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Rewarding excellence in the company's culture. Regular Rate through January 15Apply NowGrowBy Christina DesMarais, Contributor, Inc.com@salubriousdshlt makes sense that people who perform their bodies regularly do better in life because they have fewer health problems, are more confident and are physically able to do what they want and need to do. It's the same when it comes to working out the brain. Researchers found that reading practice - cognitive exercise - lowers stress and depression, raises intelligence, protects memory and helps to be more open. Here are other ways that are good for you as well. British creators Neil Gaiman and Chris Riddell recently published a visual essay in The Guardian in which they advocate the value of libraries, librarians and the practice of reading fiction. Fiction builds empathy, we read. Fiction is something you build with 26 letters and a handful of punctuation, and you and yourself, using your imagination, create the world, people do it and look through other eyes. You are someone else, and when you return to your own world, you will be slightly changed. If you want to dominate regardless of the industry in which you operate, it helps you learn as much as possible about it. Reading vor44 on topics that relate to customers, competitors, and anything else around your business is an obvious way to position yourself for success. Elon Musk, Warren Buffett, Bill Gates, Mark Zuckerberg and Oprah Winfrey are voracious readers. And look at those words attributed to Mark Cuban: Everything I read was public. Everyone could buy the same books and magazines. The same information was available to anyone who wanted it. It turns out that most people didn't want it. That's according to Dr. Alan Zimmerman, a full-time professional speaker who specializes in attitudes, motivations and leadership programs whose reading advice was published in the CompTIA blog. Decide on one area where you want to learn more or better, he writes. Read an hour a day about it, and in three months you will be an expert. Inc. helps entrepreneurs change the world. Get the advice you need to start, grow and run your business today. Sign up here for unlimited access. The opinions expressed here by Inc.com publicists are their own, not their Inc.com. Last updated November 18, 2020 If you're like me and really self-development, you'll probably read many thousands of self-help books out there on the market. But also like me, you'll probably find all the information a bit overwhelming. That's why I wanted to do less of the task of taking the most important life-changing lessons that I learned from these books and condensed them into 50 key points. Here are 50 habits of successful people you should learn:1. Believe it Our minds tend to focus on what's going on around us and don't want to see what can happen. Only if you trust what is possible Dare to dream of great, great things can happen to you? See Problems as a wonderful gift While others only see problems and give up, successful people use this problem as a lesson to find improvement in themselves or in a task.3. Search for solutionsNaven if they are knee-deep in problems, successful people will continue to focus on finding solutions4. Remember that it's all about travelSuctiondays people are aware and methodical in creating their own success. They do not sit, making an absolute minimum, hoping that success will find them.5 Feel the fear and do it involuntary on the road to success, but instead of letting that fear control and limit them, successful people do a good job of simply forging forward independently.6. Always ask productive questionsIt's all about asking the right questions. Successful people make sure these are questions that trigger information for a more productive, creative, and positive forward-looking attitude.7 Understand the best energy wastage Complaininguccessful people know that deciding to see the negative side of things only create useless and unproductive states.8. Don't Play the Blame GameTaking responsibility for actions and results is a form of initiation that you can build your success on. While the act of blaming others or external circumstances takes away this authority from you. 9. Maximize your strengthsNew, every successful person is simply more talented than the rest, but they use what they know they are good at to achieve more successful results.10. Be in it to winSuccessful people are busy, productive and proactive. Instead of sitting over thinking and over-planning a great idea, they just take a step in its direction, no matter how small.11 Know that success attracts successful people who are successful to surround themselves and look for like-minded people. They understand the importance of being part of a team and the relationship between win-win12. Actually choose to succeedDreaming big is a huge part of success, even if your dream seems impossible. Ambition is a way of thinking that must be a daily conscious choice.13 Visualize, visualize, visualize! You need to see your success in the eye of your mind before it even arrives. Successful people explain and be sure of what their reality wants to look like, not just the viewers of life.14 Make one-Off OriginalSuccessful people look for what works and then create a unique spin on it. Imitating only regurgitates other people's ideas without originality.15 Perfect Time to Act is NowWaiting for the right time to act is basically procrastination wrapped in justification. Successful people know that there is never a perfect time, so they might as well do it now.16 Keep Learning, Keep GrowingInuous learning is the key to a successful life. Whether it's a school or not being a student of life, or learning, is about expanding your knowledge and personal Always look at the bright side of lifeSkupowidny people have a talent for finding positive aspects in all people and circumstances, no matter what.18. Have a bad day? Do it like this! We all have bad moods, but this should not be an excuse to stop everything. Succumbing to a bad mood simply ceases to live, slowing down success.19 Sometimes risky business is neededCalculated risk is a necessity for success. It's about weighing the pros and cons, and at the same time moving forward with that element of trust. 