

KEYS TO SUCCESS

Successful people share seven basic traits — and you can make yourself a winner in all phases of life by adopting these traits! “It’s a remarkably easy strategy — ensure your success by using the seven triggering mechanisms that give successful people the power to succeed,” said Anthony Robbins, author of the book *Unlimited Power*.

Here are the characteristics Robbins says you should develop:

1 PASSION:

Successful people have passion — an energizing, driving force that moves them to try, to do, to grow. It gives them the power to tap their true potential.

One way to develop passion that will propel you to greatness is to expose yourself to new things. Visit someplace new, try painting and dancing, test-drive a new luxury car. These things can trigger your passion for life.

2 BELIEF:

People who succeed believe they will achieve success. Believe in yourself. Believe there is no such thing as failure — only learning experiences.

3 STRATEGY:

The actions you take to pursue success must be the right ones in the right order. It’s like baking a cake. You use certain ingredients in a certain order to get results.

How do you find the right strategy? Model yourself after someone who is getting the results you want. For example, if you want a long, happy marriage, find happily married couples and see what they are doing in their marriage. Then do similar things.

down the things that are really important to you, such as spending quality time with your family. And if conflict arises between your values and goals, watch out — you might become your own worst enemy and sabotage your success.

5 BONDING POWER:

Nearly all successful people have an extraordinary ability to bond with others — to connect with people from a variety of backgrounds. Develop a rapport with others by finding something you have in common, such as similar experiences or even the appreciation of a good joke.

6 ENERGY:

Successful people have the fuel to mobilize themselves. Work to increase your energy — eat a balanced, healthful diet. Don’t overeat. Get plenty of sleep and exercise.

7 MASTERY OF COMMUNICATIONS:

The level of success you enjoy in life is the direct result of how you communicate. Success comes from great relationships — for example, taking time to communicate with your children so they’ll listen to you instead of a cocaine dealer.

4 VALUES:

People who are great successes almost always have high values and morals. For example, Ronald Reagan and Martin Luther King Jr. reached success by being associated with high values like justice and love of freedom.

To make sure your values coincide with your goals, write