

# STEPS TO GROWTH

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# Confidence

Building confidence is a hard task to accomplish and if you do not know how to gain it. It can seem impossible to create it. Once you get better at something you gain confidence. You can also work on having confidence just by when you start something new and know you can eventually conquer it. You will improve and that belief alone will improve you in what you are trying to work on.

Every step on your journey to be who you want to be will feel like forever and you might not make it. You will get to go where you want to truly go. That is subconscious of course. If you do not plan out your life and work on where you want to go you will make it but where your body wants to be and not your mind.

If you take too many days of doing nothing and sitting around and not working hard. You will fall behind and not get your goal. You have to have consistency in your daily actions to enable you to hit your goals and build confidence. Confidence is self-respect, being able to react and hit something you deserve it how you think about yourself. You have to always strive for more for yourself.

## Small steps

Every day is a time either to move slightly forward or slightly back. Time will always tear you apart if you let it. You have to want to always improve on your craft. You must push against your weakness and improve on what you are good at every day. You will reach a point where you will not have to fight against the upward battle of life because you will be in such a small minority. That day that you are among the minority

because of working so hard you will feel a pull of habit to want to improve yourself because it is daily and instrumental to who you are. Some days will be difficult but for the most part, it will become easier and easier to get better from that point on.

You should have daily goals to accomplish and little things that you strive to improve upon. These goals should be easy to achieve. They should be easy because when you complete them you will feel good about yourself and feel more confident and self-respect. Which in turn will propel you to improve your mindset and want to improve yourself constantly snowballing to be a better person. You will always want to set small manageable tasks. If you are trying to run a mile every day. You should not start running a mile or two every day. That is motivation and motivation burns out. You should first walk a hundred steps and slowly build up to five to ten percent at a time. It should take around two weeks before you are running a mile in the least if you have never run a mile before.

The tasks that you work on should always be small and manageable. The second you increase them to too big because you get a sudden jolt of energy in life you will miss your goal and start tripping over the fact you missed your goals. Then you will forget about your goals and stop doing them altogether. The little steps on the basics are what will improve you to feel more confident in your actions improving your overall ability.

Everything you do all comes down to doing it right. You need to do it right the first time, doing it right the first time is easier than doing it twice and less energy as well. The

less energy you put out together allows you to be more efficient overall which allows you to apply effort in more places elsewhere. That way you can improve your abilities and succeed at hitting your goals. Which will boost your confidence.

Your confidence should always come from inside of yourself. You should be the first person to believe in yourself. The more confidence you have in solving your problems the more you will be able to solve and the more responsibility you will be able to handle which will give you more value. Always think you can do it. Working on the basics will increase your confidence since you slowly build up how good you are at what you do. Never let others weigh on your mind. I was taught when I was young that others can only let you sink if you let them. If they fire a missile into the side of your ship and you do not have the defense to protect against it. You will have a hole on the side of your ship and you will start to sink.

Creating the proper defense for people will try to drag you down once you start to succeed since it will happen once you start to increase your abilities. The higher up you go the worse the critics will be and the more they will try to affect you. You should shoot for the stars and never let anyone tell you otherwise.

The crazier the goal the more you will impact the world and help people's lives that endure the same problems as you. You will feel driven once you find out you are solving problems others have as well. People will put down your goals once your goals seem too massive and will put them in the dark. Keep driving forward on your goals.

One of the most important parts of confidence is positive self-talk and having a good why.

Knowing your why at the beginning of doing something is quite important. Write it down when you first start. You will start to forget it once you get farther and farther in your journey and you want to quit or go through difficult times. You always want to remember it, that will get you to push through the hard times. Have something that is intrinsically motivated, which means from yourself. Do not have a goal that is because of fame, money, or something out of your control. Have it for you, you will succeed more often in life and have more control over it if you do that.

# Discipline

Every step of discipline starts with small steps. The smallest of achievements can lead to creating your own company one day, leading warriors into battle. The smallest of battles in your day-to-day will compound over time and define who you are in the long run. Understand you will not see quick results if you pick discipline over fun and happiness. In the long run, you will see more fruits of your labor and earn way more in comparison to the small amount of fun you will have tomorrow.

