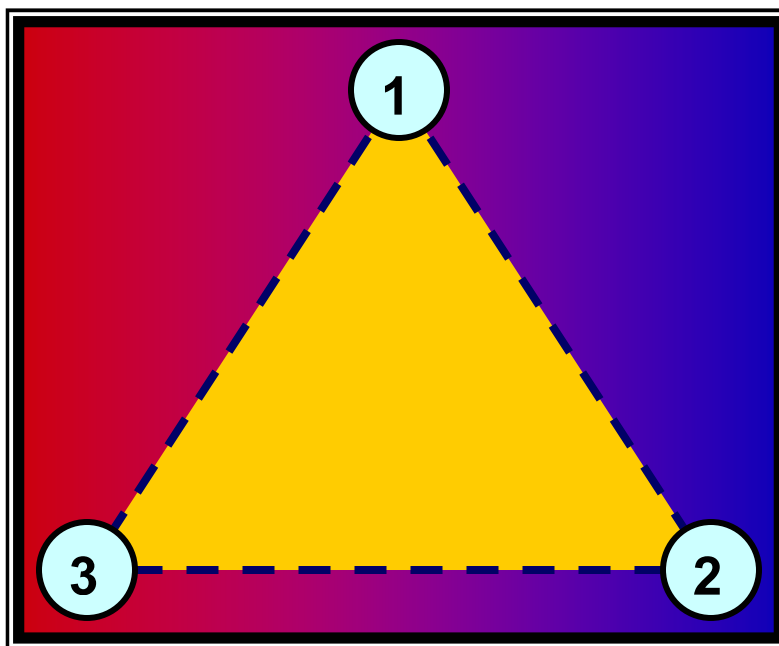




Best Life Success

3-Step Success

How to Create a Life You Can Love With These
3 Simple Steps to Success



How do you get what you really want?

Learn how to use 3 simple steps to powerfully change your life.

Then use the FREE

CUSTOM LIFE PLAN “Mini Plan”

(included in this book)

to create your own unique plan for the success you want.

E v e l y n G r a c e M a r i n o s k i

3-STEP SUCCESS

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“3-Step Success”

Available on the internet at: www.bestlifesuccess.com

Book design by Evelyn Grace Marinowski

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Introduction

WHAT IS SUCCESS?

Everybody would like to have it, but what is it?

Does success mean to be immensely wealthy and famous? That's what many people seem to think of when they think of success. If that is right for you, then certainly that can be a part of what success is for you. But is that what success is for everyone?

No. In fact, success is something different for each person. So when you are looking for success in your life, you are not looking for some "one-size-fits-all" kind of thing. You are looking for something that is unique to you.

The dictionary defines success as **a favorable outcome of something attempted or the achievement of something desired or planned**. It is not random or haphazard. It doesn't just happen on its own. It is a result of something.

So at its most simple, **success = desires + plans + actions**. Or as Jim Rohn says, it's about "making significant progress toward meaningful goals."

Each person has their own unique personality, skills, interests, values, purpose and beliefs. So what you want from life (your goals) will be something unique to you and different from what anyone else will want and your success will also be unique and different.

But just like each person has a skeleton and basic organs to make up their body, there are some **basic characteristics and features of success**.

I think most people would agree that a successful life would include some of the following characteristics:

- a life with **purpose** – knowing that what you are doing with your life has meaning and value
- good **relationships** – with your family, friends, co-workers and the community
- good **finances** – savings, investments, having money that works for you, etc.
- **work** that you are enthusiastic about, that challenges you in good ways
- being able to use your best **skills and abilities**, doing what you enjoy
- good **health**
- a good **spiritual life** – inner peace, knowing that you are loved and accepted by God
- **confidence** – knowing who you are, knowing what you want and need from life
- **freedom** – to be yourself, to take good risks, to move ahead.

So one of the first steps in getting success is to determine what it is that you really want from life. (You will explore more about that in Step #1.)

IS IT POSSIBLE FOR YOU TO BE SUCCESSFUL?

Absolutely yes. If you are willing to do the actions that get successful results.

