

10 Unsexy Ways To Live To Accelerate Your Success

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Chapter 1: Live Disciplined

Live Disciplined

"There is nothing I can do for an undisciplined person to make them successful" (John C. Maxwell).

What is required to achieve a goal? Consistent laser-focus effort applied to the goal.

Focus and consistency both require discipline. Without discipline, you will falter, waver, start and stop, and limit your progress, and in many cases, never arrive or take considerably more time to reach your goal than necessary.

Committing to the process is the only way to achieve a worthy goal.

Commitment requires discipline.

Discipline requires ignoring pain, inconvenience, and discomfort. There will be plenty of times you don't feel like making progress on your goals. You might feel tired, distracted, lonely, depressed, disinterested, or unmotivated.

But always come back to your long-term vision. What is it that you want to achieve? If your actions today don't create the progress that will lead you to achieving your long-term vision, you will never arrive.

Your Habits Create Your Destiny

"A person without self-control is like a house with its doors and windows knocked out" (Proverbs 25:28, MSG).

There are two paths I want to discuss here. The first is addiction, and the second is habits.

Addiction

Addiction does a few things; it destroys your relationships, your opportunities, your life, and you. A person who struggles with addiction has no self-control.

If you struggle with addiction, seek help from a professional immediately, and also consider the long-term effects of your addiction.

Do you want your addiction to control the remainder of your life? Do you want to allow something or someone outside of you to control your actions indefinitely? Where has your addiction got you so far? Do you like the direction you're headed? Do you like where you are now?

Habits

I remember having dinner with a friend who was trying to lose weight. Not only did they order multiple desserts, but they also ate all the free desserts the restaurant offered. The first question that popped up for me was *how will this behavior help you reach your goals?*

There is no difference between the person who can't say "no" to free food, lashing out at their spouse, repetitively watching unproductive content, spending more than their income, having sex with anyone who says "yes," showing up late to every meeting and event, practicing impatience with everyone, snacking all day even though it doesn't help you achieve your health goals, not engaging in physical activity even though you want to get in shape, consistently

choosing the wrong dating partners, or continually sabotaging good career opportunities. These unproductive habits will not produce ideal outcomes, and if you don't course correct, unproductive habits might destroy your life or keep you stuck in mediocrity.

Our addictions and habits create our destiny. Without discipline, you will allow unproductive habits and unhealthy addictions to run your life.

Discipline helps you stay in control and helps you remain the driver of your life. Discipline helps you say "no" when something or someone does not align with your ideal outcomes. Discipline helps you accelerate your progress in a world that lacks discipline in almost every area of life. Discipline is what separates the average from the world-class.

Discipline is pain, and most run from pain, but once you realize pain is good, you will not think of discipline as painful but necessary to help you get from where you are now to where you want to be.

Moreover, you will experience the pain of implementing discipline or the pain of not implementing discipline.

For example, a person who doesn't work out and consistently overeats will eventually become overweight and deal with health issues. They can either deal with the pain of discipline (i.e., working out and eating clean) or the pain of lack of discipline (i.e., lifelong health ailments, low energy, and low mobility).

If you consistently don't work on your goals, you will deal with the pain of regret or temporary sacrifice. You decide which you want to deal with; the choice is yours.

Deal with the pain of discipline now, or deal with the pain later.

Discipline isn't sexy. Discipline isn't easy. Discipline isn't mainstream. Discipline isn't comfortable. But the results you incur from discipline are astronomical -- especially when you apply discipline to every area of your life.

Pain is good.

Chapter 2: Live Within Your Means

Live Within Your Means

"There is no dignity quite so impressive, and no independence quite so important, as living within your means" (Calvin Coolidge).

The one thing people can do to elevate and improve their financial outcomes is to live within their means. Yet, few people do this. Why? Well, it's easy not to live within your means. This is the day and age of financing your life with credit and loans. Few people are trying to save up to pay for things they desire to enjoy now.

But when you don't live within your means, what inevitably occurs? You accumulate debt, not wealth.

How does one live below their means? Set a budget, track how much is coming in, and track how much is going out. Always have a clear view of your money, and ensure you don't spend more than what income you bring in.

