

December 2007: Cause and Effect

Success does not simply happen by chance. You don't win success in a lottery, nor do you find it under a bush or catch it while fishing. You can't get it given to you as a birthday present and it is not luck.

Everything happens for a reason. There is a cause as to why something has happened. If you are overweight (effect) it would be due to overeating and lack of exercise (cause). You got that speeding fine (effect) due to driving too fast (cause). You passed your university exam (effect) due to the hours of long study (cause). You become successful (effect) due to hard work, study, mentoring, setting goals, time management and attitude (cause). If you imitate successful people (cause) you will be successful (effect).

Muscle-bound men who compete in Mr. Universe titles, do not just wake up in the morning and decide that they'll enter the Mr. Universe competition today. They spend years slowly building up muscles before they compete. They have exactly the same number of muscles as we do, yet they exercise (cause) to have the body they want (effect). Each one of the men competing know that they must follow proven methods of exercise.

Similar causes produce similar effects. Therefore, if you and I consistently employed the same thought processes and actions of these highly-successful individuals, we would produce the same results.

You must think that you will be successful to be successful. Sounds simple doesn't it? However, a general idea of what you want is not good enough. You have to be specific and clear. Thinking about what you don't want will create more failure because you'll attract more of what you don't want. If you want to be successful and enjoy your life - you have to know exactly what you want.

To succeed at anything, to have success on any level, you need to know exactly what you want and why. There is a process that has to be followed. You don't become a success overnight. Some sporting stars are labelled an "overnight success" yet it

has taken them years and years of hard work, setbacks and disappointments. The media forget to mention this!

For example: If you want to build your ideal career you have to be clear on the process and understand why meeting the right people and studying is so important to you. The process of meeting the right people involves job interviews, attending courses, spending time with others in the industry, sacrificing your time to be with them, building a good relationship and then getting promoted - if that's what you want. You can't expect to land the perfect job, with the first job interview you get.

Successful people, do the things that need to be done, when they need to be done, whether they feel like it or not. There are countless times when you will have to do little things that don't make you happy along the way toward those larger things that make you very happy. This is paying the price of success in advance. You must pay your dues.

Just like an apprentice works for fewer wages as he learns his trade, he or she knows in the long run they will benefit with a highly paid successful career.

Sometimes these interim steps don't make you happy directly, but the happiness you achieve from attaining your goal will be so great that it totally overwhelms the inconveniences and dissatisfactions you have to endure in order to get there.

Achieving success requires commitment. How committed are you, really, to pay off your debt, and save for that trip you've always wanted to take? Do you really want to lose the weight you've been complaining about for years, or would you rather just make excuses for why it hasn't happened?

The only difference between a marathon runner and someone who never exercises is the commitment to take the first step off the couch and then each step of the training for the next six months after that. You have to decide: "am I willing to do what it takes (cause) to be a success? (effect)". Commitment is a must!



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Testimonials

"Excellent, informative and helpful" - K. Hicks, Police Credit Union

"Very Inspirational, it got me more excited and motivated than ever" - M.Hunt Statewide Credit Union

"Stimulating session!" - Ken Clelland, NBC Capital

"It was awesome" - Ramah Materson, Mannatech