

FIVE
“Must-Do”
“Gotta-Have”
Traits
You HAVE To Develop
BEFORE
You’re EVER
Gonna Be
SUCCESSFUL!

BY

Mind Body Spirit Sites

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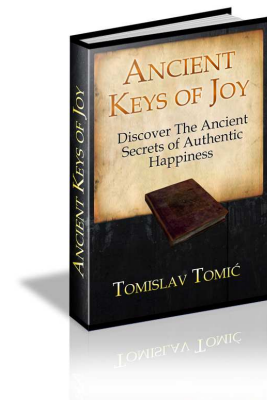
Featured Publication...

ANCIENT KEYS OF JOY

Discover The Ancient Secrets of Authentic Happiness!

<http://www.ancientkeysofjoy.com>

You CAN Achieve Your Goals and Live a More Relaxed, Enjoyable Lifestyle - Just By Changing Your Way of Thinking!



Inside each of us are the keys to achieving our innermost desires from professional goals to personal objectives. Ancient Keys of Joy, from self-development author Tomislav Tomic, reveals the remarkably powerful, age-old-yet simple-techniques for realizing your fullest potential. And best of all, these incredible tools won't require more than 20 minutes a day to help you re-frame your worldview, so that you can actually attain the reality you desire. You'll learn:

- The groundbreaking science that outlines how your thinking and outlook affects your physical reality-and how to harness this extraordinary power.
- Why you should reprogram your old, worn-out beliefs to help put you on the path you truly desire and deserve.
- The top 3 mistakes most people make that prevent them from achieving their dreams and how to avoid them.
- Why just 20 minutes of meditation a day can help you become aware of and unlock the unlimited joy within.
- A complete, step-by-step guide to meditation, perfect for beginners.
- The secret for creating time for yourself and achieving a more relaxed state, every day.
- Much, much more!

Concise, approachable, and always easy to understand, Ancient Keys of Joy is the antidote to our harried, stressful, and go-go modern lives.

Tomislav Tomic is a lawyer, entrepreneur, and author. A practitioner of yoga and meditation since he was 18, Tomislav has spent countless hours researching these topics and has been taught by respected experts. He is a graduate of the law school at the University of Zagreb (Croatia), and lives with his wife and daughter on the island of Hvar, Croatia.

For more information visit: <http://www.ancientkeysofjoy.com>

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Introduction

There are a few...just a VERY few...traits that a person must cultivate and develop in their lives before they can even START to become successful in whatever path they choose.

You can think of these traits as the building blocks...the foundation...of your growth into a successful life.

You can build a life without them, but, like building a house without a strong foundation, it'll be put at risk with the first heavy wind or rainstorm. Believe me, you will have a few of those in your life for sure!

A very successful businessman and public speaker originally wrote this book in the late 1800s. The author knows what he's talking about!

The text was thoroughly edited and updated to make the language more readable and more current. However, the concepts and "laws" that are discussed in the book are ageless.

These are traits that are a "must" for any person who is looking for long-term success in their life...no matter WHAT their goals may be.

Read them carefully and thoughtfully. They WILL make a HUGE difference in your life!

The Power Of Concentration

Throughout the ages, great people have invariably had great concentration. In art and science, business and warfare, literature, politics and philosophy, the real achievements of the race have been due to this power. Concentration arises chiefly from being deeply interested, and is very closely related to persistency and definiteness of purpose. Concentration is an enemy to self-consciousness and vacillation. It enables a man to do the best that is in him. It is one of the characteristic marks of genius itself.

A timid person is erratic in their habits. They shift constantly from one thing to another, accomplishing nothing worth anything. Is it a book they're reading? Soon they turn the pages impatiently, skim lightly over the most important parts, hasten to learn the conclusion, and cast the book aside. Is it a new business venture? They enter upon it enthusiastically, but at the first sign of difficulty lose heart and give up. Every change they make causes a loss of time and energy, so that they are always going but never arriving.

People make their own world. To cultivate concentration they must think and do only one thing at a time. Concentration is the art of continuous and intense application to a task. It is not an abstraction; therefore it cannot be offered as an excuse for carelessness. Here's an example: A young man who worked in a bank was assigned to collect a note for \$75,000. He received the customer's check for the amount, had it certified, and returned to the bank. Upon arriving at the bank, he immediately engaged a fellow worker in conversation, and then was sent out again for another errand. He loitered on the way, and when he returned, the bank had closed and everyone had gone home. That night the young man told his father how he came to have the check still in his pocket.

His father made him call the president of the bank at home, and early next morning the young man handed in the check. The president called him into his office and said: "We don't require your services any longer."