Delay purchases, make budget cuts, switch up your spending habits to benefit you, and increase your income if needed so you can live within your means.

It's not sexy to live within your means -- especially when many others are doing the opposite and appear to be living large, but the rewards of living within your means create financial freedom, financial independence, and financial flexibility for you.

There is no greater time to start living within your means than today. Start today.

Chapter 3: Don't Assimilate

Don't Assimilate

One of my favorite books of all time is called, "Outwitting the Devil" by Napoleon Hill. Though the title might be misleading, it's about breaking through fear, vice-like assimilation, achieving your goals, and breaking through limitations. I highly recommend the book.

You likely spent considerable time learning from your parents, teachers, and school system. Did you ever take a moment to consider if what they're teaching you is true, valid, and applicable?

I always closely observe what the masses are doing versus the few.

Some things the masses do:

1. Spend considerable time watching unproductive content (e.g., streaming, YouTube videos, reality tv, television shows, movies, porn, etc.)
2. Don't prioritize their physical health

3. Chase money instead of creating it
4. Settle in their relationships instead of coupling with someone who aligns with their values
5. Limit their income opportunities
6. Live above their means
7. Don't invest considerable time into self-education
8. Focus on watching others achieve their dreams instead of investing time focusing on achieving their own dreams
9. Don't write their goals down and consistently execute to make progress on their goals
10. Compare themselves to and compete against others when they should only compete against their past selves
11. Think getting an education is the way to better their lives and make a good living

12. Stop learning after leaving traditional school settings
13. Seek the quick and easy way to their goals instead of transforming their habits (e.g., plastic surgery or pills to lose weight or consistently gambling/playing the lottery in hopes of a big payday)
14. Focus on what others think about them instead of what they think of themselves
15. Surround themselves with people who don't challenge them to be better
16. Don't implement discipline in all areas of their lives
17. Don't consistently invest to build wealth
18. Focus on materialism and amassing more stuff
19. Don't read books that challenge them to grow and elevate their mindset and knowledge
20. Don't value their time nor use it productively

Be a leader. Don't operate as the masses do. Operate as the few. Emulate people who are thriving and succeeding in life and avoid the habits of people who settle for mediocrity.

Chapter 4: Don't Waste Time

Don't Waste Time

"Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it" (Scott Peck).

Time is your most valuable resource. You don't have unlimited time. You get twenty-four hours daily to make something of yourself and do good for others.

What are you doing with your time day in and day out? Are you using your time productively? Are you living according to your truth and values? Are you maximizing the time you're given each day?

Many people waste their time because they think they have all the time in the world, but they don't. You get one life, and the only time you have is the time you have right now.

Make something of the time you're given each day. Act as if you have limited time, creating urgency in everything you do. Don't allow others to waste your time, and don't allow yourself to waste your time. Set boundaries with yourself and others with your time

and move in a way that empowers you to leverage time for maximum efficiency consistently.

The time to use your time wisely starts now.

Chapter 5: Focus On Impact

Focus On Impact

"Life is about making an impact, not income" (Kevin Kruse).

Money is great. We've all enjoyed its benefits, but what's better than money is leading an impactful life. Without impact, you leave no footprint or mark on the world to make it better than before you got here.

More money is great, but what you do with your money helps determine the value it has in your life. Some people use money for selfish reasons. Others use it to do more good -- to make an impact.

Whatever your goals are, they should always be tied to some impactful and worthy goal that helps others in some form.

When you focus on impact, you attract more resources, opportunities, and good into your life.

Remember, it's not about money; it's about what you do with your money, the impact you make on the

world, and the gift you leave behind after you return to the dust.

Review your goals today and confirm whether they are selfish or impactful. Refine your goals to be more impactful. Force yourself to think bigger and beyond yourself and your family. Focus on global impact. How can you do more good in the world?

Chapter 6: Don't Settle In Your Love Life

Don't Settle In Your Love Life

"Don't swim with the current when you can ride with the waves" (unknown).

Around 73% of people settle in their relationships.

