

Make a breakthrough....



8 KEYS TO SUCCESS FOR INTROVERTS

How to get out of your head and into
where you want to go

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About the Author

It took me a while to really grasp what they were on about.

I mean, I had read almost every self-help book out there, and still, 99.9% of the authors were talking about mindset...

... Yet, I was only interested in the next gizmo, strategy, hack, shortcut.

I still hadn't realised that without a strong and developed mindset, your AI strategy will fail (or better put, you will fail your AI strategy). This is especially true for us introverts.

Hi, my name is Benjamin and I have been in the online space since 2008, a point at which I reclused myself from social gatherings (I was relying too heavily on alcohol to overcome my more insular nature, something with which you may well identify) and jumped head first into anything I could find on how to move closer to my goals and dreams... Believing my introversion to be a handicap..

... Which if used correctly, is a huge advantage.

Never let your schooling interfere with your education

- Mark Twain

Here's to your future ;)

Benjamin



Key 1 - Have A Success Driven State Of Mind

Most people strive to achieve great things in their lifetime.

Whether you want to climb Mount Everest, or write your first novel you have to figure out how to have a success driven state of mind before you will even come close to achieving your goals.

Once you figure out how to maintain this state of mind, doing what you set out to do will become easier and you'll find that you are meeting your goals faster than you ever dreamed possible.

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The people who are able to achieve their dreams rely on concrete goals, specific deadlines and they work hard to create valuable new habits to get to that state of mind.

Forming Specific Goals



The first thing you need to do to get to that success driven state of mind is formulate the goals that you want to achieve in your head.

Be as specific as you possibly can. You don't want to write a chapter in your book, you want to write the first 25 pages in your book. You don't want to lose some weight, you want to lose 15 pounds.

Come up with figures that you want to achieve to make your goal feel more attainable and to give you something to shoot for.

Set a Deadline for Your Achievements

Now that you know what you want to achieve you need to come up with a deadline that you are confident you can meet. You want the deadline to be doable, but you want to keep it difficult to keep you motivated.

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Write the date down on a piece of paper for your goal to ensure that you know how much time you have left to get the task done.

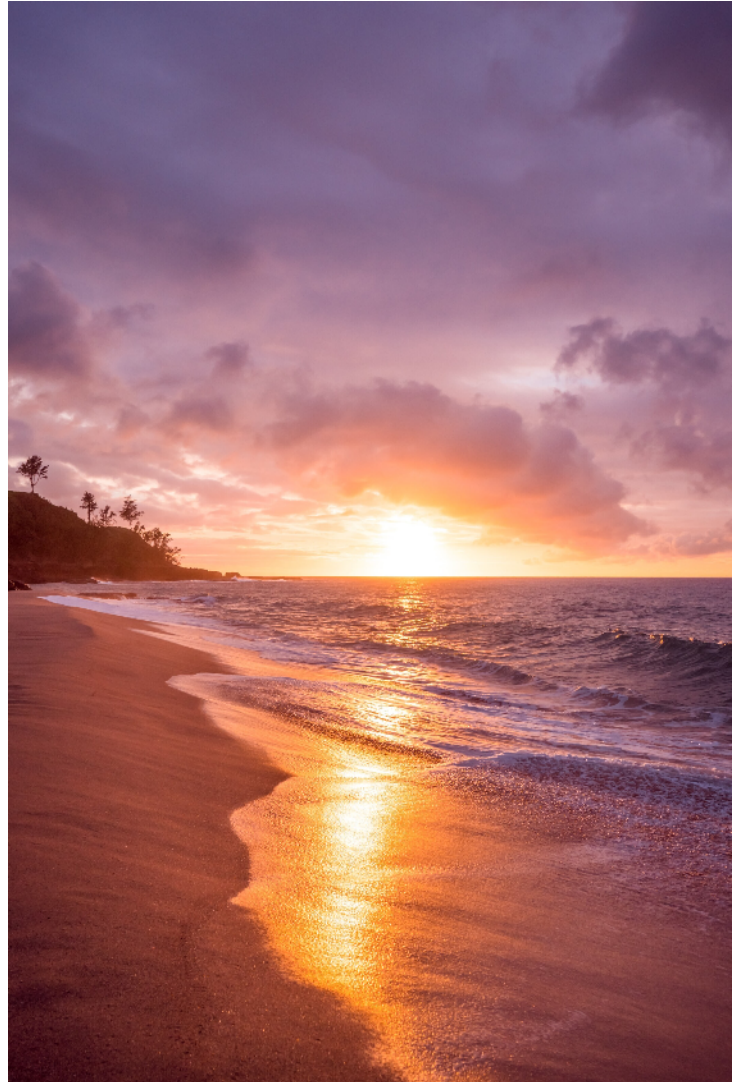
Keep it in a highly visible location, such as on the wall of your office or on your refrigerator, so you are reminded of the goal on a regular basis.