Working on small things whether it is how you are dressed, how your clothes look, patching holes in your clothes, or removing loose strings. It is all a part of discipline, just like making your bed and making your home look spotless and liveable. Where you live is a direct representation of your mind. You want to keep it clean and able to move around freely. Leaving your room too dirty can promote disease and allow you to get sick or hurt.

Always seek to improve yourself so your life will eventually become easier over time. The more focused work you do now the easier it will become in the long run. I have been working out for fifteen years and sports and lifting has become so much easier in comparison to when I first started lifting and playing sports.

Little goals stack on top of each other and the more you build daily small tasks you will gain discipline which will drive you to do more and increase the amount of drive you have which will get you to do more and more. Choosing to do what is logical over feelings will help you in life in the long game.

# Creativity

Creativity is a very important subject for a lot of people. One of the big things that you have to always be aware of when being creative is the number of things you are putting out if you're more creative. If you're not creating things you're going to start feeling like there's a hole in your life because creating is a part of who you are. The more you create the more relaxed you're going to be because you're putting out what you think. This operates the same as writing things down the more you write down the more of a clear thought process you're going to have. This is going to allow you to be able to focus on exactly what is the most important.

One of the things I do is draw and write and be able to put my information out to the world to inspire others. The more things I've created the more that I feel like I've put out into the world and the more I'm able to get feedback back to what is actually beneficial to people and what they like which then gives me a better scope of what to focus on and able to help more people because 80% of the efforts not going to be as good as that 20% and that 20% is the feedback you're going to get from whoever your people that enjoy what you do so the more things you push out and the more you see what people actually enjoy then you're going to be able to actually get that feedback and able to actually produce what people want to see so keep on putting out information keep on doing things that are going to be the best for you because in the long run you're going to get more feedback rather than keeping it to yourself and you never going to get that feedback what is beneficial to everyone so keep on putting out that information



keep on putting out the articles keep on putting out the the artwork the drawings whatever is inspirational and creative for you the more you do it the more feedback you get the better it's going to be overall you always want to have different ways of expressing yourself

Have expressed myself many times when it comes to music art writing and just audited for martial arts and sports and lifting having different ways of progress and growth along with hacking having many different avenues of how to creatively think about things is you're going to be able to apply that with different fields if you work on engineering and one field when you go over and start applying that to art you're going to see the art differently because you're going to have applied the engineering to that every little building block that you've had in your entire life you're going to a place that in a different field and you're going to be able to analyze it completely different which is going to be able to implement something that other people have never thought about because when you're so into one field the longer you've been in the more you're going to think like everyone else that's around but if you're a newcomer and you're coming to that new area when you've come to that new area you're going to think completely different which is going to allow many many new ideas into that field which a lot of them are going to be challenged and a lot of them most people aren't going to agree with but in the long run you're really going to bring in something new that can inspire a lot of people that is why it's always important to keep on progressively learning brand new tricks and tips from different fields and bringing it over because if you like music but you also like

hacking bringing over the little things you learn from music into hacking are definitely going to be something that is going to help each other

Never feel different or weird about trying a new tactic or trick and private that's the point of practice you always want to have something that's going to be able to work with each other when it comes to private because no one's judging you at that point you're able to freely express yourself and work on yourself as hard as you can and it's going to become more relaxed and easier and so when it comes time to present to other people or being able to show in front of other people or game time whatever it is that time you'll be ready for that naval to show something different than the rest of the crowd but you'll be able to do it without feeling the pressure from everyone else during that time so the more that the more practice you put in the many many hours of practice that time is then going to show later on and be able to show how much work you've put in, in the long run, able to do the best you possibly can.