Like most things in life, success is not instant. **Success is a process**, a journey, just like growing up is a process. Success is also **something you can learn**. It does not come built in for most of us. So you **start with simple easy steps** and work your way up from there.

If you can make choices – even simple ones, then you can learn how to become successful. If you are capable of doing things, of taking action, then you can learn to do the things that will get you the kinds of results you want. If you have the ability to learn, then you can be successful.

That you are reading this book is already an indication that you have what it takes to be successful. You wanted to know something more about success, you made the choice to do something about it, you are doing the action of reading, and in the process you are, hopefully, learning some new ideas. If you then find a way to act on those ideas (and you will be given a chance to do that with the mini success plan later in this book), you can begin and continue your journey to becoming successful.

Will it take effort on your part to become successful? Yes, it will. After all, success is about taking action, doing something. There can be a tremendous **feeling of accomplishment, of excitement, of happiness**, when you are doing things that get you the kind of life you want.

Does that mean it will all be easy? No. It will challenge you, it will stretch you, there are times it will make you uncomfortable (because it will move you out of your comfort zone), there may be times when it will frustrate you, make you afraid or discourage you. Okay, you say, and why would I want to subject myself to that? I'm already working too hard and long. I'm already frustrated, afraid and discouraged. I sure don't need anymore.

I agree. Who in their right mind would want more work, more frustration, fear or discouragement? But consider this. Work is part of life – it can either be an unhappy and unfulfilling thing or it can be a tremendous joy and satisfaction. And the negative feelings? As long as you are alive you will experience some less than perfect feelings from time to time. But there can be a world of difference in the way you feel or experience them.

When it comes to work, there is the work that leaves you feeling drained at the end of the day, the kind of work that has you looking at the clock and feeling like the end of the day will never come. There is little joy or enthusiasm in it. On the other hand,

there is work that brings you genuine pleasure, that makes you want to get up in the morning, work that feels more like play. The kind of work that you can get so involved with that hours can go by without you being aware of it.

When it comes to negative feelings, if you think you have no control or very little control over your life or very little hope that things can change for you, then they can feel overwhelming at times – as if you were trying to carry on your back a squirming person twice or more your own weight. And what's worse, the weight of that is almost always there.

But, when you are living life from the vantage point of purposefully going after your dreams and goals, you will find your feelings change. For one thing, **the more common feelings** you will be experiencing will be ones of **confidence, control, freedom, joy, excitement, enthusiasm, etc.** The negative feelings will become less and less, and when they do come, they will last for much shorter periods of time. You can even learn how to make those negative feelings your allies and have them work for you instead of against you.

One of the greatest gifts life has given you is the ability to make choices. That is both a freedom and a responsibility. It can be a very eye-opening experience when you come to understand that the life you have now is for the most part, the consequence of choices you have made. The trouble is that many of our choices have been made out of ignorance – we did them because that's what we learned to do from our environment, our upbringing and our responses to that. The good news is that we can change that – we can make new choices and new beginnings.

So when it comes to life, you can either work at struggling with the squirming miserable weight of frustration, fear and discouragement by staying stuck in a life or in parts of your life that you are unhappy with (with the highly probable result that things will continue to get worse, not better), or you can choose to work at going after your hopes and dreams and reap results that will be much more to your liking.

I can tell you from experience that I have been on both sides of this equation, and I guarantee you that I will never go back to the first way. Any time I catch myself even beginning to feel frustrated, afraid or discouraged, all I have to do is look at the difference in my life now compared to where I used to be – and I have all the motivation I need to do whatever work I need to do.

Let's take a look now at the three steps to success that you will need if you want to make your life a success, a life you can love and enjoy.

STEP #1 – DESIRE

The first step or key to success is to **start with a desire**, with something that you want. If you are a living, breathing human being, then you have desires. It's just a matter of choosing which ones you want enough to actually do something about getting them.

Wanting can be either positive or negative. You can want to have a great job, you can want to have a ritzy house or a high-end car, you can want a loving relationship, you can want a great savings fund, you can want to start your own business.

Or you don't want to be fat anymore, you don't want to smoke anymore, you don't want to be in debt anymore, you don't want to fight or argue with your spouse.

