

**A FREE E-BOOK**



# **RULES TO SUCCESS**

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# Thank you!

First of all I want to thank you. Thank you for being a member of the Dollarbillrules Community and, above all, thank you for your trust!

## Foreword

I want you to be successful, so I want to make one thing clear to you!

This e-book contains my experiences and strategies that I have used for myself to be successful in life. You can use these strategies to your advantage anywhere in real life. Whether in school, at work, at the university or in any other business.

## About me

7 years ago I was in school and had no idea about life or money. I sat at home in the evenings, watching TV or playing games. My life just passed me by. On a Thursday morning, when I was watching movies until after midnight, I was sitting at the bus stop totally tired and waiting for the bus, which should come at any moment. Once again I thought about what to do in my life.

Opposite was a construction site and next to it two craftsmen who were supposed to repair the street. One of the two must have made a mistake, because he cursed and moaned. He whined so loudly that he drew the attention of the whole street.

Suddenly I realized I don't want to end like this. I didn't want to do hard work from 9 to 5 to work myself to the bone to earn just enough money at the end of the month to barely make ends meet. I wanted to have more money than the average and do what I enjoyed. I was beginning to realize that I had to work harder to achieve more than others.

So I started to think of a plan. I thought very carefully what my future should look like. Where do I see myself in 20 years? What do I want to own, have achieved professionally and where do I want to live? Gradually a picture came together in my head. It was kind of a short film. I still have this short film in my head today and keep adapting it to my wishes and dreams.

For me, three things were clear that I wanted. Success, money and freedom. But how do you achieve this? What are the secrets of successful people? Is success innate? No! Anyone can be successful if they work hard enough for it.

And today is the day I share my knowledge and strategies that have proven useful for me with you. I want to help you, no matter where you are, to be successful and to lead a happy and carefree life.

# Rules to success

I have successfully used these 12 rules for myself. They are immediately applicable as practical instructions. No matter where in life you are. No matter what job you do.

## 1. Rule: Make decisions

Today, I will improve my decision-making ability by committing to the following steps:

1. I am training my ability to make quick decisions. I imagine there is a decision muscle that I strengthen every time I make a quick decision. There are people who look at the menu for 15 minutes and then order spaghetti Bolognese. Today I decide within 30 seconds what to eat and drink. Even at the risk of having to eat something that I don't like. I make every minor decision within 30 seconds today.
2. I ask myself in all decisions: What are the consequences if I choose this way? And: Will the decision I'm making bring happiness to me and the people around me? This is how I learn to listen to myself.
3. I answer the question: who do I want to be in five years? What do I want to do in five years? What do I want in five years? I base all my decisions on these goals. I'm ready to part with the things that I don't really like at all. So I have both hands free for my dreams.
4. I wonder whether there is a "difficult" decision that I have been putting off for a long time. I write down each of the choices. Then I think about who I could turn to who can help me. Above all, however, I set myself a deadline in writing, by when I must have definitely made a decision

## 2. Rule: Learn and grow constantly

Today I will cement my habit of constant study and growth by making a commitment to take the following steps.

1. I plan to read at least two inspirational books every Monday. In time, I'll even read a book or two a week.
2. I think about which seminar I could attend.
3. In addition to my success journal, I am creating two other journals: a knowledge journal. Here I write down all the mistakes and the lessons I have learned from them. And an idea journal in which I write down all of my ideas.
4. I am making a list of ten people I would like to meet in order to learn from them.
5. I make a firm commitment to read one chapter in this book every day.

### 3. Rule: Just do it

Today I am training my all-important ability to act by committing to the following steps:

1. I write down everything that I put off in front of me on a list and think about what I should do today.
2. I'm looking at my dream album today. Do I have goals for all five areas of life (health, relationships, finances, emotions and job) and do these appear in the form of images in my dream album?
3. I will create a journal in which I can do all the written practical exercises from this book. In this way nothing is lost and I can see my progress.
4. I ask myself: am I putting off something because I don't think the timing is right? Could this be an excuse?

### 4. Rule: Don't let rejection discourage you

Today I will train the correct handling of rejection by committing to the following steps:

1. Today I will record every success in writing. I don't just ask myself what went well with me, but also why I did it well.
2. I immediately brush off every rejection like dust. I understand that there is always a group that rejects what I do. I accept that. I don't take it personally either.
3. I know that I cannot change people today. I concentrate on the things that I can control: I increase my quality and work on my attitude.
4. Today I speak specifically to people who talk about positive things and successes. As soon as someone wants to talk about negative experiences today, I leave. And today I'll only talk about positive things. I know: talking about negative things is like pouring fertilizer on weeds.

### 5. Rule: Give 110 percent

Today I'll improve my ability to give 110 percent by committing to the following steps:

1. Today I will give 110 percent for at least one job that I do.
2. I will not accept a limit today. 100 percent is a fictional idea of my performance that does not correspond to the truth. I want to be the best that I can be. If I can't then I have to.
3. Since the picture I have of myself does not correspond to the truth, I can replace it with the picture I want to be. Such a picture does not allow borders. Today I am describing in writing how I would like to be. Then I imagine already being like that now. I behave like that too.
4. Those who live according to the 110 percent rule have to take more breaks. That's why I work concentrated today and plan my free time and my breaks.

