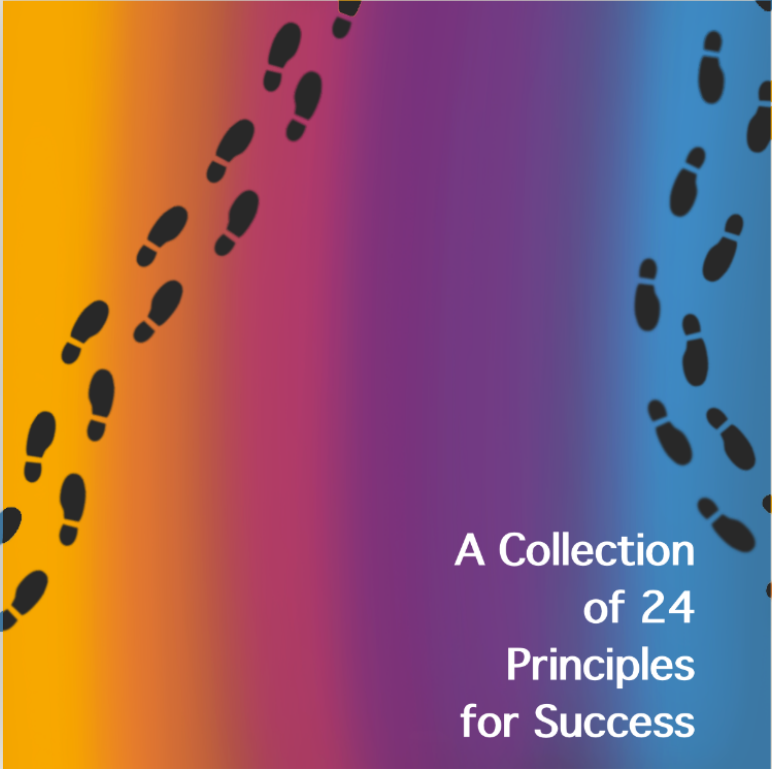


footsteps

LEAD *you*



A Collection
of 24
Principles
for Success

SOMEWHERE

Daivik Patel & Shrenik Patel

Footsteps Lead You Somewhere

A handful of steps for success.

Written by: Daivik Patel & Shrenik Patel

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*Dedicated to those who walk their own path, leaving their own footsteps for
someone else to follow...*

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Introduction: The First Step

Every journey, no matter how big or small, starts with a single step...

The average human walks over 200 million steps in their lifetime. Each step is a place you have never been, a breath of fresh air, and a new opportunity.

Every footprint you make will be unique. Some may still be seen after many years, representing your major milestones and successes. Others may fade away in a matter of minutes. However, it isn't about how long they last, it's the moment in which they were made that counts. Every moment is a step. The beautiful thing about these moments is that they are temporary. If you make a mistake in one moment, you can learn from it in the very next. Every footstep, every moment, is a chance to prove yourself. That's what makes living in the moment priceless.

However, you will have a few steps that will last a lifetime in your journey. Everyone takes these steps at some point in their life. These are the steps that give purpose to your life. They are the reason why you start walking in the first place. They become your legacy. A legacy that maybe future generations will one day recognize.

But don't think that every other step you take will be forgotten, because, within each step, you carry someone else's 200 million steps and allow another person to follow your steps.

So, with every step you take, take it with confidence, focus, and ambition. Know that sometimes, it may be hard to take steps and you may want to retreat. But at that moment remember that there is a greater purpose for you to continue. Every footstep leads somewhere. You must go forward!

And with each step, one at a time, one foot in front of the other, you will leave behind a trail of footsteps. Footsteps that may one day be an inspiration to others who are starting their own journeys. Footsteps that are temporary yet permanent, light yet heavy, and small yet meaningful.

Footsteps Lead Somewhere is a collection of 24 principles to help you achieve your goals. Every goal you set, no matter how big or small, is like a checkpoint. You need to make sure you are taking the right steps to reach those checkpoints and move beyond them. These 24 principles span all areas of life and will help you better yourself, deepen your understanding of others, and create valuable relationships.

Implement these principles and your footsteps will take you somewhere beyond your largest ambitions. Together, let our footsteps pave the path to our greatest dreams.

The Light of Altruism

“Kindness closely resembles a flower. You must first take the initiative to plant the seed and let it grow”



Altruism. The practice and selfless concern for another person's wellbeing. Altruism consists of three main aspects: kindness, empathy, & honesty. Each of these three virtues will help you learn and understand how you can be more altruistic. Let's start with kindness.

Kindness is the single most pivotal factor that can warm and soften hearts. The delicacy it brings is what starts relationships that can last a lifetime. Kindness is the act of goodness that can help you connect with so many more people in meaningful ways. Unfortunately, much of the world lacks kindness for one another. Our lives should be glowing with kindness and compassion, but they aren't. This doesn't mean that all good has disappeared; rather, it has been hidden under the vices that plague society.

In a place where kindness is hidden, it is your responsibility to re-discover and spread it. You must change in order for your surroundings to change. And if you don't believe this to be true, when it rains, look at the ripples in the puddles. These ripples resemble exactly how change is spread. It starts with one drop, but eventually, the whole pool has undergone a significant change.

Another way of looking at kindness is by thinking of it like a flower. You must first take the initiative to plant the seed and let it grow.

The misconception many people may have is that kindness is not something that can be improved upon. However, in reality, there is always room for improvement. The way people treat you can sometimes be a valuable measure of your personality. If you are not satisfied with the way people behave around you, try changing something about yourself. For example, you may want to approach people with a friendlier or more embraceful attitude.

Some people may shy away from being kind because of their past. A specific memory or part of their past shatters their view of people, making them falsely believe that everyone they meet has negative intentions toward them. If you are one of these people, it is important to realize that one memory is not substantial enough to define the people around you. Try letting go of whatever memory is spoiling your ability to be kind.

By being kind, you open up so many new pathways with people you never would have met. When you are kind, your kindness will be returned to you. Even a small act of goodness, such as helping someone carry something, is appreciated by them more than you may think. Not only this, but you will leave with the satisfaction that you helped someone. Remember that kindness is unique in the fact that it is a never-ending cycle. The more kindness you offer to others, the more you will receive.

Another factor to altruism that is just as important is empathy. Empathy is necessary for all areas of life, especially those involving communication with other people. The simple definition of empathy is the ability to share feelings with another person. But empathy is much more than just that. What most people don't realize is that empathy is not just about caring for others, it is about understanding them on a deeper level. It is easy to say that you care for another person, but saying you care and truly caring are completely different. If you want the benefits of empathy, you need to be genuine with your words.

Two incredible things happen when you are able to deeply understand a person: first, you are able to uncover their thoughts; and second, you can understand their future goals. When you are empathetic, people will start to open up their thoughts and feelings. Some people may even tell you about their current hardships. It is always beneficial to know the truth about how the people around you think and feel, and empathy is what allows you to attain that knowledge.

Second, empathy allows you to contextualize someone's future goals in life. You can then leverage this information to create a mutually beneficial relationship. Let's say you are a business owner who focuses on building empathy with your employees. If you know what your employees want to achieve, you can reverse

engineer their goals and connect them to your own. In other words, you can figure out how their goals align with yours and what you can do to help them and yourself reach your respective goals. In the end, both of you will be satisfied, and you will have proved yourself to be an empathetic person.

The third aspect of altruism is honesty. Although this may sound cliché, it is a simple, yet important truth. You need to be honest and take accountability for your actions. So many people cannot accept their wrongdoings, and so they lie to others. They are not willing to admit that they were at fault nor have the humility to do so. At the end of the day, no one appreciates being lied to because it gives the impression that you don't value them.

When you live a life of honesty, you respect the truth. If you decide to stay off the path of honesty, you will find yourself going in circles. Whatever progress you do make could be destroyed because of a single lie, and you would have to start again. This circular cycle is something you want to avoid.

Lying to others is one aspect of honesty, but you cannot lie to yourself either. Lying to yourself is even worse because you lose your self-awareness and induce doubt into your mind. The least you can do for yourself is maintain honesty between your mind and heart. If you know something you are doing is not right, or that you have to improve in a specific area, don't lie to defend yourself from the truth. The relationship between your mind and heart is the most valuable one you have, and so it must remain honest.

When you understand the balance between kindness, empathy, and honesty, you will find yourself valuing those around you and new people you meet. You will become a more altruistic person who is able to put others in front of themselves.

Giving Fosters Humility

“If you do not have money to donate, donate your time. There are no excuses when it comes to giving”



Humility is all about having a modest perspective on your self-worth and importance. Oftentimes, expressing gratitude can foster humility within yourself. Since gratitude comes from the act of giving, giving is essential to developing humility.

Most people associate giving with only money. But the truth is that giving exists in so many other ways. Of course, you can donate money which can definitely be impactful, but if you don't have money to donate, donate your time. In many cases, donating your time can make a bigger impact than donating money. If you think about it, there is always something you can give, so you shouldn't restrict yourself from giving solely because you don't have extra money. It is okay to start small, but it is more important to realize that you must scale your giving in order to really make a difference.

Life is about giving more to others than you take from them. When you focus on giving more than you take, you will see how your actions lead to your own fulfillment, and the happiness of those around you.

Another key part of giving is the intention through which you give. You shouldn't give with the expectation of something in return. This is where giving becomes a selfish act since your expectation of a return is driving you to give. This mindset is harmful to yourself because if you don't receive something in return, you will be disappointed. This disappointment will envelop the fulfillment that giving should bring. In the worst case scenario, it could cause you to resent that person.

This is why the right way to give is to give unconditionally. When giving unconditionally, expectations for the other person do not matter. What matters is

the feeling of satisfaction you get after giving. Whether it be your time, money, or knowledge, at least you will feel better about yourself as you are making a difference in the lives of others. Always be scouting for opportunities and moments in which you can give. Even if you may think that you aren't giving enough, your acts of generosity will build upon themselves and eventually result in a substantial difference. It is these acts of generosity that will build your humility; especially when you start to realize the value and impact of your actions.

Humility itself is one of the hardest traits to manifest because it requires you to have a lower view of yourself than you may feel comfortable with. If you don't have humility, you need to be careful as you may be inflating your ego in front of people.

