

50 Habits Of

SUCCESSFUL PEOPLE

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Introduction

Success is a perception, and it can be a profound individualized one. On the one hand, there is the dictionary definition, commercialized idea behind success. On the other hand, you have the influence of your culture defining success.

Despite all of that, though, it's different for you than it is for others. It will change, too, as you get older. There is one truth for most of us, though. We are all guilty of setting our sights *too* low.

It doesn't matter how you personally define success, we can still learn from those who have achieved the dictionary definition of it. The fact of the matter is, that highly successful people often share many of the same habits.



It's almost as though they have built healthy habits that set them up for a life of success. In fact, that's exactly what it is! Which is why we have compiled a list of 50 of those habits.

You don't have to adopt them all, however, you may find that there are some you already follow and others you can easily introduce to your life.

50 Habits Of Successful People

- 1. Early to Rise.** Twitter CEO Jack Dorsey and Virgin CEO Richard Branson, like many other self-made millionaires, rise *at least* three hours ahead of the start of the workday (<https://www.businessinsider.com/rich-people-wake-up-early-2016-4?IR=T>). They use this time to exercise, plan or work on personal projects. It allows you to take control of your day (and your life) and start off successfully. You can tackle some of the biggest tasks you have and that instils a confidence in you that will carry you through the rest of your day. It's also quiet and having a bit of peace can help you focus.
- 2. Personal Goals.** Highly successful people are obsessed with goal setting. They set them, pursue them, and achieve them. They create daily goals, short-term goals, and long-term goals. They do this regularly. More importantly, it's personal goals they focus on. It's all about finding your own dream and pursuing it.
- 3. Sleep.** There are the occasional successes that swear they only sleep three or four hours every night. It happens. They are the outliers because most highly successful people are getting at least seven hours of sleep each night. Apparently, Einstein aimed for a solid ten (<https://www.sleepadvisor.org/how-geniuses-sleep/>). If it's good enough for Einstein, right? Do not underestimate the importance of sleep. It's when your body takes time to recharge, your brain processes the day's happenings and stores memories. It also aids creative thinking.
- 4. Streams of Income.** In particular, self-made millionaires have multiple streams of income. Generally speaking, there are at least *three* incomes they create before they achieve that first million. It could be from a side business, real estate or investments. The point is, there is value in diversification.
- 5. Time Wasters Not Welcome.** Time is money, which means that anyone who wastes your time should be summarily dismissed. You can't get your time back, so the successful are quick to sever ties and save themselves from wasting more time. If you pour yourself into something and recognize that it's going nowhere, don't be afraid to walk away.
- 6. Bookworms.** Highly successful people make time to read. They're not reading for entertainment purposes, though there's nothing wrong with that, they are doing it to educate or improve themselves. Reading for entertainment can help improve your vocabulary, so it has its own benefits. Biographies are a popular choice for the highly successful, though. It can give them insight into how other successful people operate.
- 7. Processing Time.** Successful people make time to process what is going on in their lives. You could call this a period of focused thinking. This is one of the best things you

can do when you get up three hours before you start your workday. In the still of the morning, you can enjoy a bit of self-reflection. This is also an effective stress-management tool.

8. Exercise. Physical exercise helps you clear your head and leaves you feeling motivated. It shouldn't surprise you then that highly successful people make time each day for a bit of exercise.

9. Inspirational Surroundings. Have you ever noticed that positive people generally surround themselves with other positive people? Well, the same can be said of the successful. Highly successful people tend to surround themselves with those who they find inspiring.

10. Persistence. Grit is everything, and highly successful people don't quit until they get their desired result.

11. Self-Confidence. Confidence comes from winning, and with every win (of any size) your confidence will grow. As you master your talents and skills you prosper. Having an unshakable faith in your own skills and self is an important part of success.



12. Think Big. The bigger you think the greater you act, and the more you achieve. While thinking too big can cause you to stumble, the key to thinking big is to also have smaller goals in between. This helps you maintain your motivation. If your goal is to become a millionaire, keep thinking big! Just make sure you have a series of steps that will get you there.

13. Willpower. We are all guilty of procrastinating sometimes, well, everyone except for the highly successful. They tend to see it all through without breaking focus. When they want, they make sure it happens. They are able to remain focused on goals and their efforts are consistent.

14. Patience. It's a virtue, but do you have it? Life can be frustrating and experiencing any failure can send you into a spiral. The problem is that your efforts will be slowed seriously if you take every single setback personally. The highly successful have patience in spades.

15. Optimistic. Highly successful people embrace positivity and shun fear. They know that optimism is an effective strategy to build the future they want. Before you can build it,

you have to believe it is possible to build it. They also have the strength to take responsibility for making it happen.

