

13 Things You Should Give Up If You Want To B...

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Zdravko Cvijetic

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Dec 26, 2016 · 6 min read



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13 Things You Should Give Up If You Want To Be Successful

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”Somebody once told me the definition of hell:

“On your last day on earth, the person you became will meet the person you could have become.”—Anonymous ★

. . .

Sometimes, to become successful and get closer to the person we can become, we don't need to add more things—we need to give up on some of them.

There are certain things that are universal, which will make you successful if you give up on them, even though each one of us could have a different definition of success.

You can give up on some of them today, while it might take a bit longer to give up on others.

. . .

1. Give Up On The

Unhealthy Lifestyle

“Take care of your body. It’s the only place you have to live.”—Jim Rohn

If you want to achieve anything in life, everything starts here. First you have to take care of your health, and there are only two things you need to keep in mind:

1. Healthy Diet
2. Physical Activity

Small steps, but you will thank yourself one day.

. . .

2. Give Up The Short-term Mindset

“You only live once, but if you do it right, once is enough.”—Mae West

Successful people set long-term goals, and they know these aims are merely the result of short-term habits that they need to do

every day.

These healthy habits shouldn't be something you do; they should be something you embody.

There is a difference between: “Working out to get a summer body” and “Working out because that’s who you are.”

. . .

3. Give Up On Playing Small

“Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. It is not just in some of us; it is in everyone, and as we let our light shine, we unconsciously give others permission to do the same. As we are liberated from our fear, our presence automatically liberates others.” - Marianne Williamson

If you never try and take great opportunities, or allow your dreams to become realities, you will never unleash your true potential.

And the world will never benefit from what you could have achieved.

So voice your ideas, don't be afraid to fail, and certainly don't be afraid to succeed.

. . .

4. Give Up Your Excuses

“It’s not about the cards you’re dealt, but how you play the hand.”

— Randy Pausch, The Last Lecture

Successful people know that they are responsible for their life, no matter their starting point, weaknesses, and past failures.

Realising that you are responsible for what

happens next in your life is both frightening and exciting.

And when you do, that becomes the only way you can become successful, because excuses limit and prevent us from growing personally and professionally.

Own your life; no one else will.

. . .

5. Give Up The Fixed Mindset

“The future belongs to those who learn more skills and combine them in creative ways.”

— Robert Greene, *Mastery*

People with a fixed mindset think their intelligence or talents are simply fixed traits, and that talent alone leads to success—without hard work. They’re wrong. ✱

Successful people know this. They invest

an immense amount of time on a daily basis to develop a growth mindset, acquire new knowledge, learn new skills and change their perception so that it can benefit their lives.

Remember, who you are today, it's not who you have to be tomorrow.

. . .

6. Give Up Believing In The “Magic Bullet.”

“Every day, in every way, I’m getting better and better”—Émile Coué

Overnight success is a myth.



Successful people know that making small continual improvement every day will be compounded over time, and give them desirable results. *

That is why you should plan for the future,

but focus on the day that's ahead of you, and improve just 1% every day.

. . .

7. Give Up Your Perfectionism

“Shipping beats perfection.”—Khan Academy’s Development Mantra



Nothing will ever be perfect, no matter how much we try.



Fear of failure (or even fear of success) often prevents us from taking an action and putting our creation out there in the world. But a lot of opportunities will be lost if we wait for the things to be right.

So “ship,” and then improve (that 1%).

. . .

8. Give Up Multi-tasking

“You will never reach your destination if you stop and throw stones at every dog that barks.” — Winston S. Churchill ✱

Successful people know this. That’s why they choose one thing and then beat it into submission. No matter what it is—a business idea, a conversation, or a workout.

Being fully present and committed to one task, is indispensable.

. . .

9. Give Up Your Need to Control Everything

“Some things are up to us, and some things are not up to us.”—Epictetus, Stoic philosopher

Differentiating these two is important.

Detach from the things you cannot control, and focus on the ones you can, and know that sometimes, the only thing you ✱

will be able to control is your attitude towards something.

Remember, nobody can be frustrated while saying “Bubbles” in an angry voice. *

. . .

10. Give Up On Saying YES To Things That Don't Support Your Goals

“He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly.”—James Allen

Successful people know that in order to accomplish their goals, they will have to say NO to certain tasks, activities, and demands from their friends, family, and colleagues.

In the short-term, you might sacrifice a bit of instant gratification, but when your goals come to fruition, it will all be worth it.

11. Give Up The Toxic People

“You are the average of the five people you spend the most time with.”