## Stoic

Being stoic is one of the key traits and able to self growth and able to grow in this world for other people not to bring you down if you allow others to sink your ship you'll never be able to actually get to your destination you'll be thinking constantly having to battle yourself constantly having to Pat yourself won't be able to move towards where you're trying to go won't be able to have pride who You are constantly worried about whatever else things if you focus on yourself and focus on what you're trying to accomplish to go if you're trying to achieve you're going to be able to get to where you want to go do not worry about what other people are doing winners always focus on the goal losers always focus on winners constantly get better can't say improve yourself don't think about what anybody else has to do or say that can affect you the bigger you grow and the more experienced you become and what you're trying to do the last of a pull negative people and criticizers will have towards you accomplishing your goals and the better you become overall stoically you'll be able to easier to accomplish what you have to in able to get done people not be able to have your deviate or falter in the face of adversity

When you're trying to accomplish a goal if you allow your emotions to take the best of you you're not going to be able to get where you want to go cuz it's going to stop you if you constantly can push forward even when things are difficult because you know what you have control of and what you don't that'll be the best one of the most important things is understanding you can control your thoughts and your emotions

which control your habits which control your actions so you start with controlling how you think about things and being able to relax and difficult situations it's going to allow you to be a lot easier and better when it comes to the really difficult situations of life

Who works always improve yourself with how you think and your breathing and being able to have things that relieve your stress because the better you're able to relieve your stress the more you're able to think about problems and solutions and keep up with proper exercise maintain your body which is going to a lot of better lifestyle just going to make it easier to accomplish very difficult situations you can be able to handle more stress and more pain because you're able to do

The more that you're able to concentrate on your thoughts and meditate and work to have a better thought process and have more self-respect for yourself the easier it's going to be overall and able to have a more stoic mindset which is going to make it easier and able to constantly push forward and not let other people bring you down

Every single day is a constant struggle and constant battle don't let others bring your life down don't allow their criticism to tear you apart constantly move forward to improve yourself every single day and any way that you set up your goals that are possible do not let others let you deviate from that plan there will be days that will be extremely difficult it will be days that you feel like giving up but if you remember your why constantly push forward have a calm mind approach problems properly with a calm mind and you don't let others disrupted your positive self-talk it's going to allow to have a lot better lifestyle

Being stoic has allowed me to face adversity in many difficult problems whether it's going all the way and completing college or having extremely difficult conversations when selling and sales and being able to talk with high-level executives or being able to talk with people that have a massive amount of leverage to be placed on a company the more stoic about mindset and not letting others disturb who I am and made my life a lot easier and able to achieve the goals that I want to achieve not letting others disrupt my way of thinking a lot of me to make \$150 phone calls in a day and able to contact customers able to see who is interested in the products that are selling and able to help out more people in general still like mindset has helped me out bunch I'm able to achieve my goals and not let others stop me from what I'm trying to achieve

The calmer my mind I'm able to achieve the less that people can stop me from achieving my goals such as collegiate football and being able in the moment and intense situations being able to get interceptions and be able to run them back for touchdowns all because at the moment I was 100% focused on the task at hand and being able to get the interception and now that it drops and fall all because I wasn't prepared

Some more repetitions and practice that you have on something but easier it is, in the long run, able to get it the same with having a stoic mindset the more you practice on having a stoic mindset the easier it's going to be in the long run cuz you're going to have it be core fundamental of who you are it's only going to make your own life easier

it's going to make you running up against massive problems a lot easier to make it a lot more simple to accomplish big goals

## Persistence

Persistence is something for most people think is the same as a discipline but I would argue that it's close to the same it has its factors of why it is separate persistence is different because persistence is something that you have to have Day and day out constantly work on yourself discipline is something that you can do a task once and you don't have to do it again because discipline is when you don't want to do something persistence is also when you don't want to do something but it's every day it's investing one just one token every day putting that one token in every single day and doing every single day not whenever you please

I think it's more important than anything constantly put a little bit in every single day towards your goal because it compounds over time it's like the old saying would you rather have a million dollars or would you rather have a penny the first day in the month and have it compound twice every single day and by the time you hit 31 days you're going to have way more money than 1 million dollars by the end of the month it just takes time and able to get what you want takes a while and you have to understand that nothing's going to be immediate and the best things do take time