In other words, humility can be thought of as a mindset with a modest awareness. It takes courage to have humility because as humans, our natural instinct is to show people we are better and more important than them. We don't want to feel insignificant in the eyes of others, and we don't want to see ourselves as insignificant either. But the acceptance of this idea is humility in a nutshell.

Most people come up with excuses to prove they are of high status. They put up a facade of their lives that is far from reality. However, it is better to embrace your lifestyle and realize that you can improve it.

This not only applies to your lifestyle but your character too. If someone points out a flaw or problem they see within you, hear them out. Don't try to defend yourself; instead, listen to what they are saying. Ask them "How can I improve myself? What do you think I should do?" Figure out why someone is telling you what they are telling you, and if it makes sense, implement their suggestions. You need to realize that you are not the best and that no matter how far you go, there is always another step in front of you. It is at this point when the ladder of growth becomes infinite. There is no end to whatever you are trying to accomplish. Once you unlock the full potential of humility, you will see the endless possibility for you to become better.

Remember that small acts of giving will ultimately make you more comfortable with humility, and that you should assess the impact of your actions on your surroundings.

Setting Goals with Ambition

“Uncomfortability is not always negative because it can drive change”



We all have ambitions: things we strive to achieve such as success in our careers, relationships, or any area of life. While it is necessary to have these ambitions, it is also imperative to write them down. In fact, you should be writing them down every day as it only takes a few seconds. You can do it when you first wake up, or right before bed. That's all it takes, just a fraction of a minute to commit to your goals every day.

Writing down your goals allows you to mentally assess your progress. When you do this, you can hold yourself accountable for the goals you set and this accountability will only help push you forward. If you haven't been working on your goals, you will feel a sense of guilt and discomfort. You may think that this would add unnecessary stress to your life, but it will only drive you further. Uncomfortability is not always negative because it can drive change.

What should be driving you to achieve your goals? The answer is that the fruits of your dreams should drive you. When you think about yourself in the future, having achieved your goals, the desire for that satisfaction should drive you. You will know that you are working on your true ambitions when you don't feel the need to take breaks during work.

It is important to understand that even if you think you are working for yourself, you are actually working for those around you too. Even when you aren't working for a boss, you need to realize you are working for your family, loved ones, future employees, and future clients. You are working to give yourself and those around you the best life you can possibly give them. The question you should ask is not whom you are working for, but how your work can make a difference in the lives of others. Thinking differently like this will help fuel you through the failures and setbacks that are bound to come in your way.

Realize that unless you hold yourself accountable for your goals, you will struggle to meet them. Nothing will happen magically, and it is up to you to make sure you commit yourself to the work it will take to achieve your dreams. Everything in life requires some amount of work. It's a matter of your discipline and willingness when it comes to handling a greater magnitude of work that will set you apart from others. Take the first step, and if you really are committed to your goals, your actions will not feel like work. That's what makes the process of chasing dreams so beautiful.

While you are in the pursuit to reach your maximum potential, you should always be thinking big. Unfortunately, many people fall below their potential because they can't think big when they start their ventures and journeys. Understand that there is no harm in thinking and dreaming bigger. Of course, more action is required, but bigger dreams are the root of greater action.

Often, people do not set goals because they doubt themselves and are insecure. They are under the impression that their dreams and what it takes to achieve them is beyond their capabilities. This may be because of past experiences or certain relationships with people. Many people are also simply misinformed. Sometimes through school or their childhood experiences, they have been doubted by other people. That is why it is so important to surround yourself with people who are big dreamers and big thinkers. These are the people who think they can change the world, and those who will attempt to translate their dreams into reality. When you surround yourself with these kinds of people and start becoming aware of the abundance of opportunities around you, you can set better goals for yourself.

Even the smallest of opportunities, which may seem petty to you, can flip your entire life around in a positive way. All that is left is the ability to recognize these opportunities and start making the effort to maximize them.

Remember that when you try to dream big, there will be those who think you are crazy or arrogant for having enormous visions. Ignore them. If you dream enormously, it is possible that you don't achieve your dreams; however, what is true is that you will be a lot further down the road than if you had only dreamt a small vision. This is why thinking bigger brings you much closer to your true

potential. Make sure you allow your dreams to be the driving factor of your actions.

When you set goals with ambition, you will find that these goals are not only larger, but you will be able to stay aligned with them for a long period of time too.

Purpose with Self Awareness

“You should only invest your time in places and activities that you can find a purpose within”



When starting any venture, you need to have a purpose for why you are starting. Different purposes and reasons serve as strong motives that can help you overcome challenges.

You may be asking yourself, what could these reasons or purposes be? The key is you don't want your reason to be selfish, because then you may not reach your maximum potential. This may sound unusual but if you think about it, when you are doing something just for yourself, it is easier to give up when challenges arise. You can easily become too comfortable and you will not have other reasons to push you forward. However, if you have purposes greater than yourself, it is likely that these purposes will nudge you further.

Purpose is something that should be meaningful and unique to yourself. You should only invest your time in places and activities that you can find a purpose within. You need to figure out your reason why and remember the benefits of broadening this reason.

In terms of finding this purpose, being self aware will be vital. Self-awareness is the conscious knowledge of your true character, desires, motives, strengths, and weaknesses. In other words, it is who you truly are as a person. Many people think they have a clear understanding of themselves, but they refuse to acknowledge their weaknesses.

At the start, it is okay not to have a full understanding of your strengths and weaknesses, but you must make an effort to learn about yourself. When you have a better understanding of your own faults, you can figure out how to make up for them. This could mean finding people whose strengths match your

weaknesses, or learning how to overcome your own faults. Either way, by knowing yourself, you will be able to become a better version of yourself.

Remember, you should never change your motives or character because of others. What is important to understand is that there will be times when your surroundings influence your beliefs. Also, it isn't enough to be aware of who you are as a person, you need to take action on that. You need to build greatly on your strengths and improve on your weaknesses. When it comes to strengths and weaknesses, the goal is not to make yourself well-rounded. Instead, compare your faults and see if fixing them can facilitate you in what you are trying to do. Based on this, decide whether you need to build upon those shortcomings or hone in on your strengths. You need to weigh the value of building your strengths or improving your weaknesses before deciding on what you want to focus on. This way, you can make better decisions and be more efficient in your approach to your goals. As you think about what is most valuable to you, it will be easier to find your purpose.

This is why purpose is closely related to self-awareness. Your reason for taking any action should be built from the understanding you have of yourself, because that will ensure that you are making decisions beneficial to your purpose.

The Hardest Worker in the Room

“Hard work is the root of success”



Anything great requires hard work! You MUST work hard! When it comes to working hard, there are no exceptions. You have to make the necessary effort now because if you push it off, you will never be able to make progress. It may be hard for you to work all day, or have 80+ hour work weeks, but this is necessary for you to start your journey on the right foot. Sometimes, you may want to join the people who are having fun and working very little, but always remember your end goal. You only live this life once. Why not make the most of it?

Living your dream life is important, but you need to work for it. Hard work is the root of success. Everyone can work, it's the people who are most productive with their work who get the farthest. This is where the distinction between hard work and smartwork comes into play. Most are capable of doing hard work, but working aimlessly is never the answer when it comes to achieving your goals. What matters more is working with intellect, and making the most of the time you set aside to work. Someone who works productively for 1 hour can very well get more tasks done than someone who works aimlessly for 3-4 hours.

Sometimes, you may feel that others are lucky because they have “talent”, but the truth is that hard work will beat talent. Often, people with talent don't work as hard as others because they think they don't have to work as hard to achieve the same results. Over time, this degrades their mindset, and they become lazy. This is why the hardest worker in the room always wins. It doesn't matter if you have talent, it is your ambition that really matters. You have to fight for your dreams, so show your commitment by working twice as hard as anyone else.

People may even say “Oh, you work too hard” or “You are a workaholic”, but remember, these people don't see the same visions you see. Don't let them discourage or stop you from putting in the work you need to achieve your goals.

No one will tell you to work more. In fact, most people are looking for an escape from work because they get burnt out easily. Learn to make time to work. Once you make time to work, you'll start to notice the importance of every hour.

Back to the idea of talent, talent is something you should be grateful for if you have it. There are a lot of people who have talent, and there are others who have not yet discovered their talent. Sure, talented people may have a head start, but that will only be maintained if they work hard. Unless a person has a genuine drive to excel, they won't put in the required effort. It is also important that you understand talent doesn't define what you will do in your life. Many people are born with great talent in areas they have little interest in. For example, one may have a talent for painting; however, the idea of painting for hours bores them. This is common, but at the end of the day, you should do something that excites you. Sometimes, talent holds you back because you feel like you should only do what you are talented at doing. But instead of allowing talent to hold you back, see if you can use it to your advantage in whatever you decide to pursue.

Talent can become a double-edged sword if people use it as an excuse. For example, people may believe that since they do not have any talent, they cannot achieve anything greater. This makes them settle for less than their maximum potential. Never use your lack of talent as an excuse for not trying. Do what is necessary to fulfill your burning aspirations, because if you work hard enough, you can manifest your own talents.

Hard work beats talent when talent doesn't work hard. This will only be true if your hard work comes with consistency. If you only work hard a few days every week, you will still not find yourself moving as far as you can. Work ethic must be paired with consistency to produce the best results. In order to do this, your mindset must change from "do what you love" to "love what you do". It is important to realize that you will have to do things that you don't like to do. Learn to love what you need to do, even if it is something you dislike, you should approach it with an accepting attitude. Remember that at the end of the day, you need to do what is necessary. Think about why you are doing the work. Once you know the why, you will not second guess doing things you don't want to do to get to where you want to be.

Another benefit of doing what is necessary is that it will build invaluable experience for you. Experience is one of the most important things you need in order to achieve your goals, because the more experience you have, the more comfortable you will feel in a wide array of situations. You will feel comfortable in situations others would label “uncomfortable”, and this will allow you to win against any challenge that confronts you. The lessons you learn from these moments are just what you need to propel yourself forward. All of this will allow you to become more versatile in different areas of your life, and it will also help you build discipline.