- 16. Flexible.** Sometimes being adaptable is the most important thing that you can be. A lot of highly successful people end up doing something different than what they started out doing. As the world and trends evolve, they push the walls of the box. They don't allow themselves to be boxed in by their pre-conceived notions, they continue to push the envelope.
- 17. Purpose.** Do you have a good grip on your why? The highly successful do. They know exactly why they're doing what they do. Their daily decisions are made because they line up with the why. It gives them their motivation, and they know their reasons. What could be better for motivation?
- 18. Long-Term Thinking.** There is nothing wrong with having short-term goals, in fact, they are highly recommended. However, most people think in the short-term simply because they're looking for instant gratification. The successful among us also think in the long-term. They can look at the big picture and plan ahead accordingly. They know that long-term success is much greater than instant gratification.
- 19. Communication.** Strong communicators tend to excel. This is two-fold. There is the understanding that to achieve success you need to effectively communicate your message. However, there is also the ability to communicate with others. Not just to make yourself clear to others, but to actively listen to their thoughts and concerns.
- 20. Calculated Risks.** There can be no great gains without taking a calculated risk. This is one of the biggest things that people struggle with. Risk comes with fear and fear is generally what holds so many people. However, if you can't take risks... what are you doing? You're missing out on the biggest opportunities in life.
- 21. Self-Management.** If you are the type of person who needs someone else to motivate you, then you will struggle to achieve the success you want. The question there is... why do you need external motivation? You may just find that it's because you're not living your purpose. The people who truly know their why don't need help to motivate themselves. They focus on personal development, work on their people skills and relationships.
- 22. Resourceful.** Highly successful people are resourceful, they build a strong network and constantly cultivate their contacts. It isn't just about knowing how things work, it's knowing how to make them work. They recognize the importance of knowing the right people and calling on them at the right time.

23. Take Action. One of the major differences between mildly successful and highly successful people is that the latter isn't afraid to take action. They don't just talk about what they plan to do, they state their intentions and then they go and do it.

24. They Make The Rules. When you work harder and smarter than everyone else around you, it's you that gets to make the rules. That's what highly successful people do.

25. Winning. There is no room for doubt, nor is there any room for negativity. They have already visualized their success, they know what it is going to look like and what it will feel like. Once they have done that they know that it's achievable. Highly successful people know the importance of having healthy habits. So, they cultivate them and make winning their natural state.

26. Bucket List. People usually cultivate their ambitions around life instead of the other way around. That is, except for the highly successful

people. They cultivate their lives around ambition. So, what do you really want to do and achieve before you die? Make a list and start designing life around that list. If you struggle to create a list, imagine you have a month to live. What would you want to do in those days? Extend it to a year and to five? What would you do? Highly successful people live like they're dying. We spend a lifetime piling up tomorrows and sadly, we may never get to live them.



27. Cold Showers. A 2007 study from Virginia Commonwealth University School of Medicine (<https://www.ncbi.nlm.nih.gov/pubmed/17993252>) suggests that taking a cold shower in the morning can help treat depression. The cold water triggers the release of neurochemicals that boost your mood, leaving you feeling happier. It's how Tony Robbins starts his day – he takes a deep dive into a swimming pool that is 57 degrees. It facilitates both mental and physical wellness. Try it! You can ease into it by enjoying a warm shower and then finishing on a cold shower.

28. No. Highly successful people don't say yes to everything. They are confident in saying no to obligations or opportunities that hold no interest. If it doesn't really matter, why are you saying yes? Probably because you feel bad if you say no. Don't. If it isn't on your agenda, don't play into someone else's agenda.

29. Thanks. Highly successful people are quick to say thank you and show gratitude to those who serve or assist them. It's simple, yet effective. Sadly, most people don't bother to take the time to offer thanks so when someone does it gets noticed.