Some of the primary reasons include:

1. Fear of being alone
2. Don't think they can do any better
3. Impatience
4. Low self-worth, self-value, and self-esteem
5. Toxic attraction and coupling \ trauma bonding
6. Don't know themselves well enough

It's easy to settle -- especially when you want to experience love now and have a backlog of not-good-enough relationship experiences, but it's better to have peace of mind and focus on yourself while being alone than to be with someone who is less than ideal and stifling your life; I'm sure someone reading this book can relate to this statement.

Learn how to enjoy your company. Learn how to be alone. Learn to view yourself highly enough that you

don't settle in your relationships because you know you are more than good enough and worthy of wholesome, quality, and unconditional love. If you didn't know this, I'm telling you this truth today.

Chapter 7: Prioritize Your Health

Prioritize Your Health

"If you do not make time for your wellness, you will be forced to make time for your illness" (Julie Genney).

Your health matters and every action you take now will have a future impact on your overall health.

What are you consistently doing for your health?

Consistently prioritizing your health looks something like this:

1. Meditating
2. Stretching
3. Walking
4. Engaging in physical exercise and building muscle
5. Eating a wholesome diet most of the time
6. Regularly visiting the doctor for your physical, blood work, and other routine exams

Are you doing any of these things? If not, why? If so, what can you improve?

A better body and sound health improve the overall quality of your life. It's not always fun to get that

workout in and choose a healthier eating option, but your body will appreciate the investment now and in the future.

Build your body daily. Avoid dealing with all the pain, medication, and sickness that many people bring upon themselves with poor habits, lack of exercise, and poor diets.

Chapter 8: Choose Your People Wisely

Choose Your People Wisely

You are the average of the five people you spend the most time with. There are anomalies that deviate from this, but for most people, we become like those we surround ourselves with most frequently.

Who are you surrounding yourself with, and are the people you surround yourself with elevating you or detracting from your well-being? Are your people motivating or demotivating? Do your people align with your values? Do your people genuinely care about your well-being? Do your people improve your outcomes and help you stay on track with your goals?

All of these questions must be considered if you want to ensure your community adds value to your existence. Most people settle for whoever hangs around. Most people still have the same friends from school. Some friends can consistently grow, but many live in the same mindset they always have. If you're not careful, you will regress in life if you surround yourself with people who ain't doing sh*t, ain't thinking about the right sh*t, and not motivating you to do sh*t with your life.

Choose your friends wisely.

Chapter 9: Choose Minimalism

Choose Minimalism

"Minimalism as a lifestyle is the art of letting go" (D. Stojanovic).

I started my minimalism journey during childhood. I always had an aversion to collecting things. Instead of collecting, I focused on continuously eradicating stuff from my personal belongings.

I don't know where the lesson came from, but I realized relatively early that having more things was unfulfilling. Spending money on acquiring more things was also unfulfilling.

Practicing minimalism has helped me focus on saving and investing versus spending and acquisition. My highest spending categories are food and travel, and I'm okay with that because I want to focus on experiences more than collecting things, which, at any moment, can disappear. Memories are longer-lasting.

If you walk into my space, you won't find much because what I own encompasses very little. And owning less has helped me cultivate a life I enjoy.

Minimalism is about creating more room for the people, experiences, values, and things that matter most. It's about intentionalism and not engaging in overconsumption habits.

Chapter 10: Commit to Self-Education

Commit To Self-Education

It's common to stop learning after leaving traditional education institutions. You might think the learning journey is up, but learning should never stop.

When you stop learning, you stop growing. When you stop growing, you start dying.

Knowledge keeps you flexible, agile, and alive. Knowledge keeps breathing new ideas of life into your mind and existence. Knowledge keeps your goals expanding. Knowledge keeps you on your toes. Knowledge keeps you in the loop. Knowledge keeps challenging who you are today to help you be better tomorrow.

It doesn't matter how you attain knowledge as long as you keep attaining it. Books, podcasts, videos, conferences, webinars, live discussions, mentorship, coaching, etc., are all valid avenues to leverage for attaining more education.

Never stop learning. It's how you can transform your life into something you never imagined most

positively and beneficially. Books and knowledge are magical -- never take these resources for granted.

The answers you seek are waiting for you to find them.