

Six Steps to SUCCESS WITHOUT STRESS



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The title may seem oxymoronic – but it's not. You can achieve success in your endeavours without suffering from stress but there are some key things to bear in mind.

Firstly, it's worth considering the idea of success and what it means to you. It's a term that means different things to different people. So, start off with a definition. This will allow you some clarity and it makes the journey much easier.

Clearly defined goals are actionable ones ensuring that you don't get stuck at the beginning and instead can get started in a productive manner. Write down what you hope to achieve and work towards it. You'll find that being active makes things simpler and it allows you peace of mind too as you're not just working away on some indefinable task.

We have to actively seek out opportunities and we cannot be passive if we hope to achieve our goals. In my personal experience everything I've achieved can be boiled down into six simple steps. In order to help you avoid stress when achieving your goals I've listed the steps needed below.

1. START

Procrastination is the main enemy. We're all guilty of putting things off, waiting for the perfect time, and hoping that inspiration will strike. In my experience success doesn't just materialise or fall into your lap. It arrives as a product of hard work and application.

Procrastination can keep us from actualising our goals. It comes along with some unpleasant bedfellows like 'later', 'in a bit', and 'after I've done XYZ'. But the real danger is the fact that we have finite time and by putting things off they may never happen.

This is a key area that provokes a stressful response. Everyone knows that procrastination is a vicious cycle so simply avoid it. Just get on with what you need to do, and put one foot in front of the other. **START NOW.**

A helpful tip: *write your goals down somewhere that you will see them and make yourself accountable, don't let time slip away from you – exercise control.*

Six Steps To Success Without Stress

2. FOCUS

Modern life is busy and there are loads of responsibilities to juggle. In a world full of distractions it can be difficult to keep what's important in perspective. Attempting to meet your goal and achieve the success that you're aiming for will require some sacrifices.

But sacrificing for your goal (and its eventual success) shows just how important it is to you. **Maintain a singular focus, a clear objective, and don't waver in your pursuit of it.**

Keep your goal in mind and strive towards it. Be sure to allocate time and effort in order to achieve it and remember that you will have to postpone and miss out on some things if you're to succeed.

3. BELIEVE

Faith is another apt word too. Attempting to achieve your life goals is hard enough and you can't doubt yourself or your process. Don't let other people and their opinions get in the way of achieving what you have set out to do.

Positive thinking can be of great benefit to your mental well being and the life journey that you're on. You need to believe that true success can be yours and that it will only take a matter of time. Guard your mind against doubts and put any that surface to one side.

Success takes time and application and you have to be careful to surround yourself with people who support and validate your life goals. Be sure to talk with your friends, family, and colleagues who believe in your success as much as you do.

Read inspirational materials; explore books written on the subject of success, and talk with others who have achieved greatly in their lives.

Remember: *if other people can find success and happiness then you can too.*

Six Steps To Success Without Stress

4. PERSISTENCE (Keep Going)

There will be points in your journey where positive thinking and belief in yourself won't be enough. You may find yourself overcome and the going may be rough. This is where you need to remember the importance of hard work. You don't get anything for free and what you get in return for your efforts is entirely determined by what you put in.

Don't be discouraged. Know that you can achieve great things but to do so you must have daily victories, small moments of success that blossom with time and effort. Apply yourself and keep at it – especially when times are tough.

5. CELEBRATE THE SMALL SUCCESSES

Time is both your enemy and your friend when working towards a goal. It provides you with the opportunity to succeed but it also can make your destination seem unreachable and unattainable.

That's why it's important to celebrate the steps that you've taken so far. Set yourself clear milestones and work towards them. If you lay out a clear plan with actionable and realistic deadlines and stick to them you don't have to worry about the bigger picture.

Each stop on your journey is one where you should take stock, assess just how far you've come, and rest in the knowledge that you'll get there eventually.

With each small triumph you edge ever closer to your big goal and so you should celebrate your successes.

Six Steps To Success Without Stress

6. LOOK BACK AT WHAT YOU'VE ACHIEVED

Once you've reached your end goal it's time to take a step back and assess just how far you've come. Be sure to celebrate with the people who have helped you along the way – we rarely achieve great things alone.

Take a breather, and let go of the problems you encountered, the treacherous bits of road you navigated and rest in the present moment you created. **It's yours, and so is the success you've achieved.**

Much Happiness and Success!



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