

Eric Thomas' 10 Rules for Success

Notes by Coach Wolfe

1. Know what you want.

Spend your life going after it.

2. Work on your gift.

Use the gifts given to you! Great athlete? Perform on the field. Great speaker? Use this to motivate and inspire others. Do you draw well? Create artwork that draws crowds!

3. No Excuses.

Do Not Let YOURSELF Down. Don't allow yourself to focus on what others can do for you; rather focus on what YOU can do for you. When difficult situations arise, or things go wrong refuse to point the finger and decide what YOU can do to solve the problem. Value YOURSELF! Give 120% or DON'T DO IT.

4. Upgrade Your Values.

Do you value sleep more than you believe in work? Be a producer, not a consumer. "Dress for the job you want, not the job you have." Do you want to be a collegiate athlete? Start training like one. Do you want to be a professional _____, use your manners and treat others with respect. Respect is earned not given – yet it is often earned by GIVING.

5. You Reap What You Sow

Having goals is fantastic, but how do you reach them? You have 24 hours TODAY to move closer to your goal tomorrow. Big goals are reached through consistency, day in and day out. When you reach the point where goal-oriented actions become HABITS – that's when dreams become reality. Lastly, refer back to rule #3. No one else is responsible for your successes or failures – whether you reach your goal or not is determined by you.

Remember, goals are not INSTANT – if your goal can be reached in hours, days, or a weeks time – you need to re-evaluate your goal. Reach higher! Don't limit yourself!

6. Education is the great equalizer.

The more you read, the more you can achieve. Knowledge truly is power, and if you aren't an expert that doesn't mean you can't become one. Find experts related to your goals and reach out to them! Chances are they were once where you are now! Learn about that they did to achieve their goals. Most importantly, never stop learning.

7. Find Your WHY!

What motivates you? Why do you do what you do? If you are doing things only because you "have to" you're missing out on great opportunities! A WHY drives you, motivates you, pushes and encourages you. You must find a WHY!

EXAMPLES OF WHYS:

School: Increase your education, remember knowledge is power. More importantly, knowledge opens doors and pathways that are closed without! Remember your goals? You CANNOT and WILL NOT reach them without the knowledge necessary to achieve them! Again, if you can reach your goal NOW, you need to rethink your goals and set higher standards for yourself! Believe and Achieve!

Get a job: If the only reason you have a job is to pay for a cell phone or materialistic items, what will you do once you have them? Save up, wait until they go bad or become outdated and buy new? What is the end goal? There will always be a better phone, a new gaming system, new cars. Materialistic goals provide 0 long-lasting satisfaction. Material satisfaction is fleeting and you deserve better for, and from yourself!! Get a

job because you enjoy the satisfaction of a hard days work, you enjoy the company of your co-workers, or it's part of the process towards reaching the job of your dreams. Live in the now, but work for your future!

Play Sports: Do you play because you truly enjoy the sport? Can't get enough of competition? Trying to become the best athlete YOU can be? Or is it because your friends are out and it's a social gathering? If you love to compete and succeed – getting out of bed in the morning to train should be exciting to you because it's another opportunity to move closer towards reaching your goals. If your why for sports is anything other than a love for the game, competition, or becoming the best YOU can be – it's time to re-evaluate.

8. Have Boundaries

Remove distractions. There needs to be a time set aside in the day to reach your goal, to work. No phone, no twitter, no TV, no exceptions. Use this time to FOCUS and WORK towards only your goal. You'll be amazed at how much you will accomplish during uninterrupted time.

9. Speak from the Heart

It's okay to talk about your successes. But don't be afraid to talk about your failures as well. Often times the hard times are what create an individual. The most successful people are people who have overcome adversity. Anything earned holds more value than anything given. Don't fear failure, thrive on it. Failure provides an opportunity for future growth and success.

Be genuine. Others will respond better to you and you'll be more content with yourself.

10. When you want to succeed as bad as you want to breathe, then you'll be successful.

The best explanation for this one can be found here: <https://www.youtube.com/watch?v=5fsm-QbN9r8> or YouTube Eric Thomas – Secrets to Success Pt 1.

