

# One Minute to Success

Kerry Dale

A Step-by-Step Guide to Help  
You Stay Motivated and  
Get Where You Want to Be

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## **A Step-by-Step Guide to Help You Stay Motivated and Get Where You Want to Be**

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# Introduction

Generally, most people will not know what they want in life. They have a broad term of what they desire but, when questioned for details, they will not know how to answer.

For example, people want to be rich. They want to grow up, find a stable job, enjoy that job, and make a lot of money.

However, what kind of path will they take in order to reach that broad goal? People will have different answers because of their different lives and, yet, they all have the same answer of “I don’t know.” That is where their motivation will slowly die out.

Motivation is a push. The only difference is that you’re pushing yourself rather than having someone does it for you.

Normally, if you don’t have something to reach for, there will be nothing to motivate you. A broad goal isn’t going to get you very far if it’s not detailed enough to tell you where to go. Nevertheless, that doesn’t mean you can’t focus on something closer.

Motivation isn’t about reaching for the main goal, but to reach and accomplish the little goals that creates that main goal. Even if you don’t exactly know what you want in the future, it doesn’t mean that you can’t be motivated to do anything else.

Know where to put your efforts at, but don't try to do everything in life.

This book will help you gain the motivation that you need for the outside world. When you were young, you were probably motivated to do a lot of wonderful things in the future from doctors to lawyers to even the president.

Yet, as you grow older and life becomes harder, that motivation slowly dies out. That is because there are too many opportunities in life. There are many different jobs but you can only choose one.

You still have that motivation inside of you but you don't know where to put it. This book will not just help you figure out where to put your motivation, but it will also teach you how to stay motivated.

Read this book slowly and take action as you go along. This is your guide so take it with you every step of the way until you won't need it anymore.

# Chapter 1: Understanding Yourself

Have you ever had the type of feeling where you walked into a workplace and you looked at every single employee that is there?

If you have, which one stands out the most to you? That person is probably the most motivated worker in the room. Either they love their job or they want to be the best worker there. It doesn't matter.

What matters is the amount of effort that they put into their job in order to reach their goal.

Sometimes, when you look at these people, you might feel a little envious inside.

That's fine, but why bother envying others when you can be somebody that other's envy?

Most people will not admit to it, but they are envious of those who can put a lot of efforts into their work. Although they might not tell you, the feeling is there in the back of their minds.

However, motivation doesn't just mean absolute success. You can be a couch potato all day and that is still considered motivation.

The reason why is because that is what you want to do. If you have the motivation to do nothing then you will do nothing.

If you have the motivation to accomplish a task then you will accomplish that task. At the end of the day, it's about which factor will dominate: to do something or to do nothing.

So basically, you're always going to be motivated but for different reasons. It just depends on what you want more and your action will be the proof of that.

In this chapter, we will go more in depth with how to improve yourself and your behavior as well as taking a look at your goals and helping you choose which one will be your main goal.

### **Controlling Your Behavior:**

There's a lot of confusion revolving around a person's behavior. Some people feel the need to make up an excuse to do what they want to do, which defeats the purpose of realizing that they chose to do it.

Now if it was an action that you can't control, that's acceptable. Let's use the pedestrian example to explain.

Let's say you were walking down the street and you saw a ball coming at you. You had enough time to move your body to dodge the ball, but you stood there and got hit.

Now who's fault would that be? It would be your fault. Granted, it's also the fault of the one who

threw the ball, but it's also your fault because you didn't dodge it when you could've.

That's what you call a controlled behavior. You could've, would've, should've dodged it but you didn't.

An uncontrolled behavior is more of when you can't control the action that is happening. Let's say that you were driving in the highway, but the car in front of you immediately stopped and you didn't have the time to hit the brakes.

Obviously, you would hit the car in front of you and would probably be charged for damage. That is an uncontrolled behavior because you didn't expect it and you couldn't have stopped it.

Your behavior is what you decide to do. Just because you have to do something doesn't mean that you must do it. If something happens unexpectedly, it's going to be up to you to decide what to do afterwards.

Your behavior also reflects on your work ethic. Saying what you want to do is not equivalent as to what you will do.

Let's say you wanted to save money this month, about \$300. You can tell yourself that you'll save \$300 each day and still save nothing at the end of the month. That is because words are nothing without action.

If you tell yourself that you will save \$300 each month and you spend less than you normally would, then you are saving \$300 each month. However, if you tell yourself that you will save \$300 each month and immediately start spending money like wildfire, then you will save nothing that the end of the month.

So, in the end, this tells you that your desire to spend is stronger than your desire to save. Even though you can turn that desire around, your results will be the judge of your motivation. Remember, if you really wanted something then you would do it.

There can also be another reason why your behavior might be difficult to control. Whenever you look at someone successful, you tend to think to yourself that you want to be like him or her, correct?

Well, in reality, you want what they have not what they've been through. You want their results but you don't want to go through their efforts.

That is how humans work. We generally desire what we don't have but we aren't willing to work hard for it.

We try every way possible to gain the easy way out. When the going gets tough we tend to back out. That's where control comes in.

In order to reach success and gain results, you need to overcome the barrier of hard work. You need to control where you want to direct your motivation, whether you want to sleep more than you want to

work. Think about what you should do rather than what you want to do.

### **Choosing Your Goals:**

You will need to set goals if you want to accomplish anything. Everybody needs to set a goal. Whether it's a short-term daily goal or a long-term yearly goal, it doesn't matter.

The reason why goals are so important is because it helps get you somewhere. A goal is the point B to your point A. Without it you won't know where your destination is.

A lot of times, most people tend to ignore having goals. They work with what they have and they move with the flow. Normally, that would be fine but not all the time.

In order to improve on anything, you need to figure out what you want not what you think you want. Besides, your road to success is a lot easier to pinpoint once you have a goal in place.

When choosing your goals, choose it when you're happy. Generally, people won't care about how they feel when they set a goal. Yet, there's a big difference between setting a goal with a positive attitude and setting a goal with a negative attitude, which we will go into details later on.