



The keys to success and happiness

Do you want to move ahead in your life, career, relationships, confidence, health or personal happiness? Typically it's a lack of self-belief, focus and action caused by a whole host of thoughts, fears and ideas that hold you back from the happiness and fulfilment you seek. It's no surprise because from infancy we're all bombarded with all sorts of ideas and beliefs (conditioning) about who you should be, how you should look, what you should own and all sorts of other nonsense. The good news is that some simple steps will help build the **vision, belief and action** the keys to unlock greater success and happiness:

Rasheed's top ten tips

1. Be yourself, no-one else (this is one the greatest keys to happiness).
2. Appreciate who you truly are (remember you're the magic, rich, whole spirit beneath the ideas and fears you've been handed by society).
3. Take responsibility for your life / actions from now (let others do the same)
4. Focus on your life... don't be sidetracked by those of others, celebrities or the characters in whatever TV show others may be hooked on!
5. Let go of negative relationships and build positive ones. Be kind to yourself and supportive of others.
6. Stop thinking about what you don't want in life and start acting on what you **do** want (this is one of the key traits of happy and fulfilled people).
7. Write down all your personal and professional qualities, strengths and achievements – keep them in mind and always work from your strengths.
8. Find a quiet space. Take 15 minutes to imagine / picture / think about where you'd like to be in your life, career, relationships, health and interests in three years time. Make it as specific and detailed as you can. Now jot down what steps you'd need to take to achieve them. Include all the skills, talents, resources and support you have now and all those that you'd need to seek out or develop.
9. List the 3 people who inspire you most and 3 qualities you admire in each of them. Now write down all the ways you share their qualities/ values. Finally write down what 3 pieces of advice each of your 3 people would give you to help you move ahead in your life.
10. Spend quality quiet time with yourself every day and live one day at a time. Move toward your goals at your own pace. Be flexible, trust your instincts and learn from success and setbacks in equal measure. Flowers grow by both sun and rain.

Above all: Remember whatever you do, '*happiness is who you are within not that you are without*'. You are already whole and full of potential. This is the birthplace of success. Your value is innate – not dependent on what you achieve. Enjoy your life.

Rasheed Ogunlaru is a leading life coach, speaker and business coach. He helps people of all backgrounds achieve greater happiness, balance and success in all areas of their lives. He runs workshops and talks on personal, career, business and relationship growth. He is also author of a range of inspiring books, CDs and MP3s including *Become who you are*, *Self Confidence* and *From Head to Heart ... Finding Your Path*. To find out more about life coaching, business coaching, seminars and talks, or to order or download a product visit www.rasaru.com email: rasheed@rasaru.com or call 020 7207 1082.