## 6. Rule: Grow with your problems

Today I will improve my ability to deal with problems by making a commitment to following these steps:

1. As soon as a problem arises today, I immediately focus on the solution. I immediately read the six steps to solving the problem.
2. I realize that I may not be the first to have this problem. I look for role models who have behaved successfully in a similar situation and learn from them.
3. I understand that the real problem is mostly my view of the problem. It's like pancakes. All pancakes have one thing in common: two sides. There is a lighter and a darker side to everything. So today I ask myself: What is good about my problem?
4. I know that I grow with problems. So I don't avoid them. Every time I've mastered a problem, I look for the next challenge. Problems become a kind of sport for me.

## 7. Rule: Set yourself big goals

Today I will use the power of goals even better by committing to the following steps:

1. I reconsider my long-term goals and wonder if I should set them higher. Nothing affects my life more than my long-term goals. The higher these goals are, the more exciting and richer my life will be.
2. I will not teach people who do not understand anything about big goals. I would only reap useless discussions that steal my strength and possibly arouse doubts. Rather, I think about where the people are who can help me achieve my goals.
3. So that these goals do not remain too abstract, I create a dream album in which I write all my dreams in the form of pictures, e.g. Glue in clippings from magazines, photo montages, drawings ...). When I watch this album every day, it becomes an absolute must for me to achieve these goals.
4. I divide my short-term goals into A, B, and C. I have to achieve shorter-term A goals. So I set it up so that I can always reach it with an effort. This is how I strengthen my self-confidence for bigger goals.
5. I listen to myself: am I ready to set myself a long-term goal that I cannot actually achieve in my lifetime?

## 8. Rule: Do not let anything distract you

Today, I'm going to improve my ability to deal with distractions by committing to the following steps:

1. I'm not going to use an excuse today, excuses only distract from me. I want to have power over my life and not be the pawn of any circumstances. Using excuses means giving up control of my life to circumstances or to other people. I want to use my energy to achieve my goal and not to make up excuses.
2. I will not let distractions mislead me into giving up my goals. I am doing the activities today that I set out to do.
3. Since I can always count on unforeseen distractions, today I will block a certain period of time for such things. I achieve that the distractions have to be directed towards me. Not me towards the distractions.
4. If an unforeseen distraction occurs, I use it as a chance for a quick check. I wonder if I'm making the most of my time right now.

## 9. Rule: Start everything important as soon as possible

Today I'm going to improve my ability to start everything important asap by committing to the following steps:

1. In the morning I ask myself: "What do I not like so much?" I do these things first. This way, the unpleasant things are not given unnecessary weight. The sooner I have done it, the better my day will be, because then I only have the pleasant things ahead of me.
2. Next I ask myself: What is my most important task today? I will then start implementing it immediately and will not be distracted by anything until I have completed this task. Even if I don't do anything else that day, I still know that I've done the most important thing.
3. I ask myself: What can I change in my life so that I have more time for the important things instead of having to worry about things that have become urgent?
4. Whatever I plan to do, I will start within 72 hours. I take at least one first step. Today I make it a sport to surprise everyone else with my speed.
5. I am checking if I have fallen into the perfectionism trap. Where could and should I finish a project?

## 10. Rule: Focus on your strengths

Today I will practice my ability to focus on my strengths by committing to the following steps:

1. I realize that my success does not depend so much on my talents, but on what I make of them. I don't quarrel with my fate.
2. I make a list of all my strengths and weaknesses. I find a solution for my weaknesses. I focus on building my strengths by surrounding myself with people who can support me.
3. I look at my entire life situation and think about what I can change. Then I come up with a plan. I don't put off what can be done, I do it immediately.
4. I come to terms with the things that I cannot change. I smile today even when it rains, because I know if I don't smile it will still rain.
5. I check if I am envious or jealous. These feelings cannot be suppressed. But I can outshine them by focusing on my uniqueness and my potential. Today I answer the question in writing: Why do I know that I am unique?

## 11. Rule: Surround yourself with role models

Today I will make sure that I surround myself with role models from whom I can learn. I commit myself to the following steps:

1. Today I want to talk to someone who has achieved something that I want to achieve.
2. I want to be "programmed" by positive things. That's why I'm not going to watch a defenseless TV film today and I'm not going to let radio music flood me all day. Today I consciously choose what I «record».
3. I plan to meet a personality each month from whom I can learn.
4. I think about how I can support the people in my circle of acquaintances. I do this wisely and without being instructive.
5. I ask myself critically: How do I influence others? Am I a role model or a warning?

## 12. Rule: Be an eagle and not a duck

Today I will hone my ability to live like an eagle by committing to the following steps:

1. I now decide to reread the eBook right away. A rule every day. I skip the rules that don't concern me that much at the moment.
2. I challenge my environment. I have high expectations of the people who mean something to me. This may not make me comfortable for everyone - but I make people fly.
3. I wonder what my ideal of a successful person looks like. By writing, I find access to my own deep thoughts and values.
4. I realize that there can be no definitive "rules of success", but that I have to orientate myself to my values in order to establish my own rules as guides for my life.



# THANK YOU AND CONGRATULATIONS!

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I want to thank you again now. Thank you for your attention and for reading the e-book to the end. I very much hope that I was able to enrich your life and I wish you much success in your future.

If you would like to give me feedback, I would be very happy. If you have any questions or problems that you think I could help you with, please feel free to contact me.

[www.instagram.com/dollarbillrules](https://www.instagram.com/dollarbillrules)

I congratulate you! You are now one of the few 1% who do something in life to get ahead.

**As this is a free eBook** all that we ask for in return is that if this eBook helped you in any way and you think that some of your friends could benefit from this eBook, then please feel free to share this eBook with them.

## One last tip!

To read new rules for success every day, follow my page on Instagram. This is a free investment! You have nothing to lose and are completely non-binding.  
What are you waiting for?