

Voix Essentielles

Take action to successfully achieve your goals

How can we eliminate all forms of lethargy and successfully start to act? What are the best practices to have the courage, audacity, and resilience to take action on a daily basis?

Firstly, this is how the Cambridge Dictionary defines success. "Success: the achieving of the results wanted or hoped for / something that achieves positive results".



Some quotes

There are no secrets to success. It is the result of preparation, hard work and learning from failure.

Colin Powell

Our advices

- Visualise yourself acting
- Develop a personal leadership philosophy
- Identify your motivators, i.e. the things that motivate you
- Set clear goals and manage your expectations
- Take breaks to avoid burnout
- Reduce your stress factors
- Manage your body's response to stress
- Channel negative emotions or anxiety into positive energy and thoughts
- Follow your instincts
- Cultivate "grit" (the right combination of passion and perseverance), dare to act.
- Create an environment for success (by implementing all the above tips)
- Don't try to be "perfect".
- Establish a daily planning routine Work with a coach or mentor

Success seems to be connected with action. Successful people keep moving forward. They make mistakes, but they don't quit.

Conrad Hilton

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

Albert Schweitzer



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