



Super
SUCCESS
&
ACHIEVEMENT
Made Very Easy!

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Super Self-Improvement... Made Very Easy! Reports Series

Super Success & Achievement... Made Very Easy!

So... you really want to succeed!

You really want to achieve your goals and fulfill your dreams!

I've got good news for you!

It's very easy to do so, really, and this report will show you how.

People who don't do what's outlined in this report get burned out and drop out sooner or later. Unfortunately, that's most people, so don't be one of them.

The following points have been proven to be the simplest, easiest, and the 100% guaranteed way to achieve your goals and realize your dreams very easily!

Because of their simplicity and ease, most people overlook them.

Note: Points 3 and 4 are life-changing!

Step 1

Answer THIS question: "Why?"

Know **why** you want what you want. Know **why** you want to do what you want to do and **why** you want to achieve what you want to achieve.

The emotionally big "why" always wins.

Before you set out to do anything, ask yourself these questions and answer them:

- "Why am I doing what I'm doing?"

Rule: Opportunity cost. What's the reward? What's the prize? What am I sacrificing and in exchange for what?

- "How does this relate to my goals, objectives and dreams? Does it bring me any closer to my dreams?"

Rule: Shortest distance between two points is a straight line.

- "How serious am I about my objectives and dreams?"

If you're dead serious, you'll have the motivation to make the necessary effort that will enable you to reach your goals and realize your dreams.

Always keep your mental focus on end results. Sacrifice is giving up something in return for something greater! So, is what you want greater? Never take your eyes off the prize.

The best way to future rewards is by following present joy.

Tip: Sleep early, wake up early and whatever you do at night do it early morning. You'll find yourself achieving a lot more!

Next point...

Step 2

Get Started Today! and experience the snowball effect of achievement and success!

Do not procrastinate.

Enemy Statements: "I'll start tomorrow" and "I'll do it tomorrow" = you'll never do it.
Why not today?

Yesterday, tomorrow was today.

The number one **Procrastination Destroyer** is... taking one and only one small, insignificant step towards your objective, *right now*. This has the magical effect of getting your ball rolling! Try it.

Do whatever brings you a little bit closer to your dreams. That's all it takes to succeed. Just a little bit better, over time, will equal enormous change.

Step 3

Forget about perfection. It is not a good thing at all! In fact, it prevents you from accomplishing a lot. It makes one obsessed with improving and fine-tuning something to an unreachable level.

At the end of the day, perfectionists find themselves having worked on one and only one thing and perfected nothing.

Improvement, however, is a totally different thing. Always strive to improve yourself and what you do. Get started and you can improve on things and modify them along the way.

Step 4

Plan and Set Goals. That's an absolute must! Those who fail to plan, plan to fail.

What do you want to achieve? You want to lose excess weight? How many lbs in how much time? Don't just say: "I want to lose weight. 40 lbs". It's insane!

What do you think you'll feel when you stand on that scale after a week or two and see you're nowhere near your sky-high target?

You must set goals: You want to lose 40 lbs in one year? You must specify. (More on this below)

You shouldn't only set goals. You should set *realistic* goals. Be realistic will you!

Don't say "I want to lose 40 lbs in 2 weeks!"

You want to quit smoking? Let's say you smoke two packs a day. Would you be happy if by this time next year you were smoking two cigarettes a day? Time is passing anyway! So, you are going to decrease your smoking by one cigarette a week.

You want to work out every day for 45min to one hour.

Whatever it is that you want and dream of, set realistic goals to achieve it. Write down what you want to achieve.

Important: Read The [benefits](#) and [dangers](#) of writing down your goals in [Super Self-Improvement Made Very Easy!](#) ebook.

The benefits and dangers of writing down goals: Without any doubt, writing down your goals and the details/steps required to achieve them helps you define, clarify, and refine the macro/micro picture and roadmap towards fulfilling your dream. It helps you identify the "ingredients" required to make the "cake". You wouldn't want to miss and forget about an ingredient, would you? Writing down details helps you see the reality of your situation and where you stand at the present clearly, thus enabling you to take steps and advance in the "light".