To start exploring some of the wants and don't-wants of your life, here's an exercise to get you thinking about your options and possibilities.

The 3 Lists Exercise

One important part of this first key to success is to dream and dream big. Don't worry about whether or not you think it's possible – just let your imagination loose and **dream about what life could be like** if time, money or resources were not an issue at all.

For each of the following lists, just write down whatever comes to mind that you think you might possibly want. Write at least 10 things in each list, but try for 25. If you need more space than that, use some of the Notes section at the back of the book to continue your lists.

List 1 – Things I would like to have or own

In this list, think in terms of physical possessions – house, car, computer, business, etc.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____

List 2 – Things I would like to do or experience

In this list, think more in terms of actions – going on holidays, skiing, making music, gardening, writing, building, etc.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____

List 3 – Things I would like to be

In this list, think of the more intangible things – peaceful, kind, a good listener, disciplined, joyful, and so on.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
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22. _____
23. _____
24. _____
25. _____

If you would like, you could also make a list of the “don’t wants”. Sometimes the don’t-wants can be more powerful goals than the do-wants, so they can be worth exploring too.

Far too often we sell ourselves far too short by not realizing or accepting that **we have incredible possibilities available to us** in life. This is just one of many exercises and ways of exploring those options and possibilities for your life. You can find more of them in the products and programs offered at:

www.bestlifesuccess.com

Once you have a list of options and possibilities, you **make a choice** or choices about which ones you really want. Which ones do you want badly enough to **make a commitment** to getting them? The getting of those desires becomes your goal(s).

If you are new to the whole idea of how to become successful, I would encourage you to do the mini plan in this book. It will give you the beginning steps for actually choosing a goal, then creating the plan for achieving that goal and deciding on the action steps that will get you to success – the goal accomplished.

Go to step one in the Mini Plan now and choose a first goal to work with.

There are other **secrets to this first step to success:**

- where and how to find the best options and possibilities for your life
- how to create your goals
- how to choose the ones that will really be right for you
- how to choose ones that will get you so keen and excited about them that it will be almost impossible not to get them
- how to work with a coach to speed up the process
- and more.

You will find these answers and more in the products, services and resources available at: www.bestlifesuccess.com

STEP #2 - PLANNING

If you want to build a house, you start by creating a blueprint, a plan.
If you want a good holiday, you create an itinerary, a plan.
If you want to start a successful business, you create a business plan.

And if you want to have a successful life, a life you can love, you create a life plan.

Why do you need a plan?

- to help you get clear about what you want and need from life
- to help you get **from where you are to where you want to be**
- to help you find and create options and possibilities
- to create the steps and action plans you will need

How do you create a plan?

There are many ways to do the planning that will get you to success. The basic idea behind all of them is to get you from where you are to the result you want.

One of the first things you need to do is to **get clear about the goal.**

What exactly do you want? What size and shape and color is it? What will it look like or feel like? What will it give you that you don't have now? What brand or make? What price range are you willing to pay? When do you want it?

Then you create your **strategies for getting results.** All that means is that you think through the steps and the actions that will be needed to get to the result.

Here's one simple method to try:

Make a list of all the steps and sub-steps that you can think of that will be needed to go from here to the result. (Or, another version of this is to start with the finished goal and work your way backwards to the steps you need to start with.) You may not be able to come up with all of them, but the important thing is to find the steps that you can begin doing right now.

POSSIBLE STEPS TOWARD MY GOAL:

for this was quite amazing. Now, things don't always happen that quickly, but once you make the commitment to move in the direction of your desires, you will be probably be surprised time and again at the unexpected things that will happen to help you on your way.

Just like it says in this quote by Goethe:

*“Until one is committed,
there is hesitancy,
the chance to draw back,
always ineffectiveness.
Concerning all acts of initiative
there is one elementary truth,
the ignorance of which kills
countless ideas and endless plans:
That the moment one definitely commits oneself,
then providence moves, too.
All sorts of things occur to help one
that would never otherwise have occurred.
A whole stream of events issues from the decision,
raising in one's favor all manner of
unforeseen incidents and meetings and
material assistance which no man
could have dreamed would come his way.
Whatever you can do or
dream you can, begin it!
Boldness has genius, power,
and magic in it.”*

Now go to the “Mini Plan” in this book and create the starting steps you will need to achieve your goal.