Same with lifting takes a long long time to be able to get better at it same with martial arts same with anything any Big goal you have most people want the quick fix and it comes to lifting exercise and the whole lifestyle making everything a lot easier but in reality, it never gets easier you just get stronger have to work on yourself life's maintenance place all about maintenance life is all about working on yourself and

developing yourself every single day so you can face bigger and better problems you will take them more responsibility to help more people

Some more persistence you have in your life's going to be it's all habits your life is all about habits more that you do things the more it's going to be who you are it's going to make your life a whole lot easier you will accomplish what you need to accomplish

Persistence is all about putting in a small amount of effort enough unable to constantly be above the rest it would be beneficial to your life's growth and ability to see towards your vision and your goal that you're trying to accomplish in your life if you have no vision or no goal it makes no sense to have persistence because any little thing you do is going to be headed towards where you want to go you don't have a go setting a vision in the goal comes hand in hand with having persistence is what's going to allow you to hit that that goal and that vision towards where you're trying to be

All the time you want to keep focused on that goal but understand that there might be major factors that aren't heavy deviate from whatever you're trying to accomplish once you hit those understand where you're trying to go operate around it moves over it go underneath it however you need to be able to move around that barrier keep on proceeding to wherever is best for you and able to make your life the best that you want to be

Never settlement mediocracy allow yourself to keep on pushing day in and day out cuz you don't understand it but going 80% for a long long time constantly pushing yourself Notting Notting allow yourself to burn out it's going to get you a lot farther cuz I



constant 80% push every single day and day out can get you a lot farther than the people that join the gym every single year in January 1st and they're done by February 1st of every single year someone that constantly works out goes to the gym 30 minutes a day every single day for an entire year and works out 4 days a week it's a lot more done than someone that worked out 2 hours a day for a whole month just to begin a month because by the time Thanksgiving gets wrong the fat again I don't like how they look they feel unaccepted like not accepted with their body and after the backtrack from day one all over again

Constantly keeping yourself in check while I was with that no one else who needs to keep you in check cuz you're constantly doing more than what's expected makes it easier for your own life and able to give yourself more freedom allow yourself and able to accomplish what you want to accomplish and do your own life how you want to have it done if you put in the middle of the amount of effort or subpar effort you're always going to be dictated by someone else what to do with your life how to do it where to go when to be you never actually going to live freely and you never actually going to get to what do what you truly want to do you might get to do what you want to do one second out of every 3 years but that's the only time you're going to have rather than if you push forward work hard and do everything you need to do and able to accomplish your goals

That's the thing with persistence also is pacing yourself have proper pacing by some Marathon, not a Sprint don't want to constantly keep yourself going at about 80-85% anything more and you're going to bring yourself out anything less than you're

not going to be progressing to the amount that you actually can achieve and you're going to fall behind and it's best to stay at 85% and able to keep on moving ahead of everyone keep on getting towards your goals and conquering where you need to

Understanding my life is a marathon is crucial to want to get where you want to get we're meant to be endurance runners or not so meant to be sprinters like cheetahs you won't understand that we're able to track down things because everyone else gets bored or they get lost with what they're doing and do things that are more exciting and they forget how important their goals were and their why was at the very beginning to focus on whatever is the most important to you and you always remember your why to write it down remember it keeps on pushing towards that goal it's going to make it a lot easier and able to get your goal in the long run

# Health

Proper stress relief is important and able to live a manual and good life. If you don't have proper stress relief you can get overburdened with little things and I understand how to see through the fog have a difficult time being able to sort out what is real and what is not real in case of problems makes a lot easier it will handle more difficult issues be able to work on with more difficult pain and being able to handle more stress.