— Jim Rohn

People we spend the most time with, add up to who we become. *

There are people who are less accomplished in their personal and professional life, and there are people who are more accomplished than us. If you spend time with those who are behind you, your average will go down, and with it, your success. *

But if you spend time with people who are more accomplished than you, no matter how challenging that might be, you will become more successful.

Take a look at around you, and see if you need to make any changes.

. . .

12. Give Up Your Need To Be Liked

“The only way to avoid pissing people off is to do nothing important.”—Oliver Emberton

Think of yourself as a market niche.

There will be a lot of people who like that niche, and there will be individuals who don't. And no matter what you do, you won't be able to make the entire market like you. ✖

This is entirely natural, and there's no need to justify yourself.

The only thing you can do is to remain authentic, improve and provide value every day, and know that the growing number of “haters” means that you are doing impor- ✖

tant things.

. . .

13. Give Up Your Dependency on Social Media & Television

*

“The trouble is, you think you have time”— Jack Kornfield *

Impulsive web browsing and television watching are diseases of today’s society. These two should never be an escape from your life or your goals. *

Unless your goals depend on either, you should minimise (or even eliminate) your dependency on them, and direct that time towards things that can enrich your life.

. . .

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If you want to increase your productivity


and eliminate procrastination, check out my free guide called: “*The Ultimate Productivity Cheat Sheet (Revised Edition)*”

Click here to get the guide right now!

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. . .

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Zdravko Cvijetic

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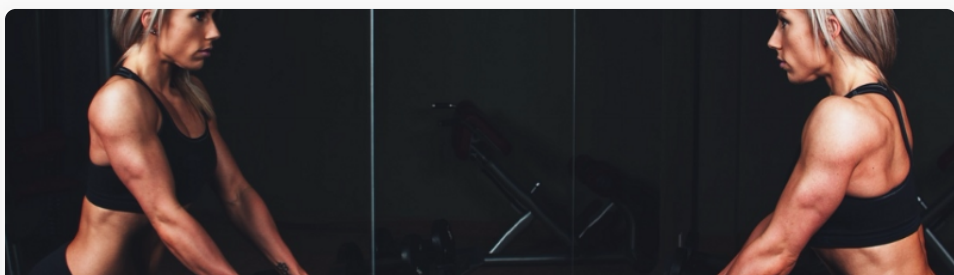
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Responses

Conversation between [Linda Caroll](#), [Zdravko Cvijetic](#), and [Patricia Pinheiro](#).



Linda Caroll
Dec 26, 2016

“On your last day on earth, the person you became will meet the person you could have become.”

Wow. That one was enough. I read the rest of the article, but it just tells us what we already know. This one, though, stretches the mind to all new places.



429

7 responses



Zdravko Cvijetic

Dec 27, 2016

Hey Linda,

I believe you are having the exact same reaction when I found that quote for the first time (which was more than 8 months ago...).

Glad you've liked it!



72

5 responses





Patricia Pinheiro

Apr 7

What a great article. You have no idea how much it has helped me and how many times i'm re-reading it. Linda said that we know many of these things, but sometimes we need to see them organized on our faces like that. And also, what may be old news to some, its refreshing and game changing to others, those who are truly struggling and looking for self-improvement.



47



Applause from Zdravko Cvijetic (author)



Kaleem

Jan 2

If you spend time with those who are behind you, your average will go down, and with it, your success.

Yes, give up toxic people.

That is a very different thing from spending time with people less accomplished than you.

If the people more accomplished than you adopt this approach, then you will spend zero time with them.

Be a mentor to the less accomplished while you are being mentored by those who are more accomplished.



257



Applause from Zdravko Cvijetic (author)



tfbkny

Dec 28, 2016

*“And remember, nobody can be frustrated while saying
“Bubbles” in an angry voice.”*

...unless you're inspecting the coat of fresh paint you just sprayed on your car or motorcycle that is! ;)



93

1 response



Conversation between Emma, Zdravko Cvijetic, tfbkny, and Segue Fischlin.



Emma

Dec 27, 2016

you lost me at the beginning when
you spelt anonymous ‘anonymus’



30

11 responses



Zdravko Cvijetic

Dec 27, 2016

Hey Emma,

Sorry to hear that!

But anyways, thank you for the feed-
back, I corrected it right away!

Know that I appreciate it!



82

3 responses



tfbkny

Dec 28, 2016 · 1 min read

I must say Emma's comment cracked me up for its inherent irony. She will never move past the anal-ytic perfectionism that is likely hampering her ability to grow as, due to her aforementioned perfectionism, she missed reading point #7. If she had, then she would have simply let the author know that he "shipped" the article with a typo (which takes...