If you are seeking to improve your work ethic and find that you just do not have enough time in a day to accomplish what you want to get done, getting up early is the optimal solution. Regardless of whether you are working or not, getting up early is always a beneficial habit to cultivate. You shouldn't be missing out on half of the day because you woke up late. Even if you are more of a late worker, take advantage of those late nights, but make an effort to wake up early. This is because the mornings are the best to prepare for the day and ensure you stay committed to doing the work you need to get done. Use the morning to set a productive routine for the rest of your day.

When you wake up early, your mind and body are the most fresh and energetic. This makes it practical and reasonable to utilize these hours on getting the harder tasks done, so you can have a slower-paced afternoon and evening.

Remember that being the hardest worker in the room also means that you must be the most productive version of yourself. Working without productivity is no different than hours being wasted, so give yourself the necessary breaks in between your work to ensure that you are working with maximum efficiency.

Overcoming Obstacles

"The only battle you are fighting is the one against yourself"



When you are starting the pursuit for your dreams, don't let outside opinions affect you. Your mind needs to be built like steel. In order for this, you need to be able to block any discouraging opinions from entering your mind. At the end of the day, you are the gatekeeper to your mind. You have the power to allow someone's opinions to rush inside or block them out.

Unfortunately, criticism is inevitable when you work towards your goals and even after you accomplish them. The key to not letting criticism affect you is to understand who the criticism is coming from. Most probably, the people who are criticizing you are people who haven't attempted what you are trying to do. This is common in nature because when people cannot do something themselves, they tend to doubt others too. People never want to be proved wrong, but they always want to prove others wrong. This principle is often the origin of criticism.

Remember that your only limitations are in your mind, and a weak mind will always bring more limitations. In order to strengthen your mind, you can handle criticism by using it as fuel. Sometimes, the negativity that others throw upon you can be powerful in motivating you to keep persisting and eventually prove them wrong.

Just as people doubt you, they will also judge you. Overcoming being judgemental takes a lot of willpower because of the fact that judging is so deeply rooted into human nature. People often judge others out of jealousy, because they are searching for faults in them. They scan people for flaws so they can make themselves think that they are better than the other person. The worst part is that this negative judgment arises even when one doesn't know anything about what is going on in the other person's life. When you don't know about a person's background or present state of mind, you cannot jump to conclusions. Even if you think someone did something wrong, you shouldn't judge them for their

actions. Everyone makes mistakes from time to time, so it is better to be accepting and constructive towards the other person rather than inflating their mistakes. Implementing this idea is hard because everyone has firm beliefs and aren't ready to let go of them, even if it is only for a brief period of time. Instead of looking for flaws in people, start looking for the good values in them. There is always decency in everyone, and if you have an eye for that, you will see how more people will inspire you to become better.

Another, equally important part of judgment is self-judgment. Simply put, too many people are too harsh on themselves. Although being harsh on yourself can lead to self-discipline, if those thoughts are demotivating you, you need to stop judging yourself. Instead, give yourself an opportunity to improve and grow. If you give your mind an opportunity to grow, it will fix itself. When you see your success as a measure of your individual growth over time, you will begin blocking all the noise and criticism that surrounds you. This may be surprising to you, but forgetting about people's opinions will make you happier than ever before. At times, criticism from those close to you can lead to underestimation. If you think about it, the people closest to you have gotten used to your current self. All of a sudden, when you set a "huge" goal, it becomes hard for these people to see you differently. In their denial, they start to underestimate your potential by saying things like: "Are you sure you will be able to do this?" These are rational statements considering the fact that they have been accustomed to your current self, but you will only instigate self-doubt if you let these statements hinder your growth. It may be hard at first, but as you become better at filtering the information around you, you will see how much easier it is to grow. In this way, underestimation is actually an advantage because it helps you strengthen your mindset.

Another advantage of underestimation is that it is a driving factor. During your lowest times, underestimation can be the strongest source of fuel for you because you want to prove people wrong. The feeling of "proving" your worth and abilities is extremely powerful, and a great motivator. But remember that you don't need to say anything because your results should speak for themselves. No-talk-only-action is the most powerful and modest strategy to implement. When you start to look at underestimation from the right perspective, you will realize how lucrative it can be for you.

Unfortunately, even after considering all of the above, the desire to quit can still be inevitable in many cases because of the countless setbacks you will likely face. However, you are in control of your actions if you have the desire to quit. Your decision at that moment will ultimately determine if you are able to achieve your goals or not. The key realization you need to have is that success is not possible without failure. This is why you shouldn't doubt your ability to succeed when you face a setback. The people you see online may have had a rough history with failures, but you don't know what they overcame to get to their current state. Don't compare your failures to someone else's successes. Instead of being occupied with what other people have, focus on what you need to do. Comparing yourself to others will only lead you to insult yourself, because those who you are comparing yourself to have probably achieved more than you have. Successful figures and influencers can be a great source of inspiration if you keep this in mind.

Remember, the only battle you are fighting is the one against yourself. Your life and the road to your dreams is one drawn out battle against yourself. You will only lengthen this battle if you bring other people into it.

People are Priceless

“The person with the most connections is the person who will achieve their goals the fastest”



People are an essential part of any goal you attempt to accomplish. In order to work with people, you must have strong cooperation skills. “Coming together is a beginning, staying together is progress, and working together is success” - Henry Ford.

The idea of finding the right people to work towards your goals with, and sharing trust is the backbone for achieving results. You need a team because you can only get so far by yourself. Even if you think you may be doing everything yourself, in reality you aren't. For example, those you seek advice and support from will always be part of your team. You need the right people around you in order to get results. When you have others who support you, care for you, and respect you, suddenly your largest goals don't seem as crazy. Teamwork multiplies the success that you can achieve.

Working in a team with the right people will also lead to increased productivity and creativity. With other people, you can bounce ideas off of each other, and everyone can collaboratively add their perspectives. These perspectives can become fundamental in formulating a business plan or any other planning as different perspectives offer more options. This also allows you to take healthy risks since everyone's opinion will matter. Plus, everyone can learn from each other's experiences.

When building a team, you should surround yourself with people who are smarter than you. When you do this, you can learn from them and build your skillset as you will be exposed to knowledge that will only help you grow. Even more, working together boosts everybody's morale! Who doesn't want to be in an environment that channels more positivity and motivation?

While teamwork is important, it is also just as important to consider how you can market your team in front of people. The bottom line is that people need to know who you are. You not only need a great team, but you need attention for people to recognize you. Even if you have the best product, service, or performance, if no one knows who you are, it won't matter. Let's say there are two companies: a bigger, well-known company, and a smaller, not-so-well-known company. Even if the quality of the big company is not as good as the quality of the small company, the big company has all the attention, and will experience more success from the start. Attention is what allows the big company to remain dominant and grow while the smaller company remains stagnant. It is how companies become brands and ubiquitous parts of society.

Understand that the person with the most connections is the person who will achieve their goals the fastest. This is because more connections allow you to reach more people of high value. These people may have power and influence, meaning they can be a useful resource for you. For example, if someone famous broadcasted positively about you to their followers, there would be a newfound demand for you, and people will start contacting you.

Another advantage of having connections with people is that you will have access to people who are experienced in different fields. It will become easier for you to seek advice from people who have real results. Sometimes, one powerful connection is all it takes to completely change the route to your goals.

Don't be afraid to put your name in front of people. Even if you are introverted, put yourself out there, because with the existence of social media, there are no excuses. Many people never take the initiative to put their name out there because they fear criticism. Remember, criticism is never going to go away, so there is no benefit by fearing the opinions of others.

Support systems are very lucrative when it comes to dealing with people. Attention is important for getting yourself known, but you also need a strong network of individuals in your support system. A support system is a network of people who can provide guidance, knowledge, and insight to you. They are the people who support you the most and believe in your abilities. Problems will keep coming, and you need to learn how to cope with and overcome each one of

them. Not only do you need personal strength to help you cope with them, but you need other people. That is why it is critical to have a strong support system. It is best if the people already close to you like family support you the most. However, many people are in a situation where their families are not always supportive of their endeavors. In this case, you'll need to put in more effort to find others who share your excitement. Realize that it is important to be smart with the people you choose to spend your time with. These people should be the ones who are most supportive of your endeavors and ones who make you feel optimistic. Many people who lack a support system become fragile when they encounter problems as they have no one to lean on. This makes them more prone to giving up. If you don't have enough support in your life, you must make it one of your top priorities to start forming your support system.

Within a support system, it is important to have genuine trust. You cannot afford to have people who have bad intentions behind your back. Relationships thrive on trust, and no relationship will last if there is a lack of trust between both parties. When you have a strong support system, you'll start to see how words become much more powerful. Sometimes, all you need is that little sweetness for all of the day's bitterness to erode away.

In business, having good coworkers and a team who can support you will help you dominate your industry. Almost always, the people who receive strong support perform much better and feel more elevated as they work on their goals. It is amazing how far you can propel yourself when you have people who truly believe in you because often, you just need a hand to hold, an ear that listens, or a heart that can understand you. Simply put, people are priceless.

Learning & Habit Creation

“Knowledge is everywhere, but learning is a choice”



Learning. You should never stop learning because your mind is constantly seeking knowledge. In fact, you need to be continuously learning to reach your biggest goals. Whether it is learning from books, people’s experiences, or your own mistakes, learning is the root of progress. Knowledge is everywhere, but learning is a choice. And it is this choice that will determine if you achieve your goals or not.

It is up to you to give yourself the right knowledge and surround yourself with people who will give you the right knowledge. You need to understand that your decisions will supplement your education, and that learning is something infinite: you learn something new every day.

In today's world, especially with the internet, being able to self-educate yourself is extremely important. The internet is a gift in the fact that any type of knowledge you want is completely free and accessible. There are endless websites, sources, videos, tutorials, and even forums where you can ask questions. When you have an infinite source of knowledge at your fingertips, there is no reason you can’t learn something with some time and discipline.

Self-learning is the ability to teach yourself the skills necessary to achieve your goals. This applies to everyone no matter how young or old. You will need to teach yourself a multitude of different skills or have people around you that will teach you those skills. The great thing is that all the knowledge, skills, and success that you desire is already with other people, meaning there is a lot you can learn from others. This includes both hard and soft skills that are required for your goals. Again, there is no way to grow as a person unless you are continuously learning. If you can learn when no one else is forcing you to learn, that is when you know you are driven.

