

THE SUCCESS STRATEGIES IN A NUTSHELL

In the twelve chapters that follow, I explore each Success Strategy in detail. To prepare you for what's coming—and to invite you to keep reading—I offer these capsule summaries of the Success Strategies.

1. **Determine what you want.** Trust your desires and create a bold, detailed vision for the long-term future.
2. **Tell the truth.** Speak candidly, make promises, and align your actions with your words.
3. **Move toward love.** Be willing to release antagonism, and embrace problems as a step toward solving them.
4. **Take responsibility.** In any situation, ask How did I create this? and How can I create a new result?
5. **Lighten your load.** Move toward bliss by letting go of your attachments and expectations, and by choosing new ways to manage distress.
6. **Focus your awareness.** Release mental distractions and pay exquisite attention to moment-to-moment choices.



7. **Listen fully.** Open up to receiving any message—compliments, criticisms, or whatever the world is sending you in the moment.
8. **Choose your conversations.** Understand the role of conversations in creating your world, and enter conversations with care.
9. **Change your habits.** Take the mystery out of personal transformation by following three simple steps to make consistent changes in your behavior.
10. **Persist.** When faced with a problem, look beyond the first solutions that occur to you, and stay in action until you get what you want.
11. **Contribute.** As you get more of what you want in life, find added joy by assisting others to get what they want.
12. **Celebrate.** Constantly notice what you enjoy about your life right now, and go for fun.