To increase your odds of success even further you can post in a public location or make it available to some friends and family members to keep you accountable.

Focus on Developing Success Driven Habits

If you use the two techniques above on a regular basis they will help develop a set of habits that you will get used to. Like any habit, the more you do something the easier it becomes to do.

Focus on your goals until you can visualize them, and fight hard to follow through on them and you'll soon be accomplishing more goals than you ever thought you could.



Key 2 - Visualization



Creative visualization is a meditation technique that encourages the participant to imagine concrete images associated with their feelings, allowing for in-depth examination of concepts that may seem too abstract to process.

It is a powerful tool for a variety of self-improvement causes, from attaining goals to untangling deep-seated beliefs to eliminating harmful habits.

Once a concept is reduced to its image, you can then begin the process of examining, interpreting, and reframing it to a beneficial influence.

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In addition to psychological benefits, there are many health-related ones as well.



Meditation has been clinically shown to reduce stress and anxiety levels, which in turns mitigates health risks by lowering cortisol levels and increasing serotonin.

The imaginative element also helps sharpen cognitive processing times, strengthen logic skills, improve memory retention and much more.

How To Visualize

Visualization can take place with the eyes open or closed, at home or in

public. The key is directing the whole of your mind's energy to constructing, in as much detail as possible, the image you have decided to focus on.

It is critical to keep the appearance as close to reality as possible.

If you are saving up for a new car, for example, don't just imagine a picture of a generic automobile: use your mind's eye to create the make, model and color of the vehicle you want.

Practicing and Behavior

The human mind is an incredibly complex system with a multitude of factors that affect behavior.

By practicing intense, focused concentration on the things you want, you can use the power of the image to influence your choices and behave in ways that facilitate your long-term goals.

Let's go back to the example of saving up for a car. If you've been conserving your funds, it may be tempting to say "I deserve a break!" at the sight of an attractive sale or pricey concert ticket.

However, if you've spent time visualizing the automobile of your dreams that day, the image will still be fresh in your mind, and it will be much easier to make a responsible choice that supports your progress.

The power of image creation isn't just limited to goal-setting. Those who suffer from anxiety or depression can elevate their mood and calm down stress by focusing on positive, peaceful images.

The more practice you get at this, the more easily you will be able to create a realistic image that effectively works on your mindset.



Key 3 - Be Positive—Be Successful!



Positive people are successful people. It's just a fact. Negative people ruin their chances of success. It's just a fact. Here are some ways you can stay positive and have a successful, happy life.

Always Be Grateful



No matter how bad things get, you can always find something to be grateful for:

Supportive friends

A loving family

A steady job

Good health

And the list could go on, so just because something in your life isn't going your way, don't let it bring you down and miss out on the good things.

Look for the Silver Lining

Yes, bad things happen, but you can always look for the silver lining in them.

Sometimes bad situations just show you how strong you can be, and if you can learn to turn a negative into a positive, you will be a positive, happy, successful person.

Use Healthy Self-Talk

Negative people have negative messages going through their head all the time. Change these.

Instead of saying you can't do something, start by saying you'll try. And once you see what you can do, you can say, "I can do this."

Always talk positive to yourself. Tell yourself that you have talents, abilities and the stuff you need to reach your goals.

Another great tool is to use the phrase 'I get the chance to do xyz'. Instead of working yourself up about the big social engagement, 'Why do I have to go to this?' repeating around your head, change the framing to 'I get the opportunity to go'. Seems



over simple, but it works, and changes your mantra to gratitude as opposed to negativity.

Key 4 - Have More Self-Control



The key to accomplishing many goals in life will depend on the amount of self-control you have. Many of the better things in life that you may wish to achieve aren't always easy to do.

For instance, do you want to lose weight or get a better job? If so, you will need to have the right amount of willpower and commitment to make these things happen.

By knowing tips for having more self-control, these can be helpful to you.

Manage stress

It's important to manage the stress in your life for a couple of reasons. The first one is that this is not good for you and may contribute to many health problems if left unattended.



The second reason is that taking charge of your stress will help make your mind stronger. This can ultimately assist in having self-control in your life.

Create affirmations

Take the time to make a list of sayings that will encourage you each day. Finding ways to encourage yourself is ideal to help you work towards having more self-control in your life.

One way to do this is to create a list of affirmations and speak this out loud every day. For instance, you could say, "I won't give in to food today," or "I will send out ten resumes today."