Self-learning is also unique because it is independently paced. No one is going to make sure you are keeping up with your learning, and here is where accountability becomes imperative. The more you hold yourself accountable for your knowledge, the faster you will see yourself grow. When your goals are really driving you, you will see that learning becomes natural and almost unconscious.

Learning doesn't always have to be an independent task. In fact, learning should involve other people. The best example of this can be found in a mentor. In anything you want to pursue, it is in your best interest to find a mentor. Any successful person in their respective industry will be beneficial to you. Whoever they are, this person can give you priceless information and teach you valuable skills that you can implement in the future. These skills can give you the edge when it comes to advancing in your industry. You may be wondering, how is a mentor so beneficial? What can he or she do for me?

The beauty of having a mentor is that you will have guidance at all times, and you will have someone trustworthy you can seek advice from. A mentor can give you the knowledge that you otherwise would have had to invest time and make mistakes to learn. In other words, having a mentor can help you save time and effort when it comes to making common mistakes. They can help you get started on the right foot and guide you along your journey.

A concern when it comes to finding a mentor is that people have this idealized version of what a mentor should be: the biggest name in the industry. This idea where one believes that only the magnates and leaders of a certain industry should be their mentors is false. First off, these people are already extremely busy and it is hard for them to invest their time in mentorship. Second, you may not have the means to contact or reach these people. By no means should you not want to be mentored by the best people in your industry, but these people should not be your only targets. You need to open your reach to people who have sufficient experience in your field too. Just because they are "smaller" does not mean that they are not as beneficial. In fact, these people often have more time to help you and share their knowledge with you. At the end of the day, the truth is that they have more experience than you. This experience is the essential part that you should be looking for. When you barely have any experience, anyone

who has been exposed to a particular industry longer than you have will have countless lessons you can learn from.

You may be wondering, how can I find myself a mentor? Are there any steps I should take?

First, you need to have the humility to ask for help and guidance. Again, you need to understand that there is nothing wrong with asking for help. Many people think that it's a sign of vulnerability or weakness when in reality it's the exact opposite. Asking for help shows your strength and hunger for success. You need to make sure you are ready to learn and have someone teach you, and asking for help proves your readiness. If you are consistent and remain patient, you will find the right mentor for you.

Remember, when you are searching for a mentor, you are asking them to set aside their own time and energy for you. Not everyone is willing to give you their valuable time and energy without anything in return. So instead of just showing up, you need to offer them value and prove to them that you want to reach the next level. Formulate a plan for how you can offer value to your mentor. It could be as simple as taking care of tasks for them or anything else they may need. Again, with the internet and social media, you can direct-message anyone and contact potential mentors with your fingertips.

Of course, learning knowledge is one thing, but utilizing it is another. You need to create consistency when it comes to implementing the knowledge you gain. This comes in the form of developing habits. In order to stay focused and disciplined, you need to create good habits for yourself. Remember, you are in charge of the habits you create for yourself, and so you must ensure that you are creating habits that will benefit you in the future.

You need time to manifest a habit, especially a good one. Often, it is much easier to build a bad habit than a good one, because most bad habits are established from unhealthy desires you have inside of you. One of the best ways to build positive habits is through repetition. At the end of the day, habit-creation is another part of discipline, and so through repetition, you are not just creating effective habits, but you are also strengthening your discipline.

Sometimes, it becomes harder to create a habit as time progresses. For example, if your goal is to increase your stamina, you may have to wake up early and go on mile-long runs before hitting the rest of the day. Although you may feel motivated to do this on the first couple of days, over time, you may start to dread your early morning run. You don't want to dread doing what is necessary to create your habit, because when you dread repeating an action, you are less likely to do it. This is why you should try to blend habit-forming actions into your routine. This way, they will become more natural to you as time progresses.

Habits are the very thing that make up our routines and day-to-day lives. So spend the extra time to develop long-lasting habits that will benefit you as you work towards your goals.

Always remember that self-learning is everlasting, and if you can supplement your education with a supportive mentor as well as productive habits, you can maximize the knowledge that you gain along the way.

The Winning Mindset

“Mistakes and failures are the rungs of the ladder to success”



The winning mindset begins with understanding sacrifice. You will have to sacrifice many things when it comes to achieving your goals. But if your dreams are your top priority, this shouldn't be a hard choice. Sacrifice is necessary, and you should know that it comes with risk.

Unfortunately, risk is a word that most people carry a negative connotation with. But why?

The answer is that too many people fear risk. They ask questions like “What if this happens?” or “What if I can never do this again? What if I lose everything?” Even though their fears may be justified, these fears manifest into doubt over time. However, if you want to move up levels in your life, you need to get comfortable with taking risks. Often, taking a risk involves a decision between what you may gain and what you may lose. But if you weigh the options, what you may gain can be greater than what you may lose. Remember, you only have this one life to pursue your passions. Don't let potential risk side-track you, because in the future, you may regret the fear that held you back.

You have to understand that risk is a game of strategy. The greater the level of risk, the more you will push yourself forward. Think about it for a moment. If you know you have little risk, or that you may only lose a small amount, would you really be willing to put in your full effort? In this case, you are trying to sacrifice something small for something big. How is this going to work? When your sacrifice is so small, how will you stay motivated? The bottom line is that taking a big risk can help you stay motivated in following through with whatever is required to reach your goals. You will be able to work harder, achieve more in less time, and ensure that your sacrifice turns into success. This will lead to more impactful and greater results. Your perspective on risk can

completely change the outcome of your work and your life. So don't fear risk, and embrace it as an opportunity for you to grow.

Alongside fearing risk comes the fear of making mistakes. People don't want to make the wrong choice. They would much rather prefer the safer path where they know there is little room for mistakes and faults, than a path on which mistakes are inevitable. This is because most people believe that making mistakes and failing are the same thing, and if one happens, the other has happened too. However, you need to understand that there is a significant difference between mistakes and failure.

Mistakes can be big or small. You may mess up something that is easy to fix, or something that will take more time and effort to fix. Regardless of the size of your mistake, a mistake can be resolved. Now, if the mistake involves something that can never be brought back, it is a different story. You may not be able to entirely fix it, but you will be able to learn from it. This learning aspect is what makes mistakes so valuable.

No matter how much you read or study, without experience, there is only a certain level of knowledge you can attain. Mistakes are the other half of knowledge as they can occur only from real experience. When reflecting upon a mistake, you can assess what you did wrong and figure out what you need to do in order to prevent yourself from making the same mistake again. This is why mistakes are often the best way to learn. In fact, they are the stepping stones to success.

The same goes for losing. The fear of taking risks and making mistakes is ultimately driven by the fear of losing. Inherently, people fear losing and do everything they can to avoid it. But when they do lose, they cannot accept their losses. However, you shouldn't fear losing because it is a key part of your journey. You should think of mistakes and losses as guides for you to ensure that you stay on the right path to your goals.

Many people overlook the fact that it is never success after success for those who have achieved their largest goals. In fact, no one who has achieved their goals has only experienced success. If you were to draw a spectrum, you would realize that

success is only achieved a handful of times while losing fills up the rest. But, the beauty of the process is that you only need one success to compensate for all your losses.

So, what is the right way to handle a loss? Simply put, you have to like losing and accept it, rather than spending time in denial. In other words, you need to love to lose. This may sound crazy, but it's the truth. This is because when you lose, there are some things you gain that a person who only wins does not necessarily gain. For example, if a person luckily experiences success the first time, they will not learn what you learned through your mistakes. By losing, you actually increase the odds of success because every time you lose, you learn something that propels you forward. In this way, a loss can be more lucrative than a win.

But what about failure? Failure is something that is defined by you. You hold the power to choose when to call it quits, so in essence, you control when you fail. Remember this: You have not failed until you give up. Even if you make a thousand mistakes without any success, if you don't give up, you haven't failed. The interesting philosophy behind giving up is that it is the only thing that guarantees failure. If you are strong enough to eliminate failure as an option, you will only move forward.

The winning mindset revolves around your understanding of sacrifice and risk, as well as how you handle mistakes and failure. With the right perspective on these topics, your mind will understand that mistakes and failures are the rungs of the ladder to success.

Commitment Drives Execution

“Sometimes it is better to commit first, and then figure the rest out afterwards”



Too many people make the mistake of never starting. They say they have too much work, not enough time, or make another excuse for their lack of action. Most people will blame everything else but themselves for not taking the initiative to start. Many times, this is a problem with prioritization. The idea behind prioritization is that you will focus more on the things that are higher-up in your list of priorities. Hence, when you prioritize your goals above everything else, you will find the time and effort it requires to work on them. But if you hang around people who make excuses instead of working towards their own goals, your actions will start to mirror them. This is another reason why your network matters. Who you spend time with, your practical knowledge, and your mindset, will all affect the outcome of your decisions.

So how do you avoid not starting? It's called commitment.

Sometimes it is better to commit first, and then figure out the rest afterward. This is what highly successful individuals do. Without thinking too much, they commit themselves to a task. Either with money or through verbal agreements, these people commit to their dreams and goals first. They don't worry about the consequences of their commitment, because they are well aware that committing will encourage them to work towards their goals faster. When you commit to anything, you bring yourself new responsibilities. You start to understand that if you don't take care of these new responsibilities, you may not be able to reach your goals. Even if you do not have the money, resources, or connections at first, your commitment will eventually find a way around this. This is the true power of your mind. When you don't have a choice, your mind will always find a way to get to the next step.

In essence, commitment will bring a newfound healthy pressure on your mind that will facilitate you to start pursuing your ambitions. Remember, your mind is

the most creative under pressure, which is also why it is beneficial to commit first. Don't fear putting your back up against a wall, because when your back is against a wall, the only way you can go is forward.