20. Accept the challenge All the timeDealing with problems with the head is a must to succeed. Successful people also face challenges to improve.21 Make Your Own LuckIn a successful person mentality, there is no such thing as happiness or fate. They take control to actively and consciously create their own best lives.22 Light up your initiative While many people are reactive, successful people are proactive – taking action before they will have to.23. Be a master of your emotionsSeach effective in managing emotions is the key to success. This does not mean that successful people do not feel like all of us, but they are simply not slaves to their emotions.24 Master in communicationHoly by working on effective communication skills brings everyone closer to success.25 Plan your life strategicallySucite people's lives is not a clumsy series of unplanned events and results, but methodically work to turn their plans into reality.26 To become unique in What You DoA to become unique, you usually have to do things that most won't. To be successful, difficult decisions need to be taken and action is crucial.27 Choose to live outside your comfort zoneWhile many people are jerks of pleasure and avoid pain and discomfort at all costs, successful people understand the value and benefits of working through difficult things that most will avoid.28 Live by basic valuesSuccessful people first identify their core values and what is important to them, and then make every effort to live a life that reflects those values.29 Realize Money Isn't EverythingMoney and Success are not interchangeable and the most successful people understand this. Putting money on a pedestal and equating it with success is a dangerous attitude. Success is in many forms.30. Don't Get Carried AwaySuccessful people understand the importance of discipline and self-control and as a result are happy to take less traveled roads. 31. Self-Worth is not associated with successSuccess are safe. They don't derive their self-worth from what they have, who they know, where they live, and what they look like.32 The kindness of Ras Kindness (and success) Generosity and kindness is a common feature among long-term success people. It is important to enjoy helping others achieve.33 More humility, ArroganceSuccessful people are humble and happy to admit and apologize for mistakes. That's because they're confident in their capabilities. We are happy to from others and happy that others look good instead of seeking their own personal glory.34 Change Opens New Doors People who are successful are flexible and adopt changes, while most of them are creatures of comfort and habit. They are comfortable and embrace new and unknown35. Success requires a healthy bodyIt's not just how you think it's about how to show up for success. Successful people understand the importance of being well physically, not for vain reasons, but because being able to tiptop creates a better personal life for success.36 Laziness Simply does not existSuccessary people are never considered lazy. Yes, they can relax when they need to, but hard work is their game.37 Resistance by Bucket LoadWhen difficulties hit, most will throw in the towel, but successful people are just warming up.38. Feedback is another chance to improveHow people react to feedback, determines their potential for success. Openness to constructive criticism and action to improve it is most evident in those who succeed.39 Your Vibe attracts your tribe People spend time with toxic and negative people, then they have to look at themselves. Successful people spend time with others who are positive and supportive40. Can't control it? Forget about itSuccessful people don't invest time or emotional energy in things they don't have control over.41 Swim Against the TideSuccessful people are not people pleasers and don't need constant permission from others to move forward. 42. Time itself is a valuable timeMore self-decided convenience in your own company. Successful people are happier and see value in spending time alone.43 Self-Standard is higher than MostEveryone has the choice to set high standards for itself. Successful people do this, which in turn gives more commitment, more willache, better work ethic and, of course, better results44. Failure is not rationalized While many people benefit from age, health, lack of time, bad luck or inability to explain their failure, the key to success is to find a way to succeed despite these challenges.45 Down Time is an important part of routinehaving off the switch and taking the time to do things that make them happy is a common feature of a person's success. Take a look here at the importance of downtime planning.46 Career is not who you are, it's what doSuccessful people know that their career is not their identity. They are multidimensional and do not define their work.47 Be interested only in the path of resistanceWhile most people are looking for the easiest way or shortcut, successful people are more interested in the most effective way. They are looking for a course of action that will deliver the best results in the long term.48 Follow ThroughMany spend their lives starting things they never finish, but successful people do their job. Even when emotions and novelty have and finish.49. Invest in all your dimensions.Jemmy not only physical and psychological beings, but also emotional and spiritual creatures. Successful people consciously work to be healthy and productive at all levels.50 Put Your Money Where Your Mouth IsTo Get Successful, It's Important to Practice What You Preach. People of success do not talk about theory, they live reality. So you have this, a summary of what I learned from self-help books. But of course, you need to start taking action, so you will be closer to success too. Bonus: 5 Bad Habits To QuitMore About SuccessFeatured photo credit: Juan Jose via unsplash.com unsplash.com

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