
THE 7 SUCCESS FUNDAMENTALS

Unlock Your Full Potential & Create Emotional Freedom

For the past 7 years I've been working on my personal development. On March 4th 2009 my Dad took his own life. He had a breakdown 6 months prior to his suicide in which he attempted suicide two weeks after, he recovered from his first accident and struggled to recover. When he took his own life my life was turned upside down. I hit a deep hole of depression, felt suicidal at times and dreaded tomorrow.

Suicide is currently the biggest killer of men. That's a shocking statistic. After I lost my Dad and hit depression myself I made a decision. Possibly the hardest decision but the best decision I ever made in my life. I decided to take control of my life, my future and live life to it's full potential.



I studied book after book, invested over \$25,000 in mentors to help in career, relationships and mindset, and I studied successful men highlighting the key habits and principles they followed to become successful.

This right here is the 7 Fundamentals to live a more fulfilling life and to become more successful.

For each fundamental below grade yourself on each one. 10 being something you've mastered already and 1 being something you dramatically need to improve upon.

1. Understand Yourself

Do you manage your emotions? Being vulnerable is one of the biggest strengths a man can utilise. Are you seriously in tune with your emotions? Most of the reasons we behave and act the way we do is because of our past. We're all victims of victims. Let go of the past because the only moment you can control and make change with is right now... in the present moment.

Do you know what makes you truly happy? Do you know your true purpose? Not the life your ego wants you to live, the life your true self wants to live. When you know your true self it's easier to drop the fear of what others think of you and it unlocks a new form of confidence. Understanding your true self is a key step to unlocking your full potential and creating emotional freedom.

Grade

2. Be Grateful

A huge reason behind why we feel unfulfilled and depressed is because we focus on what we don't have rather than being grateful for what we do have. Think about 5 things right now you're grateful for. It could be the legs you walk on, the water you can easily access and drink, the opportunities you have in the country you live in, the roof over your head or even the internet connection you have that allowed you to access this information for free. Think of 5 things right now.

You'll see a huge shift in mindset when you stop focusing on the things you don't have and focus on the things you do have. You'll shift from a negative headspace to positive. Every morning write down 3 things you're grateful for and truly feel them. Be as specific as you can. Are you grateful or do you focus negatively on the things you don't have?

Grade

3. Invest In Yourself

Do you know how you become a better father? Husband? Employee or Business Owner? Become a better version of yourself. What are you doing everyday to improve yourself? You see we find it easy to invest in things to better our homes, to increase our possessions but we shy away from investing in ourselves. Analyse your daily habits, how often do you read books that aid your growth? Invest in mentors? How well do you invest in yourself and your growth...

Grade

4. Serve Others

Sure investing in yourself is important but what are you doing to help others? When was the last time you did someone a favour? More importantly when was the last time you did something for someone not expecting anything in return?

The more you serve others the better mindset you will create. Did you know doing something good for someone will dramatically transform your mindset from negativity to positivity helping with depression? Buy the person behind you in Starbucks a coffee, carry someones shopping, help someone truly in need. What are you doing in your life to serve others?

Grade

5. Persistence

When was the last time you made a mistake or failed? How did you react? Successful people use mistakes and failures as momentum. They don't dwell on them they simply react positively to them creating new opportunities. Don't give up. If you truly understand yourself and you serve from purpose you'll discover an all new motivation to succeed. Everyone makes mistakes, it's how we deal with those mistakes that determines our success.

Do you strongly believe you have what it takes to succeed? Are you persistent with everything you do?

Grade

6. Efficiency

How efficient are you? In other words, how effective are you? In business, in the gym, in your relationships, in all areas of your life? Successful people understand that time is created by them, they prioritise what needs to be done and complete tasks efficiently. Ever gone to 'work' and just sat at your screen for a good part of the day? Ever gone to the gym for 90 minutes and came out with no sweat after you checked your phone multiple times throughout sets? This isn't efficient behaviour, and successful people understand that everything that do needs to be done effectively.

The 80/20 principle is something to live by, focusing on 20% effort that yields 80% of results. Do you get things done with purpose or do you do them half heartedly? Do you learn and achieve things quickly or do you give up easily?

Grade

7. Understand Human Behaviour

Not only do successful people understand their true selves, they also understand others. Understanding human behaviour allows you to have an advantage in terms of building fulfilling relationships that benefit you. When you understand the needs and behaviours of others you will start to increase your network of relationships. Relationships you can then use to your advantage in terms of your personal growth.

Reading and reacting is key. Do you know how to read the behaviours of someone you've just met and react in a way that makes them like you? Are you a good listener? Do you know why people treat you and act the way they do?

Grade

**“Do Something
Today Your
Future Self Will
Thank You For”**

YOUR SUCCESS ANALYSIS

***Print this page** - Use the below chart to highlight what success fundamentals you need to improve upon. For example, use a segment for each fundamental. If you graded yourself 10/10 for 'Gratitude' then colour in the whole segment. If you graded 5/10 then colour in 50% of the segment etc. Make a note of each fundamental just outside of the segment. This will give you a visual representation of where you need to focus and improve upon.