The greatest danger of writing down goals is **rigidity**. After you write down your goals and you start taking steps towards fulfilling your dream (i) many things start getting clearer to you and you become aware of new things that you've not been aware of when you wrote down your goals, and (ii) you find out that certain things, details, steps you wrote down are unnecessary or they are no longer applicable. Hence, it becomes absolutely necessary to edit and update your goals along with the details and steps involved in achieving them. The dangerous thing is that many people hesitate to rewrite, edit and update their goals. Writing down goals become like an eternal code carved in stone. This is wrong. Always edit and update the details and steps required to achieve your goals.

Step 5

Know Your #1 Mental/Self-Talk, Enemy Statements

"Everything or nothing! Either I achieve a lot today and I see results today or it's not worth the effort."

This mental statement hinders and prevents millions of people from getting started along the path of self-improvement. Know why? Cause they feel so overwhelmed by what they have to do.

So, they end up not doing anything. Not even taking a tiny step towards their dream.

Such a statement will get you nowhere and you'll find the days passing without even taking a turtle step forward towards your dream.

Change doesn't have to be an all at once; single shifting event. In fact, it cannot be so. You don't have to change everything about yourself right this instant. Make small changes here and there, and you will be amazed at how much you can achieve.

Step 6

Divide & Conquer: Divide & Be a Victorious Conqueror! Guaranteed!

Divide and Conquer! Break down your goals into smaller units and start off *slowly*, by taking one step at a time (see point 8). This is the 100% guaranteed formula to achieve anything you ever want to achieve with ease! Period.

Start off slowly and don't worry... your pace will accelerate in time.

Break down/divide your objectives into 'time' units. You want to lose 36 lbs? Ok, by when? By this time next year. That's 36 lbs in 12 months, 3 lbs in one month, 0.75 lbs (less than one lb) per week. How many calories are you consuming today? How many calories do you need to consume?

Now tell me: Isn't losing 3 lbs/month infinitely easier to aim for than "I want to lose excess weight" with no measurable target and time frame? Most people trying to lose weight inevitably fail to do so because they want to lose 36 lbs in 7 days!

Remember: A journey of a thousand miles begins with a single step, then another then another...

I know you have that inner-feeling that is pushing you to change completely, instantly and this drives you to jump 10 steps at a time.

Be patient... all good things come to those who are patient and who persevere. Ten steps at a time will burn you out sooner or later. It's not going to take you a whole year before you "see" change!

Set small (short-term) goals and big (long-term goals). The former will be stepping stones/mile stones to your success and will energize you and 'pump up' your self-confidence to keep going.

When the goal is too far out of reach, people lose the drive to succeed and the desire to improve.

Aim for small, minor goals that will not take a long time to achieve. Since you will have some accomplishments quicker, you will then have some successes to your credit.

Successes, however small, are necessary and helpful to give you the sustaining power to “hang in there” for the big goals.

Success breeds success.

Success and achievement mean you have to do those little things that, on their own don't make a significant, noticeable difference, but once added together amount to Mount Everest and Fort Knox .

Step 7

Realize the tremendous importance of your day; today! Keep your focus on **today**; not tomorrow and not yesterday. Realize the importance of the 24 hours. Realize the importance of the hour. Take things day by day.

Break down your goals into units (space) and units (time). Did you know that 30 minutes a day = around 10,000 minutes a year; 160 hours a year!

People want to see and feel the results of their actions *instantly* or else it isn't worth it. This is the horrible need for instant gratification that many are plagued with.

“I'm not going to work out or eat healthier because I won't enjoy the benefits of improved health until months or years later. This (junk) food, on the other hand, tastes great right now.”

Here's a proven fact of life. When you don't do what you know you have to do - when you take actions towards instant gratifications - you will end up with sadness, failure and regrets.

You don't have to take my word for it. You've tried it and experienced it, haven't you?

Here's the Solution and the Golden Rule: Keep your eyes and mind fixed on what you have to do **today**, and never what you have to do tomorrow or (for) the next several months. Only look forward in time to "see" your dream fulfilled and realized.

You're going to take things day by day. Your focus will be on two things: What you're going to achieve today... just today, and on your destination; your dream.

Never focus and look at what and how much you have to do to reach your objective. You'll succeed easily and wonderfully if you just train yourself to keep your focus on what you have to do today.

Important: You cannot have your 'self' hinder your progress in any way. How? Through your negative habits. Eliminate your bad habits! Grab your copy of [Super Self-Improvement Made Very Easy!](#)

Step 8

Step-by-step; one firm step at a time! Proceed and advance one step at a time. Do not jump steps. A journey of a thousand miles begins with a single step.

