

Strive for Success or Lose it.

From the author **Face the Challenge.**

This manual is tailored to activate your personal success mechanisms quickly.

Success is not a mythical or chance happening but the product of a calculated plan to be a winner.

There are very few **instant** winners. It is rare that success is inherited.

One fact that's been proven time and time again is that if you really **want** to, you have the ability to be successful and fulfilled in life.

Develop the **right tools** to overcome challenges and experience success. Work smart not hard.

Achieving success is not difficult when you know how. This manual is designed to empower you with **15 proven success skills** to initiate and experience successful achievement of your goals.

The fruits of success are hanging ripe and waiting for **you** to pick and enjoy. It's your **choice** to enter the orchard or pass it by.

This manual will give you instant success, but, **YOU** must provide the NUTRIENTS - **commitment, effort, passion** and **perseverance**.

You have to make the choice to **shift your success mechanism into gear**.

The practical design of this manual will quickly help you to activate a successful journey of self-discovery and fulfillment by getting you to focus straight on developing the right skills to make it happen. Identify the '**Success Tools**' you need (use the diagnostic exercise at the beginning to guide you) and follow-up every day (use the exercises at the end of each chapter or similar as these will become your REAL steps towards progress).

Commence Your Journey Towards a Fulfilling Life, TODAY.



Success Tool Eight

Risk-Taking

'Risk nothing. Gain.....'





Risk-Taking

A statue wrapped in cotton wool is destined to stay in the box.

We're happiest when we're living within our comfort zone. When we are familiar with our surroundings, enjoy the company of our friends and do tasks that we're confident in doing. But for some of us that can get boring. For those of us aspiring towards new and greater things, the comfort zone is definitely not the place to be because it will only give us more of the same.

The solution? Explore new ground, discover wider horizons. Often the consequence is not the pain of the challenge but the thrill of the gain.

Why is the ability to take risks so important?

Taking a risk can be voluntary or imposed upon us. Either way, the experience is challenging. We are very capable of risk-taking. If you fell overboard from an ocean liner in the middle of the ocean, you'd be projected into a very risky situation. Your survival instinct would be immediately activated and you'd strive to survive both physically and mentally. As for the reward? If you survived, an extra chance at living - a huge gain.

Our voluntary 'risk-taking' activity may not be so dramatic as surviving in the ocean. However, the seriousness of the need determines the intensity of the experience. If we are to achieve valuable, quality of life change, then we have to be prepared to face the appropriate challenges.

A new goal invites new horizons, new experiences and new opportunities. That means taking risks. Try new strategies and new experiences. Don't be afraid of failure. Shortfalls and mistakes are learning opportunities. To risk nothing is to gain nothing. Oh the joy, happiness and feeling of fulfilment when one can boast the conquering of a challenge. These pleasures await you.

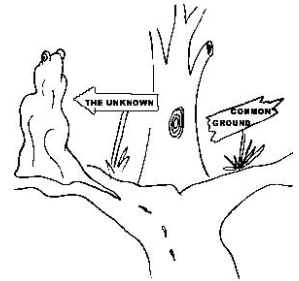
It is easy to find excuses and reasons for not doing it. It is more difficult to accept the resultant loss.

Risk-Taking - Making Success Happen

Every new goal means a need for change. Changes in your life will mean unique experiences.

This 'stepping into unknown territory' is often challenging. This is why most people are happy remaining where they are.

Your goal is your attempt at change. Get out of your comfort zone and make success happen.



For change in your life enter the unknown for new horizons.

To develop 'Risk-Taking' you need to:

- Explore all avenues to best achieve your goal. Don't dismiss any challenges too quickly.
- Realise that neglecting to implement a necessary strategy may severely compromise the value of your goal's outcomes. Write down the pros and cons. Often the fear is imaginary. Invite a support network (13) Do it and celebrate your conquest.
- Increase your comfort zone by exploring and trying new experiences. Give yourself feedback, was it worth it?
- Accept that new experiences often shower us with a host of benefits not thought possible prior to the event.
- Develop your confidence (6) and initiate action (7). Feel the freedom of being in control of your decision-making. It's debilitating when your behaviour is dictated by certain people and contexts. Take the risk – enjoy the victory.
- Gain confidence in risk-taking from positive role models. Calculated, researched risks can gain much. To take a risk is to take a chance. Do your research to increase the chance of success.
- Mistakes, number of tries and age are not barriers for achieving your goal. History has demonstrated that over and over.

Explore Unfamiliar Territory to Gain Unfamiliar Success

Risk-Taking - Pathway to Success

Remember your younger days when the first snow, the first flower,



the first friendship gave intense joy. A young child experiences the highs of many discoveries.

As you grew up you were expected to become more independent as you matured. This broadening of your comfort zone was necessary in order to be in control of your own destiny.

As adults, our risk-taking does not always happen within a pleasant environment, yet is still necessary to experience if we are to extend ourselves and achieve our goal(s).

Daring to Control Success

A refugee fled war and terror with his family in 1978 when he fled from native Laos to escape the Vietcong.

For 6 months they hid in the jungle from the constant threat of pain, suffering and death.

Their goal was not only to survive but to contribute to the welfare of others in their group.

Having survived the atrocities of war he faced the challenges of cultural transition when continuing to live as a US citizen.

As a result of the challenging experiences he committed himself to promoting support facilities for those who still bear the immense scars left by the Vietnam War.

If you risk nothing you will gain nothing. To achieve you must be prepared to accept the risks. A little discomfort overrides the passion and commitment to achieve.

How important is your goal to you? YOU make the decision.

Be a Risk Taker - Target and Conquer

Your moves to 'Make Success Happen'.

The older we become, the more independence is expected from us. This weaning from the comforts of reliable support is not always a pleasant experience. It was great to have meals cooked for us, shelter provided and holidays to enjoy - at no cost.

So, now we're on our own, with a goal to achieve that will throw us into uncharted waters. The first day at school, university, the purchase of a new house are examples of milestones in our lives.

If our quality of life and happiness is going to be similar to when we were young, we will have to provide that 'quality of life' ourselves. Face the challenge, take the risks and reap the victory.



Your Steps towards REAL progress.

What do I need to do to achieve my goal? Write inside the rectangle (Your 'Comfort' Zone) those tasks that need to be done to achieve it.

Write outside the rectangle (The 'Unknown' zone) the tasks needing to be done that you're not comfortable with. Brainstorm ideas with others. Develop the challenging skills. *Enjoy the journey.*

Unknown Zone

e.g. plan my day.

Comfort Zone

e.g. converse with others.

Unknown Zone