Once you commit to your goals, it is also imperative that you take the necessary action to execute on them when the time comes. There are so many people who solely keep their visions in their heads. They spend so much time dreaming and envisioning their goals, but never actually get around to putting their visions into fruition. This is because it is just easier to think and believe rather than taking physical action. Everything is easier said than done. Most people are theorists, meaning they come up with ideas that sound exciting to pursue. However, anyone can come up with ideas, the real work is in the execution. The handful of people who actually execute on the ideas they have been storing in their minds are practitioners. If you are more of a theorist, your goal should be to become a practitioner. Don't limit yourself to only thinking about your ambitions instead of putting them into practice. Sure, you may have a brilliant and scalable idea, but if you cannot translate that idea into physical action, it becomes obsolete.

Even if you may be a theorist now, you can become a practitioner. All you need to do is take action and work for your goals. There is no complex algorithm for success. It takes commitment and execution.

Inspiration Cures Boredom

“Inspiration is the key to bringing beneficial change in your life”



Everyone has been bored in their life, and it is not wrong to feel bored once in a while. However, it is important to understand that while boredom may be common when you are figuring yourself out, you need to minimize the amount of time you feel bored. Boredom is a sign that you are losing interest in what you do, and this does not necessarily mean that you are doing something wrong, it just means that you need to change how much time you devote to different activities. The only way to tell if you like to do something is to be self-aware. You need to listen to your heart. The problem is that people get bored and remain bored because they don't make a change in their life. This limits their own growth because they can never open their mind to try something else.

When you are bored, you cannot afford to do something that you do not have passion for. Remember, time is precious and you cannot waste it on things that make you bored when you can be improving yourself instead. There is nothing wrong with starting over if it means that you are working on something you are passionate about. You will never be able to perform your best or reach your maximum potential by doing something that keeps you bored.

Understand that if you wait too long to make a change, you will have to face regret in the future. With the right awareness and mindset of welcoming change, you will truly start to seek new opportunities.

One of the best cures to boredom is inspiration. When you find inspiration from something around you, it will help push you to make a change. What is it that inspires you? Who inspires you? Think deeply about this and respond to yourself honestly. Why does that person or thing inspire you? Inspiration is a necessity because if nothing inspires you, it will be hard to stay motivated. However, it is important to understand who or what you take inspiration from.

Most people take inspiration from the wrong people. They look at their friends around them and see what they are doing in their lives. Let's face it, many of you have certain friends who may be holding you back. These are the people who try to talk you out of achieving your own goals because they aren't working towards any of their own. This doesn't mean not to take inspiration from people you know. You may know people who are successful in the space you want to be in, and you should take inspiration from those people. What matters is that you are taking inspiration from people who have already done what you want to do. These are the people who have the most experience and maybe even a similar personality to your own. Listen to what these people say and take in as much of their advice as you can. Again, this goes back to the question: Who are you taking inspiration and advice from? Don't take advice from people who haven't set any goals or haven't started working towards any of their goals.

Everyone knows how to badmouth people, but they do so without thinking about that person's background. A common example is when people talk about billionaires. At some point, the conversation becomes about how "greedy" or "selfish" they are, yet these people fail to realize that the "good" the billionaires bring is not always from philanthropy, but from the product or service they created. Many times, what made these people rich is the same thing that made the lives of millions of people easier! Therefore, don't talk badly of others when you don't see the whole picture. When you do look at the whole picture, all of a sudden, it becomes easier to take inspiration from what someone has done. Even if it is one action, sacrifice, or statement, it may just be the thing you need as motivation.

Again, inspiration can come in any form, but you need to make sure there is always something inspiring you. If there is no inspiration, it will be very difficult to put up with challenges you come across as you try to achieve your goals. This is why inspiration is the key to extinguishing boredom and bringing beneficial change to your life.

Opportunities & Being Resourceful

“Opportunity is something that can only be seen by your eye. If you do not look for it, you will not find it”



The world has an abundance of opportunity for everyone in every field. Many people think that someone else's success diminishes the chances of success for themselves, but this is not true. Just because someone has a larger piece of the pie doesn't mean you get a smaller piece.

These thoughts come when one is rooted in jealousy. The moment they see someone doing better than them, they start developing a grudge towards that person. It is hard to avoid this instinct at times, but you need to realize that this mindset will only limit you from bettering yourself. Again, you have the same opportunity to succeed as anyone else, and once you internalize this, you will stop building resentment towards others. The resentment you build will only end up harming you before it harms others.

Something important to realize is that everyday, your market and space are growing. There is constantly new demand, and so the pie is always growing. If you remain jealous of what others have, you will limit yourself by believing that there isn't enough room for you to grow. Another problem jealousy brings is that it blinds you to all the potential opportunities around you. You won't focus on finding new opportunities and executing on them. Instead, your time will be wasted thinking about everyone else and how you lack compared to them. This is not a healthy way of living.

So, be more open and see how you can turn your surroundings into something beneficial for you. Opportunity is something that can only be seen by your eye. If you do not look for it, you will not find it. That being said, you are in complete control over the opportunity you find, so make sure you are focused on searching for opportunities around you.

Opportunity also lends itself with resourcefulness. The people who are most resourceful will more easily find opportunities. You must understand that you cannot achieve all your goals without outside resources. These resources could come in the form of people, knowledge, or experience that you may lack. In order to find and use resources, you need to first be able to ask for them. You need to have courage to approach and start a conversation with someone. Resourcefulness through networking is all about putting yourself in front of people and talking to them in a mutually beneficial manner.

When talking with people, you have to accept you are just starting and that they may have more experience. Everyone wants to feel important, but when trying to be resourceful, you should see how humility can lead to long-term connections. These long-term connections will give you access to a wealth of knowledge as well as more people.

Resourcefulness itself should be taken as an opportunity to strengthen your humility, build courage, and gain access to resources. When you think of these actions as benefiting your personality, you will see just how valuable it is to try approaching people and asking for advice.

Again, in order to achieve your goals, you need resources outside of just yourself. Focus on seeking opportunities, learn to be resourceful, and use both to better your personality and mindset.

The Platform of Confidence

“There is no “capability factor” that determines your odds of success, its confidence”



You need to be confident. No exceptions.

Confidence is underrated in today's society because people always tell others not to be “overconfident”. When someone says you are overconfident, you may develop a seed of doubt in your mind. But before this happens, you should ask yourself what even is overconfidence?

Overconfidence is really a matter of understanding the line between confidence and ego. People often interchange these words when they shouldn't. Confidence with clarity is beneficial for you because it promotes motivation. Ego is the opposite. It may motivate you at first, but it can tear existing relationships, and limit your ability to make future connections. Confidence and ego may sound related to some extent, but they are complete opposites in how they affect your path. This is another reason why you need to be self-aware. You should know your strengths and weaknesses, as well as how you make others feel when you interact with them. Based on this, you should be able to understand whether your actions resemble self-confidence, or a manifestation of your ego.

But what is the importance of confidence? Simply put, confidence is what pushes you through setbacks and allows you to remain on your feet. Even if no one else is believing in you, confidence allows you to believe in yourself. You need to have the confidence that you are fully capable of achieving more than your goals, because the truth is that most people don't even live up to 50% of their potential. The reason for this is because they live their whole lives believing they are incapable.

Remember, there is no “capability factor” that determines your odds of success, its confidence. Don't limit your actions because you think you aren't capable. It is

surprising just how capable people become when they have confidence on their side. Confidence and the notion of believing in yourself is all about keeping faith. Faith is a powerful emotion that can completely change the outcome of your hard work, because it directly influences your mindset. Best of all, it only requires thought to establish faith. So how can you use thoughts to build faith?

Faith is not just an emotion, it is a state of mind. In order to build this mindset of faith, you need to repeat certain thoughts. You need to be able to paint a picture in your mind of your ideal self in the future. More importantly, you should be able to feel how you would feel after you achieve your goals. Feeling provokes emotion, which goes beyond thoughts. Emotions mold the mind, and are a large factor when it comes to building the right mindset. If you can see yourself having achieved your goals, it is easier for you to have faith. Not only that, but the feeling this mental image brings is another resource that can drive you.

One of the most fascinating principles of the mind is that your dominant thoughts materialize over time. Dominant thoughts are the thoughts that take up most of your mind throughout the day. They are the thoughts you constantly think about, regardless of whatever else is going on in your life. Ideally, these thoughts should be of you accomplishing your goals. The second part of this principle is that these thoughts materialize over time. Essentially, this means that your thoughts will translate into reality over time. Remember, the keyword is "over time." As mentioned before, nothing great will ever come fast, but if your dominant thoughts are about your goals and you are able to remain confident, you will be able to transcribe them into reality more easily.

Something great is that you can also envision your future-self as a better version of your current self. In this way, you can also better your personality through your thoughts. You should ask yourself these questions:

What do you want to be like in the future? What virtues do you want to have?

Now that you see the overall picture of how you can go from thought to mindset to reality, you can really understand the importance of confidence and faith. Confidence will give you a strong platform on which you can sustain faith. So believe in yourself, because it is way more powerful than you may think.

Aligning Patience with the Long-term

“Patience leads to long-term results of higher value”



Nothing will happen fast because long-term goals require time. It is never about luck or a fast-route, the reason why you may have a hard time focusing is because of your lack of patience. Most people aren't able to work their goals into fruition because they have no patience.

You cannot expect a “fast-track” to your goals, and you definitely do not want to be working for short gains. One way to avoid a lack of patience is to not base your goals off of materialistic things, rather, off of emotions. What do you want to be able to feel, how do you want to feel? These are the kinds of questions you should be asking yourself.

Realize that your effort is worth the result you are getting in the end. This means that all the work you do will amount to the value of your goal. Thus, if your goal is to have fulfillment in life, it will take time as fulfillment is a priceless emotion. This is how patience leads to long-term results of higher value. Just as a tree cannot grow to be the tallest within a day, you cannot grow to reach your goals in a day.

One major difficulty people have with patience is when they are under pressure. If something hasn't worked for them and they have been trying for months without results, they will start to give up on patience. On top of this, friends and family may also be trying to convince them that what they are trying to do will ultimately fail. But you should remember that the more failure you experience, the more patience you develop.

Most of the time, things will not go how you plan them to go; this is just reality. No matter how much detail you plan for something, there can always be something unexpected that arises. It may result in a small modification of your plan, or it may require you to completely change your plan, but whatever it is, it

will require you to have patience. When most people are confronted with an unexpected problem, their first instinct is to try to get rid of the problem as fast as possible. Although this is important, they shouldn't lose sight of the long-term agenda. Don't decrease the size of your goals because of certain problems; instead, increase the magnitude of your actions. This is another reason why patience can help you make the right decisions.

