



## Self Help Success Tips Shared

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## Self Help Success Tips Shared

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## Self-Help Success Tips Shared

Self improvement as a goal is wonderful for people everywhere, whatever their status in life. However, many people are not sure of all the ways they can help themselves. In fact, the truth is, even the most successful person can still learn new ways to improve themselves.

Self improvement is a lifelong occupation, or it can be if you make it so. Whether you are ten years old or 100, there is always something you can do to improve your life, your abilities, your health, and the person you are.

This short report gives some of the key success tips, which most individuals should be able to make use of. They are only brief tips, ready for you to pick up, research further, and use one or more at a time.

### Review the Past

Take an overview of your past into consideration when planning your future self improvement goals. See what mistakes you made and how you can improve upon your past efforts. Then move on ahead and plan accordingly. Failure to look back can result in history repeating itself. While 'good' history may be fine to repeat, you do not want old bad habits to return, especially when unprepared for them. So, plan ahead, and learn how to bypass or overcome any past difficult hurdles so that next time they are not a problem.

### Create a Plan

Do not rely on memory to help yourself reach your goals. Map out formal plans for all of the areas of your life in which you know you have room to improve. Do not deceive yourself, there are many in all of us.



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Make use of personal plans, business plans, fitness plans, dietary plans, etc. Start by researching your areas of focus, conferring with professionals (experts, mentors, coaches, etc.) in each of the areas you are focusing on. This will help you to help establish reasonable goals that are achievable, and action plans to reach them and ways to monitor progress along the way. Remember, planning is not just for business; those who plan their route in life are far more likely to reach their chosen destination.

### Monitor Goals Regularly

Goal and objective setting is fine, but do follow up regularly. Get a day planner, calendar, journal or other tool and jot down:

- Your specific goals and targets, and deadlines for meeting them.
- How you are going to complete the goals, logging in the exact steps each week or month, or however often you are going to work on them, plus where you should be at each stage along the way.
- Log your progress as successfully being completed or not. If not, jot down areas of difficulty and how you are going to overcome these difficulties and forge on relentlessly ahead.

(More on [Setting Objectives](#) )

### Take Charge of Your Mindset

One of the most powerful things you can do in improving yourself is to get control of your mind. If you can achieve that, then all other aspects of self improvement will come more easily.

Getting into a positive mindset for your long term plans, and every morning when you wake up, will keep you on the right track. For example, motivational speaker Zig Ziglar likes to wake up and before even getting out of bed in the morning, he claps his hands together and shouts out, "Boy, it's gonna be a grrrrrrrrrrreat day!"



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If you have no special ceremony or routine along these lines, you can experiment to see what works best, like plugging in to a [motivational recording](#) (audio cassette or MP3 file) with your morning juice or while you're taking care of grooming and dressing activities. Check with your local library to see what resources they have available for you to try: cassettes, DVDs, CDs, etc.

Do not leave this to chance, though. Feed your mind just like you do your body; try to ensure you learn something new and beneficial every day. If you do not feed your own mind, others will. Media, Internet communications running 24 / 7, television shows and are constantly bombarding you with mostly useless or low value information for your mind. So, take charge and feed your mind on knowledge that will help you succeed in what YOU want.

By getting control of your mind, you set yourself apart from the average consumer; well apart. In anything you want to succeed in, you need to do better than others; life is competitive. But once you are the boss over your own mind, not allowing it to become an unthinking sponge for consumer brainwashing, then everything else becomes within your grasp.

I can assure you, it really is great to be different, to be a thinner, to be an achiever. Train your mind to help you, and it will do so on autopilot.

### Overcome Challenges

Make it a one of your goals to overcome any and all obstacles in the paths to achieving your other self improvement goals. List ways to get help, too, like:

- Turning to the public library for reference materials and other resources.
- Seeking out offline and online articles, mentors, coaches, industry portals, tips, tools and resources, forums for meeting people who can offer tips, advice, resources and other places.



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- Support groups and associations in your area or online in your niches / industries of interest, like the Small Business Administration at: <http://www.sba.gov> or SCORE "Counselors to America's Small Business" at: <http://www.score.org>

### Just Say No To All the Negative Junk Out There

There is an awful lot of wasteful garbage in people's lives Tell yourself to steer clear of it all. This includes bad habits like addictions (drugs, alcohol, sex, gambling, abuse, etc.) and bad music lyrics, complaining and even hanging around negative people. It is too easy to join in and follow the crowd; most do. But for you, focus on the positive, including positive people; stay healthy, be attracted to healthy people with healthy habits. Be a winner not a loser.

### Embrace Change

Too many people fear change, yet change is inevitable. So instead of fighting it, reach out and grab it, holding it close. To help, keep up with the latest in your industries. For example, learn online technologies (email with attachments, blogs, RSS feeds, etc), subscribe to industry publications; newsletters, blogs, RSS feeds and ezines, etc. If changes are taking place in your place of employment, then get involved, and make the most of the opportunity. Let others around you moan while you grab the chance and move on.

He who fears change fears life. Do not fear life, it is a joy and a blessing for you to make the most of.