Stress relief relievers can be anything from working out to meditation to music to doing your favorite hobby to doing sports hanging with Friends anything positive in that regarding able to help yourself

Have something that leaves your stress daily that's able to make your life a lot easier whether that's a spouse a sport or a gym. Have an area that brings you peace somewhere where you're able to decompress from your problems and able to think about what's going on or being able to completely unwind and not think so it opens up and clears your mind for later

Stay away from bad stress like alcohol, drugs, massive amounts of caffeine, pornography, bad relationships anything that hinders you and you're addicted to is not a good stress reliever that should the ones that are accepted by law should be limited as much as possible otherwise stay away from them and able to enable yourself to get farther in this life otherwise once you truly become addicted you'll not be able to stop it'll bring you back in life not allow you to accomplish your goals you have a more difficult

time compared to everyone else because that one thing you have to do while everyone else can do the mission accomplished what needs to be done

Seek to have someone else that you can have positive stress relief and keep you accountable with whatever your stress relief is so that you don't become overburdened or soak in too much that you only do stress relief and you're not achieving your goals should always have an equal ground between it and able to keep on moving forward you should understand and feel out when you're at your 80-85% just like I was talking about the last chapter and able to keep on pushing forward

Persistence and stress relief go hand in hand that the yin yang maybe allow you to get farther in life able to reach your goals the days that it's more difficult to be able to accomplish what needs to be done you might need to add a little bit more stress relief and for the days that you feel well you should get a little bit more done when it comes to persistence can always add those days that you have a little bit more once you get into the rhythm of things you can add a little bit more once you've pushed yourself in the long run but don't over exert yourself in the beginning cuz that's how you burn yourself out and you won't be able to have proper stress release it will make your life better

Because of monitor where you're going and understanding that the whole process you want to cure any problems sicknesses and diseases that you have able to keep on moving forward you should look at your mental health a lot more often a lot of people can see where your muscles are at and being able to understand how well you are doing physically, we're all able to see how well you're doing financially based on

what you drive how you hold yourself people can understand all of those things but the hardest is to understand how you're doing mentally and how to manage that and how to constantly move forward when you don't want to or find it difficult The more stress that you have it's going to make it easy in the long run

Understand what makes you tick understand how you're able to achieve your goals and at what point is your breaking point and what things make it more difficult for you to accomplish your goals understand where you want to be and how you want to get there and that's how you going to be able to get to where you want to be

# Leadership

Being able to handle yourself and your stress relief your persistence towards your goal it's going to allow you to look like a better leader and act and be a better leader, in the long run, the more able to manage yourself in the face of University it's going to make it a lot easier able to conquer very difficult problems able to keep on moving forward to carry your team to work where you need to go

Understanding that the more you believe in your goal and where you're headed it's going to allow you to be more of a leader being able to conquer your problems and being able to move forward with a group more confident you are which is the more that you're able to do the tasks that you believe needs to be done you're going to be able to be a better leader being able to mentor the people that are around you and guide them in the proper path as well to where you are and understand it from their viewpoint is going to be able to give you the trajectory to work towards where you need to go

Your goals should close the line to what the overall goals are of the group and if you're creating the group decide and write down what the goals are and able to help the overall group understand where you are sitting on ideas that way it can make it clear and concise to be able to help them lead on the proper path that they see as adequate inside overall what is the best and being clear as a leader is a major part along with proper communication I see way too many leaders in general that do not know how to properly communicate and they expect people that are around them to understand without helping them out properly

Punishment and pain are a part of leadership but I see way too many leaders operate based upon pain and that is improper leadership that is not the way it's supposed to be done supposed to be by actually telling and letting people around you know if you are the leader that they should be doing a great job if they are doing a great job and if they're doing a sub-par job guide them on the proper path without yelling at them or telling them they're not quit or worthless or useless being able to constantly help them where they need to go is your job it's your duty you should be able to constantly sacrifice for your team you should be putting in so much effort that there's so much extra amount of income that you're getting or you have so much extra that you're able to use it and able to help the ones that aren't able to do enough for themselves

Constantly pushing yourself to do more is only going to reward you, in the long run, it's discipline is a staple of life and it's going to be able to help you with reaching bigger and broader goals but she's going to allow you to create a bigger team the proper communication and being able to understand how the ones around you are operating is going to help tremendously always get to feedback don't lead by just telling lead by also understanding what the group has

