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**INSTITUTION** : AKIRACHIX

**TASK**  :BOOK WRITTING

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THE SUCCESS PRINCIPAL

**FOREWORD**

Rolled a couple of feet into the dirt. Hunter picked it up and hurled it at the ground again, where it once more rolled away from him. Before he could try again ,the friends who had given him the baseball, shouted, ”Hunter, baseballs don`t bounce!”

In that moment, Forrest was thunderstuck as the impact of his absence hit him like a ton of bricks. *How could his son know about such things? They had never thrown* a baseball together.

Forrest realized he had spent more time with his negative thoughts than with his own son-essentially abandoning him, as well as his wife. He knew that if he didn`t take charge of his life, it would end up in pieces. He`d find himself divorced, homeless, or worse.

The spark inside him turned into a blaze .He went back to the past Success Principles, *Take 100% Responsibility for Your Life*, and tackled it in earnest.

In his case, taking 100% responsibility for his life meant he had stop the negative self-talk: no more “ Poor Forrest “ and “Why did this happen to me?” Without that constant negative soundtrack to distract him, Forrest could see that he hadn`t been active participant in his own rehabilitation. He had been letting his physical therapist stretch him-then wondered why he wasn`t stronger. He`d sat there passively listening while his speech therapist read to him- then complained that his reading skills weren`t getting better.

Now Forrest started to believe that his life could be different, that he could *make it* different. And that`s when things really started to change.

Almost immediately, his self awareness began to grow. Things that had gone over his head for so long finally registered. Where were all his friends? The answer was so painful as it was clear: He`d abandoned his family .Everyone had stopped calling long ago, pushed away by Forrest`s negativity-and he`d been too self-absorbed to care. Just noticing these things was a success in itself, Forrest reminded himself. He was making progress.

Next, he decided to give a blaming and complaining-not an easy task. It had become a habitual that Forrest didn`t even realize he was doing it. So he asked the people around him to help him become aware when he slipped back into his old ways. In fact his wife and therapists had a sign: If Forrest began to blame or complain, they let him know by pulling on their ears. When he saw that he`d stop whatever he was saying in midsentence, take a deep breath, and consider his next words more carefully.

Not that speaking-positively or negatively-was easy for him. Forrest still hadn`t fully regained his speech faculties, and sometimes he was unable to find the words he needed, or he stuttered. Because of this, he didn`t want to go to the grocery store or post office in case he ran into someone he knew. To counter this, he focused on Principle 22: “ Practice Persistence” Each day he read *The Success Principles* for twenty minutes and practiced stepping out of his comfort zone. Day after day, he practiced a little more and went a little further.

One of his steps out of his comfort zone took him a local coffee shop. For years, Forrest had put his head down and walked past coffee shop, keeping his eyes glued to the cement. But this day he walked in-reminding himself of principle 15: “Experience Your Fear and Take Action Anyway.”Unfortunately, he was met right away by his worst fear. An old acquaintance recognized him and call out.

Although he was cringing with embarrassment inside, Forrest stayed calm and walked over and sat down. He was amazed to find it actually felt good to stand up for himself. In the coming days, Forrest tried this with others, and with time talking got easier. He discovered there were people around him who were willing to support him- especially now that Forrest was willing to support himself.

He had saw that he wasn`t alone in dealing with life`s fears and challenges. Everyone he talked to seemed to have struggles and pain of their own. This insight helped him to overcome the shame he`d been carrying for so long.

As time passed, he could hardly believe the new success he was having. Within a year of applying the principles, Forrest was doing all of the things his doctors had said he`d never do again. He returned to school. He got off all medications, both for pain and depression. He started volunteering. He started turning every negative into positive.

And he`s been doing that ever since.

Today, it`s hard to believe there was a time, not that long ago, that Forrest couldn`t speak fluently-nor read and write very well. But he turned that around so completely that he wrote a book about his experiences! As a result, he gets almost daily requests to share his story in front of audiences. And while he never would have believed it possible during the dark days, today he loves public speaking and believes he`s found the work he was meant to do.He`s thrilled to travel and speak to groups around the world.

Reading *The Success Principles*  also shifted Forrest`s thinking about success in general. Before the accident, “success” to him meant more money and more things-a bigger house, a bigger boat, opening more businesses, owning more stuff. After the accident, he`d given up on ever attaining any success, however you define it.

Today, thanks to *The Success Principle*, he`d learned the profound truth that having all the stuff in the world doesn`t mean anything if you`re not truly living- which Forrest now knows means giving and receiving love.