Check the resources and products offered on www.bestlifesuccess.com for these and more secrets to this step to success:

- how to create a plan specifically for you
- what basic things need to be in a good plan
- how to make the planning process faster, easier and better
- how to work with a coach to create a plan that is uniquely yours
- etc.

STEP #3 – ACTION

You can have a great desire or goal, and you can write up an amazing plan or strategy, but if you don't follow that up with action, then it is nothing more than wishful thinking.

Remember some of the words from the definitions of success? Attempt, achieve, accomplish. **Action** words. **DOING** words.

Becoming successful is not a coincidence and it is not an accident. It is a result, a consequence. It operates by **the law of cause and effect**. The law of sowing and reaping.

So now you must go ahead and DO the steps that you listed in the section above. One of the best things you can do for yourself at this point is to find one step that you can do today or as soon as possible. The sooner you can get started, the more likely you will follow through. The sooner the commitment is honored, the sooner you will get your results.

A simple way to remind yourself to do these steps is to start listing them on a calendar or in a daily organizer. If you aren't sure how long a step will take, then mark in the first one and once it is done, immediately mark in the next one.

Section 3 of the plan has a one-month list of days. Use it, use a calendar, or use a daily organizer. Decide as best you can which steps you will do on which days and mark them in. Then simply follow through and do the steps until you achieve the goal.

For more information about how to use action to achieve your success, visit www.bestlifesuccess.com .

Learn:

- how to find the motivation for doing the actions
- how and where to get help and support
- how to use habits to help you
- what tools or techniques will make things easier for you
- etc.

Summary: 3-Step Success

Step #1 – Start with a Desire

- a. find your desire – decide what you really want
- b. create your goals
- c. make the commitment

Step #2 – Make a Plan

- a. brainstorm ideas
- b. create your steps
- c. prioritize your steps

Step #3 – Take Action

- a. add the steps to your daily schedule
- b. start NOW! and do the work
- c. re-evaluate, revise and keep going until you achieve your goal.

Then start over again with more desires.



**“The more powerful your desire,
the clearer your plan (strategy),
the more focused your action,
the more successful your results will be.”**

- Evelyn Grace Marinowski

CUSTOM LIFE PLAN “Mini Plan”

STEP #1 – Start with a Desire

A. Brainstorm Ideas

Make a list of possible goals. Use the 3-Lists exercise (Things I want to have, do or be) from earlier in this book or just brainstorm a list of ideas here:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____

B. Choose a Goal

From above or from the lists you did earlier in this book, choose one as the goal you will use for this plan. If you are new to the idea of working with goals and plans, you may want to start with a goal that you think you could reasonably achieve in about three months or less. What you also want to look for in this goal is something that you find yourself saying “YES” to, something that gets you excited, something that appeals to you.

them in an order of priority – which steps do you need to do first, which come next and so on - so number them in the boxes in the order in which you will do them.

STEP #3 – Take Action

The final and most important step is to take action – to do the steps you have chosen. On the calendar list of days below, or in your daily organizer or calendar, schedule in as best you can which actions you will do on which days.

On this day I will do this step or action:

MONTH _____

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
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30.	
31.	

Bonus Step – Once you have completed this goal (or better yet, even before you are done with this one), choose another goal and start the process again. The accumulation of many goals achieved will lead you to a life of on-going success.

Congratulations...

You have just created your first life plan for success and you have taken the first steps toward the success that you want for your life.

For more information about success and the products, services and resources that will help you get to success, check out the Best Life Success website at:

www.bestlifesuccess.com.

Here you will find information about:

- the **POWERSTART SUCCESS program** – A six-week home study course that will help you find the goals that are right for you and get you well on the way to accomplishing them.
- **Personal & Business Coaching** – working with a coach can get you on your way to success far faster and easier than trying to do it on your own.

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