The key is to find things you need to get done and instill in your mind these thoughts to help you get things accomplished.

Reward yourself

It's not easy having self-control all the time, but you can make it happen. It's a great idea to give yourself a small reward when you do reach a goal. This may be something as simple as a day off, a meal out or manicure for instance.

Just knowing that your hard work will get you closer and closer to a reward may be all the motivation you need!

Take time to find ways to reach your life goals for the most success. Practicing self control is by far one of the best ways to make this happen for you!



Key 5 - Limiting Beliefs, And How to Change Them



Our personalities and consciousness are so much more than the sum of their parts.

Many of us go about our day-to-day lives functioning perfectly well on the surface, but subconsciously holding on to viewpoints that are obstructive or actively harmful to our overall well-being.

These are referred to as "limiting beliefs," a term that describes retained emotions that shape our sense of reality in a negative way.

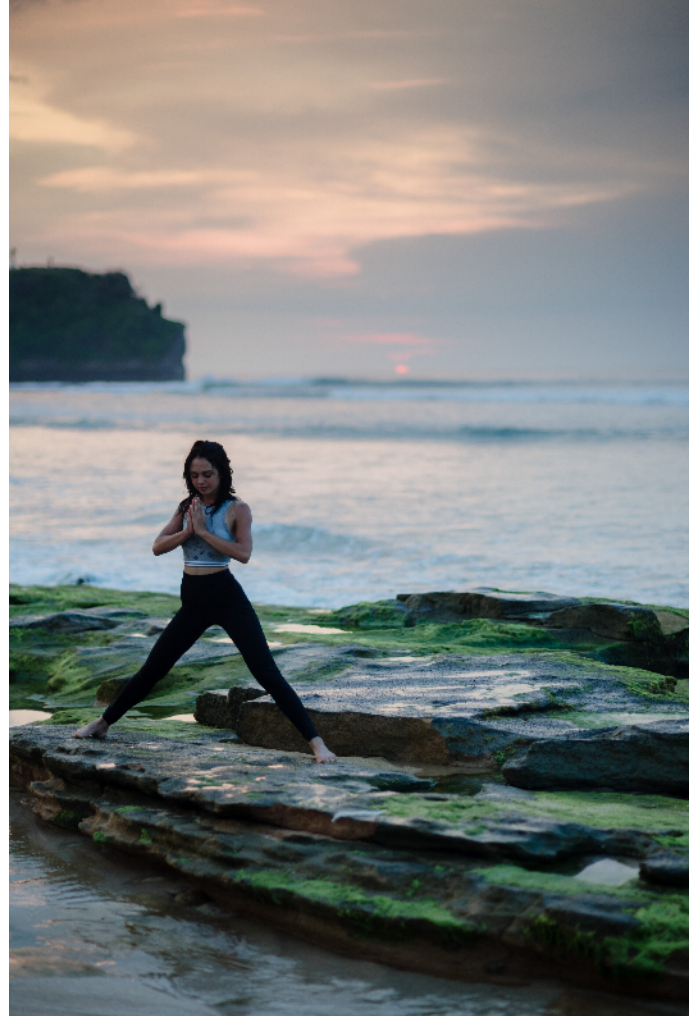
Perception and Reality

The human mind processes input and data through a set of complex filters that go far beyond the transmission of light to eye or word to ear.

Psychologically, beliefs have a profound impact on the reality of the world as we perceive it, versus the world as it is.

There is immense power in this phenomenon, both in the positive sense ("Fake it til you make it") and the negative ("Nothing ever comes out right for me").

These beliefs can become a self-fulfilling prophecy, having a massive impact on your actions .



Key 6 - Surround Yourself With Success



Failure can be caused by more than just what you are trying to accomplish. It can also be caused by not having the right support system in place.

Successful people are always surrounded by other positive and successful people. They feed off of each other's positive vibes, and use this to keep their heads up, even in tough times.

A lot of people don't consider the quality of people that they hang out with, but this is actually extremely important. Here are some things to consider when it comes to spending time with the right people.

What Kind of Life Do the People Around You Live?

Not everyone lives a life of freedom and happiness.



There are many people out there that choose to live in darkness, and those people are infectious. They want to spread the darkness to everyone around them, ensuring that their bias is confirmed.

They want the world to be negative, so they don't have to look at themselves and see that they are the problem.

If these are the types of people that you have in your life, success will be very difficult, if not impossible.

Instead, you'll want to be around people that have a zest for life, and that want to spread joy and happiness to those around them.

Do They Root for You?

Positive people got to where they are by being, you guessed it, positive. This doesn't just mean they are positive in their own lives though. Positive people also want others to be successful.