Ok, here's what you have to do:

Climb this mountain and reach the top... **today**.

Of course that's impossible! Well, why then do millions of people even attempt to change their lives in a single day or two? And when they fail to do so they feel they are losers! That's not fair.

Ok, so how do you climb this mountain in reality? Give me a proven-and-successful way.

One step at a time! You got it! More accurately, one *firm* step at a time. What happens if you start attempting to jump up the equivalent of ten steps at a time? What if you don't take *firm* steps?

You'd be in danger... you're in great danger of ending up worse than you started.

You want to climb a set of 100 stairs. How do you do it? Really, how?
The only proven and successful way is to climb one step at a time.

If you start climbing three and four steps at a time, you'll soon find yourself tired, out of breath and brought to a stop, followed by depression.

Why do you think so many people give up so soon? They start off jumping 100 steps at a time.

Look I know your inner feeling that you want to change instantly, immediately, right now! Aren't we all impatient! But all good things come to those who are patient.

If you start climbing one to two steps at a time, slowly but surely, will you not get to the top? Sure you will. It would take you a little bit more time than jumping tens steps at a time – in which case you won't get to the top - but in the end you will achieve your goal, won't you! Do this with all your goals.

The only *guaranteed* way to change and improve is to start off by doing things little by little, and taking one firm step at a time. That's the only guaranteed way to improve yourself consistently, and to achieve your goals and realize your dreams.

Doing this is definitely within the reach of everyone. Everyone can make small improvements each day, and that is all it takes to change an entire life. These small improvements and changes will add up to enormous results.

Take small steps to make each part of your life a little bit better. Take small steps to improve each part of your life a little more.

It does not matter how slowly you go, so long as you do not stop.

Remember the good news: It's not going to take years or a lifetime before you start seeing results and feeling happy with your achievements. You'll witness pleasing changes week after week and month after month, and you're going to feel the thrill of success and achievement the minute you start seeing results no matter how small.

Let's say you want to lose 30 lbs of excess weight. You're going to feel fantastic the time you lose your first 2 lbs. This will generate a stronger drive in you to head

towards the 4 lbs then the 10 lbs, and so on, thus propelling you for greater and greater success.

Success breeds success.

You want to lose excess weight and look great?

Try eating just a little bit better every day, and working out a little bit more each week.

You want to stop smoking?

Try smoking just one less time per day, and then gradually build upon that.

You want to be happy?

Find one thing that makes you happy, and then look for more and more opportunities for joy as the days go on.

Step 9

Patience & Perseverance: The above discussed steps are guaranteed to get you to the top; achieve your goals and realize your dreams. But, it will take some time. That's why you need to be patient and to persevere.

The trouble is most people either don't want to put in the effort in the first place, or don't keep going long enough to get the reward.

The good news is that in time, you'll find your progress and improvement accelerating from human speed, to horse speed, to car speed, to jet speed... to 3.0×10^8 m/s light speed!

You also need patience because:

1. Taking small easy steps may feel too slow and hence may tempt you to start taking 10 steps at a time, which will burn you out inevitably, as we stated earlier.
2. Small, easy steps take some time to produce noticeable results.

Warning! Many people start off taking one step at a time. After they see the first signs of noticeable and pleasing results they start jumping steps and taking 10 steps

at a time. This has burned out many people. Don't be tempted to do this. Start off taking one step at a time and continue doing so!

Very important: Know your self-improvement and achievement chart!

You'll find it in [Super Self-Improvement Made Very Easy!](#) ebook.

Step 10

Because you'll be taking small steps forward every day in many different areas in your life, I advise you to record and monitor your goals and progress.

What u can't do today & what u must do today!

You can't change everything in your life today, but you can and you must begin the process. In time you will reach the summit.

Do this and I guarantee you'll achieve anything you ever dream of!

There's only one way to fail - and that is to quit! And that's something you're never going to do! Right?

Good luck.

Suggested Reading

Program Your Mind for Success in Record Time! Using a +6000 Year-Old, [Amazingly Simple](#), 100% [Natural](#), Equipment-Free, Do-It-Yourself, [Mind-Programming System!](#)



Use it to implant the 22 traits of successful people and self-made millionaires onto your brain! [More info](#)