When things aren't going where you want them to go, realize that if you lose patience, you will lose your ability to stay calm. When emotions take over you, you end up losing the value you possess. Keep in mind that in these moments, it is important to not let these distractions side-track you from your long term goal. The long-term goal you have planned should never be compromised by short-term emotions.

Overall, thinking long-term is more beneficial for your goals since long-term thinking will influence the decisions you make now and how you approach your goals. You have probably heard the saying: pay the price today so you can pay any price in the future. This is exactly how your mind needs to be wired.

Again, don't look solely for short-term gains. If your goal is to become financially free, the "get rich quick" scheme doesn't work as you won't end up wealthy. Being rich and wealthy are two different things. Wealth is a measure of how long you can live based on the assets and cash flow you have. That is why you may be rich for only a certain amount of time, whereas wealth is more generational.

The purpose of having immense goals is the fact that they will take time to accomplish and there will be hundreds of steps in between. Don't take action on only one step of the hundreds you need to take. Instead, take action in ways that make a majority of your steps easier to take. Consider what you plan to do years into the future and base your decisions off of that perspective. Not just what you want to do tomorrow, but where you plan to be months down the road. If you are not looking at the big picture, it becomes easy to get sidetracked.

Thinking long-term also helps you stay motivated. This is because you will constantly be thinking about your overall goal. If you are thinking short-term, the journey may feel too long, making you lose interest along the way. Often, a

decision involves taking the easier or harder route. If the harder route is more beneficial in the long run, then it is the one you should take. Think for the long-term and you will thank yourself as you come closer to achieving your goals.

Genuinely Valuing People

“If your intentions are not genuine, nothing you try will help you curate meaningful relationships”



How do you make people feel valued around you? How can you show that you are valuable to them?

The key to showing people you care without telling them directly is appreciation. When you tell people you care about them, they may not believe you, especially if you just met them recently. This is why showing people you genuinely care about them will make a more profound impact on your relationships. And appreciation is the best way to show how much you value someone.

However, don't mistake genuine appreciation with false appreciation. If you don't appreciate someone genuinely, there is no point in telling them that you do. You will sound fake, leaving the other person confused. If your intentions are not genuine, nothing you try will help you curate meaningful relationships.

If a person is of value to you in your life, they must have done something for you. Think about how your life would be different without them or their actions. Even if it isn't directly for you, realize that people may be giving their time and effort to take care of something or bring something to you. When someone spends their time for you, they deserve appreciation. If you realize this, you will be able to genuinely express appreciation for that person. This is also because time is everyone's most precious asset, and they gave you some of their own.

What is the best way to give appreciation? To make it most effective, it should be given face-to-face. You should also make direct eye contact to show that you really mean it. Sometimes, a simple thank you is enough to change a person's entire mood.

You have so many people to appreciate in your life, and there will be even more as your life moves forward. Learn to properly appreciate them and establish a deeper foundation to make your relationships more valuable.

It also takes observation to genuinely appreciate others. If you are observant, you will notice the small moments which can help you connect and express your appreciation for others.

Many times it is more beneficial to be the quiet one, the one who observes their environment. The problem with most people is that they want to be the only one talking. They want to be the ones leading the conversation because they yearn for importance. But if you are the only one talking, you will only address your opinion and it will be hard for you to listen to others.

You don't want to make the whole topic of a discussion about yourself. This will only harm you in terms of you being able to build relationships. Take the time to observe people and listen, because people appreciate when you listen to them.

Listening is a very powerful skill. When you listen to people, you get to understand their perspectives, background, opinions, and feelings. These are all the elements you need to demonstrate empathy. You should strive to be an empathetic person who cares about the people around them. Once you can understand the nature of the people around you, you will be able to successfully communicate with them in a comforting manner. It is important that people feel comfortable when you talk to them, or transparency becomes compromised. Even more, as humans, we prefer to be around understanding people who value differences in thought. If you are not able to listen to others, how will you be able to understand them? Because of this, observation is actually a form of mental leverage you can use to build trust more easily.

In terms of connecting with others, the best way to make connections is to have no expectations for others. If you always have high expectations for others, it often leads to your own disappointment. This is because you cannot expect people to do things for you when they are focused on themselves first. Hence, relying on expectations you set for others makes yourself vulnerable.

By not setting expectations, you also learn to be more independent. Independence ensures that you assume all responsibility for your actions and execute properly. By being independent, your happiness is no longer in the hands of others. If you are able to let go of your expectations for others and focus on building empathy, you will be much happier in your life. This is because every time someone does something for you, you will be surprised as you would not have expected them to do so. Rather than being disappointed when someone doesn't meet your expectations, you will feel delighted whenever they do something good for you. This will make you value that person more.

Remember, not having expectations for others doesn't mean you shouldn't have any for yourself. In fact, your goals are the expectations you set for yourself. You must have expectations for yourself because expectations are the micro-steps that define your macro-goals. The bottom line is that it is important for you to set high goals for yourself, but don't hold the same for others. When with other people, focus on building trust, appreciation, and developing mutually beneficial relationships, not giving them responsibilities for your own goals. This way, you will convey the value you have for other people, and they will grow to be more appreciative of you.

Time Flies

“Even though time flies, you are the pilot”



Time is your greatest asset. No amount of money or anything that is material can beat time in value. This is because time is something that cannot be bought yet something we lose every day. The bottom line is that time is far too priceless to be wasted. Sure everyone is “given” time, but you never know when your time will conclude. With this in mind, you should make sure you never overlook the value of every minute, every hour, and every day. Even working towards your goals for an extra few minutes every day is a productive use of time.

With time, you get to decide how much of it you want to spend on different activities. You can pursue any dream you want, you can change your life, and you can reach your true potential. With time, you can be with the people you love, with the people who care for you the most, and the people who support you. With time, you have more opportunities and a greater advantage. But with time you can also make the wrong decisions. You may start hanging around the wrong people or acting more foolishly, and it may be too late when you realize that you’ve been wasting your time. Know that even though time flies, you are the pilot.

It is also important to start as early as possible. You shouldn’t be wasting your early years because as you grow older, you lose more and more time. Your physical capabilities also start to diminish. At a certain point, you become too tired to pursue something new with the same effort and energy as if you were younger. This doesn’t mean that age should limit one from working towards their goals, it just means that it may be harder depending on what your goal is. Again, it doesn’t matter when you start, but how much time and effort you devote to a goal that will determine whether you accomplish it or not.

When people don’t take advantage of their time, it can lead to regret when they are older. They realize too late that perhaps they weren’t using their time in the

most productive manner. This kind of regret is the worst because it usually comes when you don't have time or energy left to pursue another passion. Even if you are only able to put a few hours a week towards one of your goals, it creates a substantial difference over time. Never fall under the impression that a little free time isn't enough to work towards your goals. Everyone is busy, so these are the moments that will end up being the most important.

Getting Comfortable with the Uncomfortable

“You need to take the steps that others are not willing to take. It takes courage to step backward”



Comfort could be the reason why you are struggling to discipline yourself. There is a unique middle-class philosophy that is relevant to comfort: those living in the middle class have just enough. Just enough to afford the necessities, to pay bills, occasionally dine fancy, and live “comfortably”. Many people think the middle class is comfortable because they haven’t seen the lifestyle of those who exceed the middle class. This is why some say poverty is an advantage. Having not seen comfort, people raised in poverty don’t run to the smallest form of comfort they find. Instead, many are motivated to achieve a higher level of living. This is why some of the most successful people are those who have started from the bottom. Their social standing is an immense driver for them to accomplish their goals. Being so accustomed to living an average life is detrimental for motivation to move further. That being said, how can you bring forth more motivation into your life?

The answer is to make yourself uncomfortable. Yes it sounds crazy, but it is strategic for a reason. The feeling of constant uncomfot will drive you to take the necessary action to get out of your situation. This doesn’t mean you need to make huge changes in life, but small changes that make you feel uncomfortable enough.

Again, find a way to come out of the comfort mindset. If you need to downsize, do it. Having less money may provide you with the feeling of uncomfot and motivation to change your life. Sometimes it is necessary to sacrifice comfort for work ethic. It takes courage to step backward. It takes courage to get comfortable with the uncomfortable. But you need to take the steps that others are not willing to take. In a world where everyone strives for comfort, you need to get uncomfotable, so you can strive for the top-tier comfort only a few can attain. Objectively, most people tend to fear discomfot, but you should try to embrace

it. Understand that uncomfortability drives growth and ensures that you never become too satisfied with your progress.

The Thread Between Gratitude & Satisfaction

“When you take things for granted, you become oblivious to the small things in life that matter most”



There is a fine line between gratitude and satisfaction that is important for you to understand.

Let's start with gratitude. What is gratitude? Gratitude is being thankful and showing appreciation for what you have. You need to have gratitude in your life as it helps you to better yourself and stay modest.

If you are not grateful for what you have, you start taking things for granted. When you take things for granted, you become oblivious to the small things in life that matter most. More importantly, if you can't recognize the value of the small things in life, you will only realize their importance when they are gone. Remember, time will never wait for you. The regret that being ungrateful fosters is immense, especially if what you overlooked held a special meaning to you.

Now, let's look at satisfaction. Satisfaction is the pleasure derived from fulfilling a goal or a desire. However, what happens if you have too much satisfaction? There are many people who become "overly-satisfied" with what they have. They think that what they have is enough and that there is no need for more. However, you cannot let satisfaction stop you from progressing or working towards larger goals. You also shouldn't be fully satisfied until you have achieved all the goals you have set. Keep in mind that this does not have to be from a materialistic standpoint. You may have everything you need to live comfortably, but it's your ambitions that will make you continue to seek. There should always be something you want to try or do next. This is why goal-setting is endless, because as you achieve more of your goals, you will end up setting new goals.

Considering both satisfaction and gratitude, what is important is to always be thankful and appreciative for what you have and for those who give you support. However, this appreciation should not hold you back from having the desire to achieve more and make a greater difference in your life and the lives of others around you.