More on [Change Management](#)

### Continued Education



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Too many people think that once they graduate from high school, they don't need to read and learn any longer. That is so untrue, as school is just the beginning, a base point for adult life. It is after High School and even university that you start to acquire real experience, knowledge and wisdom. You need to push yourself to learn new things, skills, theories and so on that will advance you in your chosen careers and pursuits.

Nobody else will push you to success; it is your responsibility. Parents may give a nudge here and there, but it really is down to you. And of course, if you are well past college years, then parents are not likely to encourage with anything.

The main point is to keep developing your mind, up until your dying day. Learn about successful people in your industries of focus. Find out what works and what does not. Try attending a key annual event with workshops, speakers, industry educational tools and networking. Sign up for online training, ecourses, webinars, telephone conferences and more to participate in guru interviews with question / answer periods at the end. Make your learning a continual part of your life. Forever.

Make it so your mind feels hungry if you learn nothing new today.

### **Give Back So That You Lose the "Self" in Self-Improvement**

Personal growth should also include giving back. There is no need to always focus on the "self." On the contrary, often during times where difficult challenges present themselves, taking a time out to help someone else in dire straights – with much greater challenges, for example - can work wonders for you too. After you volunteer in the other direction for a while, you can return fresh and tackle your own obstacles with new insight and confidence. So give your time to others: teach, donate help with a project somewhere, donate services or products, be a mentor or coach, encourage someone, offer free consulting, etc. But do give back.



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### Time & Business Management

Improve your time management and business skills. A couple of good books to check out for help in these areas at the public library are, "No B.S. Time Management for Entrepreneurs," and "No B.S. Business Success," both by Dan Kennedy. You need to harness your time and make the most of it by listing tasks, deleting time wasters, and prioritizing. Regardless of which type of business you are in, even in you work for someone else, the more you understand business, the more productive you will be for your company and yourself.

Planning systems can also help with these areas of focus. Those by Franklin Covey are available in print and as software, compatible with Microsoft Outlook (calendar, communications and planning tools) and with handheld tools. These help you log and track tasks, setting goals, measuring them and prioritizing them.

More on [Time Management](#)

### Get Help

Never try to make, set and reach your goals all alone. Get help. Teamwork is great and can help you reach your goals faster and in a much more efficient manner. With help, you have people to encourage you, touch base with you throughout the year on your progress (holding you accountable), and people you can also help (giving back), network with and make friends with.

Getting help is not an admittance of defeat or failure. It is to acknowledge that others can help you improve yourself; and they can.

### Privacy and Computer Safety

Be safe by protecting your computer from unwanted viruses and bugs with downloadable anti-virus and firewall tools, many of which are even free:



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- ZoneAlarm from Zone Labs by Checkpoint Software Technologies at: <http://www.zonelabs.com>
- AVG Free Anti-Virus and Anti- Spyware software by Grisoft at: <http://free.grisoft.com>
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Also, learn all you can about how to protect yourself from identity theft. One place to start is with the FTC (Federal Trade Commission) website at: <http://www.consumer.gov/idtheft/> .

Check with your insurance agent about any identity theft protection policies available, too. Basic homeowner policies often have an addendum you can purchase for very little, especially when compared to what you stand to lose in time, money, loss, aggravation, new financial accounts & id's for replacement, etc.

### Joint Ventures and Collaborations

Work with others in joint efforts. This increases your scope and outlook, plus can make the end results much more rewarding than if you had done everything by yourself. However, you do need to be sure that you are partnering with someone who you can work with, otherwise they will hinder rather than provide synergy.

### Praise and Compliments

Hand out praise and compliments more often than you have in the past. Too many people stop telling others how nice they look, how good their work was, and how much they're appreciated. Spread sincere praise around. If you think it, say it. Self improvement does not mean being totally self focused; far from it.

### Financial Improvement

Do not neglect your finances. Self improvement also means self accountability, so pay [debts](#) in a timely fashion, do not bounce checks and go over credit limits, increasing your amount owed and ruining your credit history. Take charge of your budget and spending with



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good [household budget](#) keeping. Get help if necessary from your local banker or a financial advisor. The bottom line is: be accountable.

Always remember, you only accumulate wealth if you spend less than you earn each month. It is that simple, but most neglect that simple fact.

### Feedback

Be open to comments from peers, your boss(es), clients, co-workers, etc. There is no need to be a rug, but do be open to constructive criticism and how you can improve. Do not kid yourself you are perfect, you are not. Do not kid yourself you cannot learn from others, you can.

### Passing the Buck

If something is or was your fault, own up to it, apologize and move on, if possible offering a solution and help in any damage control needed afterwards. Too many people run from things or shift the blame. Take charge and take control and responsibility in all your actions. You did the best you could with what you had, so there is no shame there. Everyone makes mistakes. It is how you deal with mistakes that counts most. To deny them is self delusion; to blame someone else is an insult to yourself and those to whom you are trying to pass the buck.

I hope you found some of these success tips helpful. They are only starters, it is up to you and go out and finish. Please keep a copy of this report for future reminders, and to bookmark the internet links when you visit them, so they are easy for you to find.

Keen to learn more already? Please visit our web site: [Routes to Self Improvement](#).