Understand the difference between complaining and griping we're griping is individuals that are saying the criticism that needs to be said and it wanted to see actual constructive things done with it or people that are complaining are just complaining complain and they can't keep up with the group and they have a really difficult time with

the group, in general, those are the ones that are going to have more of an issue than the grippers were grippers are just like the leaders who aren't in those positions yet

Always work to help the grippers achieve what they need to achieve and if you have a valid standpoint that's going to work against what they are saying let them know why when you're not faced with immediate danger it's going to allow them to only want to help you out later on more



## Network

Creating a good network is greatly able to build who You are and build the team around you able to create a stronger foundation for who you are and who you want to become. Every single day people that you pick around develop you into the habits of who you want to be. If you've heard of the saying that you are the makeup of the five people that you hang around then you've probably already put into practice hanging around the right people and the people that are going to develop your habits and able to become the best version of yourself.

If you haven't heard of that song then develop yourself today to work forward towards working with people that are trying to hit the same goals as you get to the same place as you and want to push each other and be able to get farther towards your goals. More people who can gather in the same goal are going to get more get farther than one person who is getting towards that same goal because they're working together in tandem able to help each other can learn new ways to look at things and understand things that you would have never thought of all because of your teammates that you're working with.

Try to find a mentor early on to be able to help them out with things that they need to be done and they'll teach you skills they wouldn't have been able to learn as quickly on your own those mentors are going to help you tremendously with a networking meeting new people and being able to understand how your industry works that much quicker. Not working might be difficult for some people but one trick I have to

say is to be human and talk with other people who are around you and just see what they're interested in that are in your industry and what you're trying to improve upon yourself with enough time and enough effort of you working on whatever your career is you'll eventually meet people that are looking to go to the same place that you're trying to go to.

You don't need to go over the top and meet too many people but meeting enough people in your field one two or three just enough and able to get a foot in the door to work with them to understand what you're trying to achieve for me it's hacking being able to work with others that learn to capture the flags and able to develop our skills understanding how computers work and how network servers and firewalls all operate to protect people's information more people I can work on together and able to understand how computers work faster I'm going to understand my industry and what I need to work on I've had plenty of circumstances where I've been corrected in how to operate and how to achieve something all because I have a friend that I hang around that can help me out with my career.

Also, having friends with who I work out with those friends motivates me and pushes me in the gym able to create a better lifestyle for myself and able to manage stress better and being able to lift more weight and being able to have more endurance have a better lifestyle, and a better outlook on how I see things all because I'm able to work out do martial arts together with them. Find the people that are going to motivate you and push you to your goals without them you can go faster but you can't go farther.

Understand what the social groups are within your industry whether these big conventions where you meet other people within your industry or local meetups at a local place where you'll be able to meet new people find out where that place is that your group operates and where they meet up at the more time that you can spend doing what your group does you're going to get in the light of what your group is and you're going to get only get better in the long run

## Experiment

Working in many different fields they're going to help you out with being able to bring mindsets from separate Fields into one thinking of ideas in different ways is going to allow you to be a frontrunner in different changes in your industry the more chances you can have the more impact you're going to have the more you going to be valuable within your society you have to remember though that in the very beginning if you don't know your group very well they're bringing ideas into a separate group usually not valued until you have understood that group and then you see the difference that you're able to bring into that group

Don't be afraid to share your ideas and be able to learn new things from different industries some ideas might be Staples to that industry but being able to grab different ideas from different hobbies you're going to be able to push into your industry having many different hobbies are going to allow you and able to change how your industry operates you might be able to approach something that others might have never thought of because you brought an idea from your hobby into your workforce that most people don't do in their free time Chihuahuas for growth

Have different hobbies from different walks of life all allowing you to benefit yourself and to improve your life have ones that improve your fitness have ones that improve your financial stability have ones that increase your spirituality have ones that increase how you think about things and then have ones that reduce your stress having