Adjusting the Lens of Perspective

“Excuses blur the focus of perspective, making it harder to see through the challenges that confront you”



It is all about perspective. Changing your perspective can completely change your stance on where you are and what you seek to accomplish. The way you look at different adversities and situations truly matters, and this is where your perspective is key.

Let's begin with perspective in terms of your stance on society. Many people often look past the simple statistics, but the fact that you are even reading this shows that you are eager to learn and gain knowledge. There are so many people who do not have access to education because of financial reasons, disabilities or the conditions of their surroundings.

When you look at life through this lens, you will immediately start asking yourself: “What is my excuse?”

If you have been complaining about not getting results, or if something hasn't been going your way, think about the millions of other people who may be going through harsher circumstances. When you start grounding your views in perspective, it becomes clear how fortunate you really are. It becomes clear that there is never room for excuses.

Even if you are currently going through rough challenges like losing a job, a family member, or a place to stay, you can still do it. These challenges will always be a part of life. Sure it may be hard, but if you keep persisting, you cannot fail. Everyone faces challenges, and you may be dealing with difficult issues, but it is up to you to overcome all of those challenges! If you have already overcome the challenges you have faced so far, why doubt yourself for the next one that confronts you?

When you manipulate your perspective, you'll start to realize that there is an abundance of possibility. The only place you can limit possibility is in your mind. Nobody knows how much time they have to live this life. Literally, your life can end at any second! Despite this, many people don't want to make the most of every second. So change your perspective, recognize the value of every moment, and make the most out of your chance. No matter where you come from, everyone in this world is born with one thing: a single opportunity called life.

When you change your perspective, you will also find yourself making fewer excuses. Usually, people use excuses for their shortcomings or to deny their responsibility in a situation. You have probably found yourself guilty of making excuses and that is fine, but you should understand that excuses limit your self-awareness. Without self-awareness or accountability, you can never face your problems and look for creative ways to resolve and learn from them. When you are not open to accepting the mistakes you make, you are making it tremendously harder to better yourself.

Another way to look at the impact of excuses is that you are basically quitting before you even start trying. This is because excuses hold you back from trying to accomplish your goals. Excuses blur the focus of perspective, making it harder to see through the challenges that confront you.

Accountability is the counterweight to making excuses. In every action you take, you must hold yourself accountable. If something doesn't work out the way you had intended it to, you can always try again. But don't use the result as an excuse to not try again. Of course, you cannot hold yourself accountable for things that are out of your control. But, the problem arises when people act like everything is out of their control, when in reality, there are many factors they could have influenced. You need to be able to make the distinction and hold yourself accountable for anything that comes as a result of your own actions.

When you constantly adjust your perspective, you are able to view yourself and any situation from a multitude of lenses, enabling you to make contextual and appropriate decisions.

Creating Happiness for Yourself

"Happiness is a path that you must pave and walk upon for yourself"



Happiness should be your greatest aspiration in life. The truth is that if you cannot be happy, nothing else matters. Now, this does not mean you have to be happy every second you are alive, but you should feel great about every day and look forward to the next.

You should ask yourself: How can I be happy more often? What makes me happy?

- Spending time with family
- Achieving financial freedom
- Donating or giving back to any good cause
- Your Favorite Food
- Helping or teaching other people
- The pursuit of your largest aspirations

These are just some of the almost endless list of things that can make a person happy. The problem is that too many people falsely equate money with happiness. And although money can solve a lot of problems, happiness is something that cannot be bought. In fact, no emotion like happiness can be bought because emotions start within you. It is your responsibility to be happy! You need to figure out what makes you happy and take action on that. Don't allow others to define what makes you happy, because only you should have the power to control your own emotions.

Going back to the idea of money cannot buy happiness: yes, it cannot directly buy happiness, but it can open up many avenues of opportunity in which you can choose to create your happiness. So never disregard money just because it does not directly buy happiness. You need money, and you need more of it if your dream is to help as many people and leave behind an impactful legacy.

So many people believe that happiness is something that can be found. But happiness is not something to search for, rather something that must be created. You need to prioritize creating your own happiness. If you aren't happy with yourself, surround yourself with people who are happy, and you will find that the energy they radiate will impact you too.

Remember, there is no guarantee on how long you're going to live. So why spend your life in misery when you can be happy? It may be hard to create happiness for yourself, but if you can recognize what makes you smile, you can be happy almost anywhere. There will be no direct path to happiness because happiness itself is a path. Happiness is a path that you must pave and walk upon for yourself.

Remaining happy requires you to be mindful of negative energy. There is negative energy all around us, and this means that you will constantly be surrounded by negativity. Even if it is coming from your friends or relatives, you cannot let negativity sway your opinions. Allowing negativity to conquer your mind is like saying farewell to your goals. The best thing is that you have control over what enters your mind. Therefore, make a filter in your head that only allows the right information inside of you. In order to do this, you need to assess what people say to you. If it is something negative, don't listen and don't argue. Sometimes, arguing can make you feel more insecure as you are trying to prove your point to someone who wouldn't understand your perspective anyway.

And it isn't just about blocking out negative people from your life; it is also equally about staying positive yourself. How can you stay optimistic and always see the glass half full? A great way to stay positive is to ground yourself in gratitude. When you have an attitude of gratitude, you automatically start looking at the bright side of any situation. This is because nothing can disappoint you when you truly appreciate everything that you already have.

You should also make an effort to connect with positive people. If you are struggling with seeing the positive side internally, having an optimistic network of people is extremely important. Their positivity will extinguish any negativity you have, and breed a sense of confidence within you. Understand that your mind is your greatest asset and it needs optimism to grow! You need to believe in

yourself and think positively about every situation, problem, and experience you face.

However, you should not allow yourself to be disillusioned by your goals. There has to be a balance between your optimism and practicality. This is best explained through the mistake of wishful thinking. Wishful thinking is an inevitable vulnerability that leads to insecurity and self-doubt. In order to avoid this, awareness is key because you need to know what is going on around you and why. This includes the people you talk to, the places you visit, your goals, your personality, and your work ethic.

So what exactly is wishful thinking and why is it a vulnerability?

Simply put, wishful thinking is when something is not going right, yet you still believe that it is going right. In other words, you refuse to accept the reality of the situation. You force yourself to take what you believe as the truth instead of taking reality as the truth. The problem with this is that it will only lead you further away from happiness. You cannot expect things to “work out” from nowhere, because there won’t be a change unless you make a change. If you are not willing to change your situation, work ethic, or your approach to a problem, how will you change the outcome?

Too many people don’t take action to change the outcome; they go to bed every night thinking “it will all work out tomorrow.” When tomorrow comes, the unsettling reality confronts them again and they have the same realization. After days or even months of the same cycle, they get discouraged and eventually end up quitting on their goals. This is how wishful thinking often becomes the cause for giving up. By thinking things will work out when you clearly see they won’t, you fail to take action. Instead of trying to make things work out, you use wishful thinking as an excuse not to take action.

Always make sure you are aware of the reality of a solution so you can avoid wishful thinking. Remember that your happiness is in your control. If the current path you are walking on won’t keep you happy, you must walk on another one. Again, happiness is not something to chase, it is something to create.

The Power of Letting Go

"The past is your lesson, the future is your motivation, and the present is a gift"



People are constantly held back by circumstances in their life. This can have a negative impact on you depending on what it is that is holding you back. The problem is that most people remain held back by a past event or experience. Their past restrains them and makes them afraid to try again. This insecurity is why there are so many people who never take the first step to achieving their goals. But how can you avoid being put down by your past?

The simple answer is by letting go. Take some time to think about the situation and then forget about it. When you think about it for a short period of time, you will be able to learn from any mistakes you may have made. Absorb the lessons learned from the situation and then let go of the rest of it. Way too often, people are afraid to let go, but if you do, you will start to feel much calmer. The past is the past, and what really matters is what you're going to do in the present. By letting go, you are training your brain to pick up value from your past experiences while ensuring that they don't hinder you from progressing.

Often, people give the smallest things too much importance, and that is why they may be living their lives in misery. Let's understand the significance of our life by starting at a planetary scale. Astronomer Carl Sagan beautifully portrays this message in his "Pale Blue Dot" speech:

"Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor, and explorer, every teacher of morals, every corrupt politician,

every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there--on a mote of dust suspended in a sunbeam."

If the whole Earth and all its history is nothing but a speck of dust, how important are those small things that hold you up? Think about it. Within this speck of dust, you are one of eight billion. Within that, you are in one year of an average of eighty years of your life. Within that one year, you are in one month, in one day, in one hour, in one moment of time. Yet you spend your present obsessing over another moment from the past?

Change your perspective and look at the significance of what you are worrying about. You are worrying about something that is so negligible, so insignificant as to one moment in time, and letting that moment affect the way you live in the present. Realize that it is okay to let go, and understand that the small moment you may be worrying about is nothing compared to the scope of your life.

When your envisioned future is what grounds you, it is easy to let go of the past. This is because you are no longer focused on the past, and instead, your future is influencing the decisions you make. When you realize this, you will see how your priorities determine what you accomplish.

As you gain experience, you will realize that most things in life don't matter. People think one mistake may be the end for them, or one situation will determine the future of their entire life. Hence, they are too scared to take a bigger step because they are fearful of making that one mistake that will be the "end" for them. Take a moment and think back to any mistake you made in your life. You may have thought that it was the end for you, but look, you are here! You are alive, smarter, mature, and better than you were in that moment. Accept the fact that letting go is not a sign of weakness, rather a sign of progress.

The decisions you make now are what will carry you into the next moment. The past is your lesson, the future is your motivation, and the "present" is a gift, so enjoy your present.

The World Within Us

“Discovering your inner world and trekking deeper into it will help you develop a better understanding of yourself”



Too many people are only active in the outer world. They spend all their time in this world, going through different physical experiences, but forget that there is another world inside of them too. This inner world is extremely valuable to understand yourself and gain self-awareness. It is made up of the emotions you feel, your attitude, your mentality, your thoughts, and your dreams. Discovering your inner world and trekking deeper into it will help you develop a better understanding of yourself. You need to spend some time taking a look at your thoughts, personality, and how you have changed over time. Only when you do this will you be able to measure your growth. The best part is that this does not take much time or effort either. Even if you take a few minutes a day to look over your thoughts, you will easily be able to filter through your strengths and weaknesses.

