you receive. It's a paradox.

The greatest problem for most is that they stop themselves short because they see no reward. It's those that keep going and pushing forward that make the greatest strides in their life.

For 2005, make it your purpose to find your purpose. And when you find it concentrate all your efforts behind that purpose and never look back.

Lesson #3

We're all connected. I found that when I looked at someone else and thought a negative thought it hurt me more than the other person. We're all connected.

The fact is when someone is unpleasant to you don't know where they have come from. They may have just been cut off on the highway or lost a loved one.

You just don't know. But the fact is you were put on this earth for them, and they were put on this earth for you. But your reward comes from what you can do for them not what they can do for you. This was a real eye opener for me this year.

When you stand toe to toe with someone, sometimes it's better for you to be wrong even when you know you are right. As I've heard Brian Tracy say, "You need to ask yourself, what's more important being right or this relationship?" This is especially important with your inner circle. But just as important with others as well.

For 2005, make it a priority to find ways of being of service to as many people as possible. And remember when you look at someone else and a negative thought surfaces, it hurts you more than them.

Lesson #4

I need to be specific about what I want. I found out this year that vague unclear goals or objectives don't quite turn out as you would like them too.

The fact is that the more specific you are about what you want to achieve the better the chances of you accomplishing it. Be specific.

For example:

I weigh 180 lbs. instead of I want to lose weight.

I earn \$85,000 a year. Instead of I want to make a lot of money.

I save \$5000 month. Instead of I want a lot of money in the bank.

Your mind is like a guidance system, and when you load it with crystal clear, specific instructions it will do everything in it's power to help you get it.

The problem is most people don't even begin to give any thought as to what they want.

For 2005, make it a point to get specific. Start working on getting yourself very clear about what you want to accomplish with your life. Make all your objectives and goals crystal clear. Specific, Specific, Specific.

Lesson #5

I need the help of others. I found out that I didn't have all the answers and I needed the help of others.

Chances are good that for anything you want to do, there has been someone who has done it before you. And there's a great chance that there is a book, tape program or coaching program available that will help you from re-inventing the wheel.

The fact is we live in a cause and effect world and if you do specific things you will get the effect.

So if you buy a book on weight loss and follow the steps in the book step by step, there is a great chance unless you have some extreme medical condition that you will lose weight. If you buy a book on finances and follow the steps in that book step by step chances are great that you will become financially sound.

For 2005, make it a point to look for the help you need. Find the teachers and mentors who can help you achieve what you want.

Lesson #6

I need to take action. I found out that I will never have the perfect plan and I need to move forward even with a less than perfect plan.

When you start moving forward you create a lot of energy. You also get the attention of those who can help you.

You also need to be open to feedback. When you start taking action it won't be long before you start getting feedback. The feedback shouldn't be taken as a reason to stop taking action but to adjust your action in a way to get to your ultimate result.

The flow should be as follows:

Take Action... Receive Feedback... Adjust... Take Action Again...

Use this as an endless loop until you achieve your goal or objective.

For 2005, Make it point to take action. Take big, bold action. Receive the feedback and make the necessary adjustments and then continue to take action. As my friend Mike Litman's Mentor told him, "You don't have to get it right, you've just got to get it going." Take Action.

On a personal note:

I would like to say thank you for subscribing to the LifetoSuccess.com Ezine. When people are searching for ideas on how to become more successful it makes my heart pound. I know when people start reading the books, listening to the tape programs and sign up for the e-zines, it's only a matter of time before good things start to happen.

And then it starts to rub off on to the people around them. And then these people start to say to themselves if s/he can do it than I can do it too and then they start to affect the people around them. And as it goes into a continuous upward spiral...

One last lesson I learned this year...

I need to surround myself with positive upbeat people. I found that it took me an awful long time to bounce to my positive upbeat self when I was around a negative person.

It's been said that it takes 20 exposures to positive things to offset 1 negative experience. Those are pretty steep odds.

When you surround yourself with positive people and experiences it does something for your soul. It helps you become stronger. It helps you with those who are around you.

For 2005, make it a point to surround yourself with positive people, experiences, books, tape programs and the like. We are like chameleons; we end up being a product of our environment. **The good news is that we are free to choose.** We can change our environment. We can change the people who we are around. We can change the books we read and the television shows we watch. The choice is ours.

I hope you make 2005 is the best year you ever had. Continue to visit LifetoSuccess.com and read the Ezines and take action. Every step builds upon the next step. Continue taking the steps and you will eventually get to where you want get to.

Thank you and Here's to your LifetoSuccess,

John Clark – LifetoSuccess.com

Please pass this on to anyone you feel can use this essay.