You'll want to make sure you are around the types of people that will encourage you and cheer you on.

You should have a group of fans that want to see you achieve your goals, and want to see you happy. These are the people you want around you.

Positive people pick you up, and make you better. These people want what's best for you, and they want to help you to get there. Surround yourself with positive people, and you'll feel a lot more positive too!



I would advise to be ruthless with this also. I know it sounds harsh, but negative people will steal your life force if you let them, and if you are going to get where you want to go you will need it.

Key 7 - Attract More Successful People Into Your Life



Everyone has heard the saying, "you are known by the company you keep," at some point in their lives.

Whether it was from your parents as you were growing up or from your business partners when you are trying to get a successful business up and running and in the red.

No matter where or who you heard it from, know that to have more successful people in your life, you have to first be able to attract them.

With that being said, read on below for some tips on how to attract the successful people in the world and include them as a part of your life.

Find out Who YOU are, not Who You Are Told You Should be

If you are looking to have successful people in your life, you first need to know who you are and what will attract them to you.



This means that you should shy away from what society wants you to be and become what you want to be instead.

For example, if society sees you as a playboy and that's not really who you are, why let them see that side of you?

Why not become who you really are and find people who respect you for who you are, not what society thinks you should be.

Become Really Good at Rejecting People

While again this may seem a little harsh, it's important to hang out with the right type of people if you want to be successful. Remember, that in order to please others; you have to first please yourself.

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You can't please everyone in the world with everything you do, so choose the people that are most important to you and work on pleasing them instead!

Open Yourself Up to Whatever Comes Along

You can't attract more successful people into your life if you aren't open to receiving them into your life. If you have a predetermined agenda for who and what they should be, then this just isn't going to work for you.



Key 8 - Build A Better Morning Routine



What we do in the morning sets the tone for everything that follows. A productive morning usually means a more productive day.

While we all have different schedules and different demands on our time, it doesn't matter if you're a prince or a pauper; we all have to deal with the same morning grogginess.

We've studied the routines of successful people to see if we can't become more successful ourselves.

Reach out

Send a friend a friendly text. Leave your wife or girlfriend a romantic note. Send an email to your grandmother saying you love her.

It can be easy to forget the important things in life, especially if we're under stress at work. Brightening someone's day takes only a few seconds, and getting in the habit of doing it can give you a more positive outlook on life.

You'll feel better throughout the day knowing that you've reached out to someone you love. Saying "good morning" to your secretary doesn't count, by the way. That's just common courtesy, and hopefully you're doing that anyway.



Exercise

Physical activity is scientifically linked to better mood, better confidence, and (of course) better overall physical health.

Create an exercise routine for yourself to do each morning before you eat. Some people run several miles, while others do a little light yoga.

It doesn't matter much what your exercise is, so long as you're doing something to get your heart rate and metabolism going in the a.m. Eat a good breakfast, I mean like, actually good. Not doughnuts and coffee.

Many of us fail to eat healthy breakfasts because we feel like we don't have enough time.

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Here's the solution: Go to bed half an hour earlier than normal and wake up 45 minutes earlier. Now you have plenty of time to treat yourself to a healthy and fulfilling breakfast.

Make a tomorrow list

You'll do this part of your morning routine the night before. As you're finishing your day at work, make a list of the top 3-4 things you need to do the following day.

Put the list somewhere obvious so you can't miss it. Tomorrow lists can help you prioritize your day's activities and start your day in the most productive way possible.



Complete your hardest task first

Mark Twain said, "Eat a live frog first thing in the morning. Anything else you do the rest of the day will be a pleasure."

You don't want to have anything hanging over your head. Whatever feels most like a chore should be taken care of right away. It's natural to want to avoid the things we find unpleasant, but then again stress and anxiety are natural too.

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Make this a part of your routine and you could lead a much less stressful existence.

Focus on you

Regardless of your job, there are certain responsibilities that rest solely on you. In other words, though there are many ways you can spend a day at work, some tasks you complete on a daily basis.

These are the ones you want to take care of first. Once you have your own duties out of the way, then you can check your email, texts, and phone messages.

Stay reachable, but don't

communicate with family, friends, and coworkers until you're well on your way to completing your day's work.

Do your job first.

Personalize your routine

The advice above is very general, meaning it will help for the majority of people. It's not the law though. If you're a writer, write in the morning. If you're an artist, paint in the morning. If you're a teacher, grade tests in the morning.

Remember, do your hardest thing first and the rest of your day will be a piece of cake!

Wrapping Up

Success is a habit and if you put these 8 methods into practise, you will start seeing results straight away.

Go forth and conquer!