Thoroughness is one of the marks of a self-confident person. They do everything they undertake just as well as they can. If it is a business matter to be discussed, they first inform themselves so completely that they are able to talk with accuracy and intelligence. If it is a public speech to be delivered, they don't wait until the day before and then put together a few hastily considered thoughts, but all is carefully and thoroughly prepared long in advance. Such a person speaks little of what they are going to do, but first does it and lets their work speak for itself.

Every person should get an idea of values in their life. There can be no true success where time and talent are squandered. "Every moment lost," said Napoleon, himself a wonderful example of concentration, "gives an opportunity for misfortune." The building of a self-confident person requires effort, self-sacrifice, and singleness of purpose.

It is not quantity but quality of work that differentiates one man from another. One thing well and thoroughly done is better than any amount of careless work. The person who is completely absorbed in the present duty has no time for discontent and discouragement. Time does not hang heavily on their hands, for the clock is not their master.

No one can become deeply interested in work that is distasteful to them. Thousands of people struggle up-stream all their lives because they are in a job that doesn't fit them. An anonymous writer said: "It is a sad parody on life to see a man earning his living by a vocation which has never received his approval. It is pitiable to see a youth, with the image of power and destiny stamped upon him, trying to support himself in a mean, contemptible occupation, which dwarfs his nature, and makes him despise himself; an occupation which is constantly condemning him, ostracizing him from all that is best and truest in life. Dig trenches, shovel coal, carry a rod; do anything rather than sacrifice your self-respect, blunt your sense of right and wrong, and shut yourself off forever from the true joy of living, which comes only from the consciousness of doing one's best."

In order to cultivate concentration a person must bring their will to bear strongly upon their work and their life. They should realize that every difficulty yields to this power, and that uninterrupted application to one thing will achieve the seemingly impossible. Mental shiftlessness is powerless in the face of difficulty, but a person of strong will and concentration uses obstacles as stepping-stones to higher things.

You need to begin to develop your concentration today in little things. Cultivate the most intense earnestness in whatever you may be doing. Say to yourself: "This one thing I do and I do it to the very best of my ability. My purpose is sure and steady. My aim is accurate and certain. I hold my thought severely and positively to the work in hand. My endeavor is to do better at each succeeding effort. I don't think about tomorrow, for today demands the best that's in me."

"I move quietly but persistently toward a definite goal. I shall be immensely successful through constant, earnest and sincere application to my work and duty. I grow daily in my power of concentrated effort. I am absorbed in all I do."

A person should concentrate not only in matters of business, but in their reading and recreation. This great power brings with it many other valuable elements, such as order, punctuality, thoroughness, self-respect, and self-reliance. Through concentration a person may aspire to the highest achievements. By its aid there is practically no limit to ambition.

Buskin said that "men's proper business in this world falls mainly into three divisions: First, to know themselves. Secondly, to be happy in themselves. Thirdly, to mend themselves as far as either are marred or mend able."

We hear people constantly deploring the fact that they lack concentration, memory, definiteness, and other qualities of excellence, but those same people don't make the slightest effort to cultivate them. Few persons are born with really great gifts; most of the truly great have achieved greatness. Napoleon ascribed his greatest victories to his ability to concentrate his forces on a single point in the enemy. Gladstone was remarkable for this same power. When the great statesman died, Lord Eosebery said: "My lords, there are two features of Mr. Gladstone's intellect which I can not help noting on this occasion, for they were so signal, so salient, and distinguished him so much from all other minds that I have come in contact with, that it would be wanting to this occasion if they were not noted. The first was his enormous power of concentration!"

"There never was a man, I feel, in this world, who, at any given moment, on any given subject, could so devote every resource and power of his intellect, without the restriction of a single nerve within him, to the immediate purpose of that subject."

The story is told of an English statesman whose powers of concentration were so great that after a great debate in Parliament, they hurried from the House bareheaded, passed his coach at the door, and walked all the way home in a pouring rain. In the highest form of public speaking men become so absorbed in their subject that they lose for the time being all consideration and thought of everything else. This power is really indispensable to the highest form of extempore address. The great pulpit orators of the world possessed this faculty in preeminent degree. Whitefield, Mirabeau, Wilberforce, Parker, Spurgeon, Beecher, Phillips Brooks, all were men of tremendous earnestness and concentration. John Bright was so completely absorbed in the subject of a forthcoming speech that they brooded over it day and night, talked it over with his friends, and when no one else was available discussed it with his gardener.

But along with a person's concentration there must be actual performance. Dr. Nicholas Murray Butler says that "Indefinite absorption without production is fatal both to character and to the highest intellectual power. Do something and be able to do it well; express what you know in some helpful and substantial form; produce, and do not everlastingly feel only and revel in feelings--these are counsels which make for a real education and against that sham form of it which is easily recognized as well-informed incapacity."

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