Read more...



271

7 responses



Segue Fischlin

Jan 3

There are lots of ways to justify lots of things, but it appears that the author appreciated Emma's feedback. The author, true to his words, 'shipped' the product at 99% and then Emma helpfully pointed out the 1% to bring it closer to 100%. Not seeing a problem here but rather an illustration of the dynamic elucidated by the author.



37

2 responses



Applause from Zdravko Cvijetic (author)



Martin Tolovski

Dec 28, 2016

Another value bomb from Zdravko! I would also add giving up on possessions and shit that you don't need, because it's also a sickness of today's society.



64

1 response



Conversation between [Huy Le](#) and [Zdravko Cvijetic](#).



Huy Le

Dec 26, 2016

making small continuous improvement every day, will be compounded over time, and give them desired results.

This is very useful and I'm going to apply it right now. Thank you.



57

1 response



Zdravko Cvijetic

Dec 27, 2016

You're welcome, good luck and let me know how it went! :)



17



Applause from Zdravko Cvijetic (author)



Vicky Noland Fitch

Jan 1

There will be a lot of people who like that niche, and there will be individuals who don't.

“You can be the juiciest, ripest peach in the world, and there's still going to be people who hate peaches”. Dita Von Teese



51



Conversation between **Tomás Sidenfaden** and **Zdravko Cvijetic**.



Tomás Sidenfaden

Dec 27, 2016 · 1 min read

I have a bit of difficulty with #11. It seems it discounts helping and inspiring others who are less fortunate than yourself. I understand the value in surrounding ourselves with people who will advance and challenge us, but that logic also means those people are spending time with someone who does not advance and challenge them (us). I think...

[Read more...](#)



45

4 responses



Zdravko Cvijetic

Dec 30, 2016 · 1 min read

Hey Tomas,

These are my thoughts.

Just because you choose to spend your personal time with more accomplished people, that doesn't mean that your work/career/business/mis-sion (whatever you decide to call it), cannot be directed towards the ones that are looking for a way to grow.

Read more...



24

1 response



Applause from Zdravko Cvijetic (author)



Roland Prevost

Dec 29, 2016

Nothing will ever be perfect, no matter how much we try.

Don't let the perfect become the enemy of the good.



86



Applause from Zdravko Cvijetic (author)



Anthony Park

Dec 28, 2016

“On your last day on earth, the person you became will meet the person you could have become.”

W O W. Just wow



31



Applause from Zdravko Cvijetic (author)



Alison Lee Cousland

Dec 28, 2016 · 1 min read

Attuning into Marianne Williamson's oft quoted: *‘Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. It is not just in some of us; it is in everyone, and as we let our light shine, we unconsciously give others...*

Read more...



31

2 responses



Conversation between [Emma](#) and [Yurima Falcon-Grace](#).



[Emma](#)

you lost me at the beginning when you spelt



[Yurima Falcon-Grace](#)

Dec 30, 2016 · 1 min read

Yes, it's true that Zdravko wrote such a great article while Emma focused her attention just on that minimal mistake, but the best part is that Zdravko's response was so humble and elegant and Emma recognized her mistake and at the end, from both sides, we received a nice lesson about humbleness. I love that!

Read more...



33



Applause from Zdravko Cvijetic (author)



Stedman Halliday

Dec 28, 2016 · 1 min read

*People we spend the most time with,
add up to who we become.*

Conditionally disagree with this one. I think sometimes one's own personality might complement or oppose the personalities of those they spend a lot of time with. Sometimes the people close to us help us identify things or traits that we don't want for ourselves—a...

Read more...



25



Applause from Zdravko Cvijetic (author)



Tushar Khatri

Dec 28, 2016

A wonderful guide to start the new year in my life. I'm fortunate I read this before. This reminds me of a

quote -

“If you are not living on the edge, you are taking too much space.”

Peace !!!



23



Applause from Zdravko Cvijetic (author)



Patrick Antinozzi

Dec 29, 2016

Impulsive web browsing and television watching is a disease of today's society.

Seriously. The amount of TV people have to watch is staggering. We're throwing our lives away and rotting our brains.

I recently deleted my Netflix account, and it was the best thing I've done in years.

I just joined a band two weeks ago as

a keyboardist. I've never played the keyboard in my life.



72



Conversation between [j3ffyang](#) and [Zdravko Cvijetic](#).



[j3ffyang](#)

Dec 26, 2016

Very nice writing. A mirror that reflects and reminds. Thanks :-)



17

1 response



[Zdravko Cvijetic](#)

Dec 27, 2016

Well thank you, and it's my pleasure, glad people like it!



11