- 30. Speed Listening.** This has become a trend among the highly successful. Go beyond just listening to podcasts and audio-books. You can speed them up. Your brain will adapt and pay more attention. It also saves time and lets you listen to more episodes than normal. You can start by taking your speed up a notch and then gradually make it faster as you get used to it.
- 31. Ditch The Non-essentials.** If it's unimportant why are you allowing it space in your life? It might be a habit, but it could be a specific possession. When was the last time you wore that outfits? Get rid of it! They are sapping your energy. There's a reason Steve Jobs wore a black turtleneck and jeans every day.
- 32. Define Happiness & Wealth.** What does success mean to you? Is it wealth? Is it happiness? Or, is it a combination of the two? It might be none of those things. Either way, none of us are the same so we will all set a different standard for our personal success. You can't become a highly successful person if you don't know what success really looks like to you. Before you do anything, you need to truly define what success is in your terms. Otherwise, you'll constantly be left wanting.
- 33. Know Your Weaknesses.** Just as you must know your strengths, you should also know where your weaknesses lie. Don't just take note of them, though, do something about it. You should constantly work at improving at least one behavior at a time.
- 34. Investments.** Highly successful people like Warren Buffett invest in what they know. So, he doesn't invest in tech, he focuses on insurance and banking (<https://www.businessinsider.com/warren-buffett-best-investing-advice-for-beginners-2017-11>). Don't invest in things that you don't know or understand. So many people do this, but highly successful people don't. An investment might look amazing on paper, but if you don't really understand it how can you make an informed decision? Of course, if you are listening to podcasts and audio-books at speed, you can learn quicker.
- 35. Industry and More.** Yes, read (or listen) to content about your industry. Don't stop there, though. You should learn more about industries that are related to yours, too. Make sure you're aware of current events, too. You can curate your news feed on most smartphones. That should help you streamline the information that you receive. You can also use tools like Evernote to pin information you can refer to at another time.
- 36. Daily Journal.** Generally, when people think of writing in a journal they use it to vent. You can do more with it and you can do it more effectively. You can use it to plan your life, chronicle your dreams, and build your strategy. It can empower you in your bid to take an idea or a dream and make it into a reality. It's amazing how impactful it can be to see the words glaring back at you from a piece of paper.

37. Unplug. You can't underestimate how powerful unplugging can be. As important as technology might be for you, it's just as important to put it all down and take time away from it. You may choose to turn off your devices as you read, or it might be when you head out to walk on the beach.

38. Pride. Highly successful people have the ability to check their pride. They know the others offer value and can accept when they're wrong. Those who listen to the team around them will always finish ahead.

39. Learn & Listen. When you have a strong team around you, you shouldn't be afraid to draw on their experiences. Don't just stop at learning and listening to them, listen to what your customers are telling you as well. If there's a trend of stressful employees, it's time to ask why. If you have a stream of customer complaints that follow a similar theme, it's time to look into it. You will only get better when you are willing to listen.



40. Organization. Goal setting helps you stay focused. Just as organization helps you meet your goals by keeping you on track. It's difficult to focus on the big picture when you haven't thought that far ahead. So, plot your success, stay organized, and keep going. It's what the highly successful do.

41. Detail Oriented. A keen attention to detail can be a great benefit. The highly successful people that have this habit don't cut corners. That shows in their results.

42. Balance. When you allow work to consume you, you start to lose yourself. There is nothing more difficult than unplugging and walking away, especially when you have a lot of balls in the air and you're chasing a deadline. If you have a family, it's even more important that you make time for them. You don't just have your own happiness to consider. Either way, making time for your friends or family is what will help keep you grounded.

43. Walk & Talk. How many phone calls do you field each day? Sometimes you can talk and work, but for when your full attention needs to be on the call... take a walk. You kill two birds with one stone and energize your body.

44. De-prioritize. It's always flattering to face a new opportunity. However, if an opportunity doesn't align with your goals, how big an opportunity is it really? Don't be afraid to say no or put it to the end of your list.

- 45. Three Things.** Your to-do list may be long but tackle the biggest three at the start of your day. Once you knock them out of the park, then you know you're onto a winner.
- 46. Meaningful Start.** Get your day off to a good start with a meaningful win. How you choose to do this is up to you – but, it's all about creating positive momentum.
- 47. Plan Your Week.** There's something to be said for planning the upcoming week on a Sunday afternoon. Your week should line up with the monthly goals, as well as quarterly, annual, and longer-term goals. If you reserve your Sunday for family or friends, consider planning the week ahead on Friday before you finish the week.
- 48. Mood Music.** What music makes you feel upbeat? Curate a playlist that energizes you. You might not listen to it at work, but you can listen to it on the way to the office or on the way home. Sing along if you feel like it, even if you're at a red light and there are people watching.
- 49. Calm.** There's something to be said for creating a calm space. It means what it means for you but get your mind right before you tackle the day. You may want to do this on your commute or when you wake up. Do the same to finish your evening. It will relieve stress, allow you to absorb the day, and get you ready for sleep.
- 50. Dictate the Future.** It's up to you to dictate the future. Highly successful people understand that. Do you?



Final Thoughts

So, do you know how you define success personally or, do you follow what everyone else is doing? Defining success for yourself and adopting some of the tips above will help you carve out your own version of success.

A version that will bring you true joy and contentment. It doesn't matter what you define success as, these tips can help fuel your motivation to finally achieve success for yourself.