You may be asking, what does looking over your thoughts mean? To put it simply, it is similar to sorting your thoughts into different categories. By sorting your thoughts into categories such as positive, negative, selfish, and altruistic, you are helping yourself change the way you think. In order to achieve any goal, you need to first be aware of how you think. Again, success is a direct result of the way you think and your mindset. By taking a small amount of time to look over your day and compare the categories your thoughts fall into, you will start discovering patterns about yourself. You will see how you normally think, and this will allow you to realize areas where you might need improvement.

For example, if a majority of your thoughts are coming from comparing yourself to other people, you will realize that you are too focused on the people around you. Then, you can plan to take the initiative to focus on your own growth instead of looking at those around you. When you repeat practices like this over time, you will build certain qualities that will make you a better version of

yourself. This is how sorting your thoughts has the power to subtly reconfigure your way of thinking.

How can you expect to help other people when you can't help yourself? When you don't know how you think, when you have no self-awareness, you have no base to use to help other people. Many of us live in a fast-paced environment where we never take the time to slow down and process the things that happen around us. If we don't even take the time to process the things that happen outside of us, when will we process what happens inside of us?

One remarkably effective way to channel your thoughts is through meditation. Meditation is something that everyone thinks they know, but really doesn't. Most people know it as a way to ease stress or anxiety. Although meditation is great for easing stress and anxiety, it is even greater for discovering your inner being. The beauty of meditation is that it is a healing process for your body, and especially your mind. It follows the principle of starting from the inside out. You need to begin your journey from the inside by understanding yourself first. When you meditate, you spend the necessary time to discover your desires, persona, goals, and areas of improvement. The beauty of meditation is that it can be easily implemented into your daily routine. All you need is five to ten minutes of the day to get started.

There is nothing more valuable than knowing yourself and being able to improve upon yourself. When you are fully self-aware, you have an unbeatable advantage in every part of your life. So take some time for yourself. Reflect on your thoughts, feelings, and growth once in a while. You'll notice just how valuable the world within you really is.

The Thorn of Regret

“You only experience the pain of regret when there is barely anything you can do to help yourself”



The fear of regret is the biggest motivator for change. You need to be aware of how regret will be the worst for you if you allow it to enter your life. Of course, it is impossible to not feel regret at all, because there will be times when you wish you could have thought twice before you said something or did something. However, these small moments of regret are not the kind of regret we are talking about. This kind of regret is the regret you have when you look back at what you accomplished in your life. When people look back, they often regret their choices of either staying in a job they hate or never getting to work on one of their passions. When you feel this regret, it is truly damaging and unfortunate. You only live this life once, so why would you spend all your time doing something you hate? Regret that comes from reflecting on your life is the worst kind of regret because at that moment, you desperately want to work towards your aspirations, but you can't anymore. The fear of ever having this kind of regret in the future should be your biggest driver for change right now.

That is why it is imperative for you to remember that whatever you end up doing in your life shouldn't be something you regret in the future. You need to make it a priority to have little-to-no regret in your life, especially when you are too old or tired to continue. Let's face it, almost everyone will get exhausted as they grow older. You will not be able to hustle as hard in your sixties and seventies as you can in your twenties and thirties. For this reason, you need to have this awareness on the back burner of your mind, and use your time properly to execute on your goals.

Regret is the most toxic poison for the human body. It is something that lingers longer than anything else, and often when you regret something, you have no way to fix it. This is partly why regret is so toxic; you only feel it when it is too late. You only experience the pain of regret when there is barely anything you

can do to help yourself. Remember, it's the work that you don't do that bothers you. It's the dreams you dreamt of but never committed to, that bother you. It's the journey you planned before a setback made you stop, that bothers you. Everything you never did, but had an urge to do, is what makes up regret. When you are full of regret, you either have to go for another approach, which you may do if you are still committed and have time, or you won't because you don't have time or energy left.

When you deeply regret your actions, you will see how the fear of instant rejection doesn't matter. In fact, nothing matters if you never tried! If you don't realize this now, you will realize this when you are full of regret, and during those moments you will be hurting inside. You will wonder why you thought so much instead of just executing on your goals. You will regret being manipulated by people. You will realize that your life has little purpose unless you take the initiative to give it purpose.

If you cannot stand the feeling of regret, you will do everything you can to try to avoid it. Even if you don't achieve as much as you may have wanted to, you will still be content with the fact that you gave it a shot. If you are one of those people who cannot imagine themselves full of regret in later stages of life, you will find a way to achieve your dreams. This is just a fundamental principle: when you really hate something, you will find any way possible to avoid it. Regret is no different!

Your time is limited, but your resources are infinite. Put in the effort now so when you're older, you can reflect on your life with a smile of satisfaction. Sure, the beauty of a rose may distract you from the thorn that lies on it, but if you can look past the beauty and cut the thorn, you will be free of regret.

Loving Yourself

"You should be your own reason to smile"



One of the most important things in your life is to always love yourself. For some, this may sound cliché; however, most people easily become oblivious to this fact. Next time you look at yourself in the mirror, ask yourself honestly: "Do I love myself?"

You should be setting aside a sufficient amount of time to truthfully reflect on the extent to which you love yourself. In many cases, you may realize that you pretend to love yourself, when you actually hate some parts of yourself. It is important that you love and accept every part of yourself. Whether it's loving your persona, physical appearance, goals, or purpose, you need to value yourself and place yourself on the highest pedestal. Prioritizing yourself is necessary in order for you to improve yourself.

Loving yourself also provides you with self-confidence and self-worth. If you feel happy about yourself, you will find ways to take better care of yourself. When you look in the mirror, you may see scars from previous experiences, flaws, or imperfections, but remember that this is what makes you unique. You are who you are with your flaws and imperfections. You just need to learn how to embrace them. Once you can fully embrace yourself, no one can get in the way of your greatest ambitions.

Loving yourself is also just as important for the people around you. Only if you love yourself first can you share your love with others. Too many people hide behind a mask when it comes to love. Kim Namjoon said it the best in his speech to the United Nations:

"And maybe I made a mistake yesterday. Yesterday's me is still me. Today, I am who I am with all my faults and mistakes. Tomorrow, I might be a tiny bit wiser"

and that'd be me too. These faults and mistakes are what I am, making up the brightest constellations of my life.”

In a perfect world, everyone would be the same. It is the flaws you have and how you improve upon them that end up differentiating you from everyone else. It is a matter of embracing your weaknesses and figuring out how to strengthen them. It is about learning to accept yourself as the person you are. You should be your own reason to smile because you are most beautiful when you love yourself!

Thoughtful Takeaways



“Kindness closely resembles a flower. You must first take the initiative to plant the seed and let it grow”

“If you do not have money to donate, donate your time. There are no excuses when it comes to giving”

“Uncomfortability is not always negative because it can drive change”

“You should only invest your time in places and activities that you can find a purpose within”

“Hard work is the root of success”

“The only battle you are fighting is the one against yourself”

“The person with the most connections is the person who will achieve their goals the fastest”

“Knowledge is everywhere, but learning is a choice”

“Mistakes and failures are the rungs of the ladder to success”

“Sometimes it is better to commit first, and then figure the rest out afterwards”

“Inspiration is the key to bringing beneficial change in your life”

“Opportunity is something that can only be seen by your eye. If you do not look for it, you will not find it”

“There is no “capability factor” that determines your odds of success, its confidence”

“Patience leads to long-term results of higher value”

“If your intentions are not genuine, nothing you try will help you curate meaningful relationships”

“Even though time flies, you are the pilot”

“You need to take the steps that others are not willing to take. It takes courage to step backward”

“When you take things for granted, you become oblivious to the small things in life that matter most”

“Excuses blur the focus of perspective, making it harder to see through the challenges that confront you”

“Happiness is a path that you must pave and walk upon for yourself”

“The past is your lesson, the future is your motivation, and the present is a gift”

“Discovering your inner world and trekking deeper into it will help you develop
a better understanding of yourself”

“You only experience the pain of regret when there is barely anything you can do
to help yourself”

“You should be your own reason to smile”

Conclusion: The Next Step

First and foremost, congratulations! Each of the 24 principles outlined in this book will help you make the right decisions and continue stepping towards your goals. Each step you will take is meaningful, and you must do so with purpose.

Remember that you have the power to step wherever you want. You can either take the path with soft sand or the one with rocky terrain. Most of the time, you will end up taking both, because not every path leads us to our goals. However, what's important is that you should be excited to take the rocky path when you have to. Many people cower away and would rather choose comfort, but you should approach the rocky path with a burning passion.

Don't worry if you haven't mastered something at the starting line. Things take time, you need patience, and you can't give up. It is easy to read a book and say to yourself that you have learned something from it, but it is much harder to practice what you have learned. To see genuine results, you need to be able to practice these 24 principles. Only those who take great action have the possibility to attain great rewards, so invite change into your life. Remember to always take the next step with confidence and ambition. It is now time to open up a new world of opportunities for yourself. There is no better time to start your journey than right now, and every single moment you have should be well spent.

One last reminder, never live your life in probability. Live your life in possibility. You only have one chance, so pursue the vision you constantly chase in your imagination. Never take others for granted and value the people who take time out of their lives for you. Close your ears to negativity and let your actions prove people wrong. Let your success speak for itself. Let's do this together and watch as our footsteps take us somewhere beyond our largest ambitions!

About the Authors

Our names are Daivik & Shrenik Patel. We are twin brothers born in New Jersey, US. Although we are currently high schoolers, we were introduced to many of the principles we have written about at a young age. Either from reading the novels of successful people or learning from simple life lessons and experiences, we compiled all our knowledge in hopes to share it with people who are eager to build their own legacies too. No matter your age or where you are, we hope you are able to internalize important pointers that can guide you in your endeavors. Our purpose with writing *Footsteps Lead You Somewhere* was to bring back the spotlight on the basic principles that are often overlooked in society today. Our only wish is to help others pave and walk their own paths. We look forward to championing our own journeys, sharing the knowledge we acquire, and leaving a trail of footsteps for others to follow along the way.

Footsteps Lead You Somewhere.