

Stop This, Start That

365 Ways to Success

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Foreword

The point of this book, I should think, is fairly obvious; to offer you 365 different ways of viewing and improving your success. Some of the ideas will resonate with you, some will not. Some of the ideas may be immediately implementable, while others may need time to percolate a little before taking shape. Some of the ideas may serve to reinforce things you are already doing, while others may highlight opportunities for improvement. My sincerest hope and expectation is that you will find more than enough ideas to help you become even more successful in your life and career.

I have deliberately kept each idea to one page, writing and rewriting to keep each short and targeted so you can quickly pick up the idea and put your energy into implementing it! The ideas are not in any specific order, having been left deliberately random, leaving you to discover for yourself what you need, when you need it.

Generally, I consider a business book to be 'Good' if it offers me one or two ideas I feel that I can adopt to help me improve in some way. In pulling together 365 ideas I am hoping you take away significantly more than that. Some ideas may get you thinking differently, some may stimulate some good conversations with others, and many will hopefully spur you to taking action, creating and enjoying the level and vision of success you seek.

How to use this book:

My vision is that there are multiple ways for you to use and obtain value from the ideas within this book.

1. You may choose to read the book cover-to-cover, starting at the beginning and working straight through to the end, reading multiple pages in one sitting. If so, I invite you to highlight the pages that spark something in you, allowing you to return readily to those specific ideas for implementation.
2. You might decide to take a more structured and calendarized approach, starting at the beginning of the book but reading one idea per day, thus reading the book over the course of a year. This approach provides you with a day to mull each idea over, before moving on to the next, developing appropriate courses of action for those that stir something in you.
3. Conversely, you may elect to read only one idea per week, doing so with the intent of spending the week trying the idea 'on for size'. In this way you work on integrating as many ideas as possible into your success plan. Know that not all will be a fit for you, but many will, allowing you to enjoy greater levels of success along the way.

(Note: instead of starting at Idea #1 and working your way through the book numerically, I also find the idea of simply opening the book to a page at random, and using that particular idea for the day or week, very appealing. The very randomness of this selection process introduces an element of fate and fun that you might want to use.)

4. If you are a manager, you may decide to introduce the book to your regular team meetings, selecting a new tip each week, bi-weekly or monthly, and creating a dialogue amongst team members regarding what the idea would mean for the team, what it might look like and how they could implement it if they decide it has value. In this way you would not only be working to help each individual grow and increase their success, but would also develop the team as a whole. I could see some very interesting conversations arising out of some of the ideas in this book.

Obviously, there is no right or wrong way of reading and using this book. For me, the only potential downside would be to read it and not implement anything. My fervent hope is that you not only find ideas within these pages that work for you, but that they serve to ignite ideas of your own, helping you to continue to grow and expand.

To help you in your journey, I have created some Success Planning Worksheets that you may find helpful in helping you to move forward in your Success journey. Grab your copy by going to: www.StopThisStartThat.ca.

Here's to your continued and ongoing Success!

Success Idea #1

STOP

thinking like a saviour...

START

thinking like a leader.

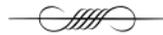
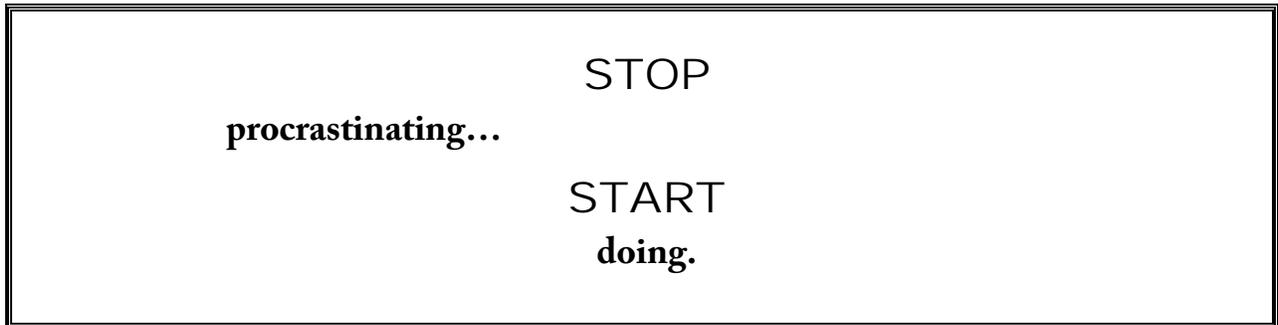


Saviours must ride in on their white horses and save everyone. ‘They’ have the answers, the tools, and the resources. This builds dependency.

Leaders spend time with people explaining how to make use of tools and available resources. They help others find the answers. This builds independent thinking and action.

True success comes mainly at the expense of others. Being generous with your gifts and talents builds stronger teams, stronger teams produce more and better work, which in turn lets you and the organization attain more valuable results. The more value you add, the greater your success.

Success Idea #2



You will never have what you want from life, you will never be what you want in life, by putting things off. If you want something badly enough only action will get it for you.

When we continue to procrastinate, putting off something we know we should and need to do, we are generally doing so because the perceived pain and cost of putting it off is less than what we believe we would experience by doing it.

It is only when we “flip” this equation, we change what we associate pain and pleasure with, that we are able and willing to take action. To take action sooner, change your associations sooner.

*“The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you’re in control of your life. If you don’t life controls you”
-Tony Robbins*

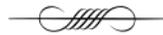
Success Idea #3

STOP

worrying about what you can't change...

START

focusing on what you can.



We have only so much energy, so much time. Spend yours on pursuits that will net you the results you're after, rather than wasting both in worrying about things that will never make a difference or that might never transpire.

Prepare for the worst, don't **worry** about it. Preparing will leave you empowered and feeling capable of handling whatever may come. Worrying leaves you paralyzed and at the mercy of events. Learn to focus your energy on those things that are within your control. The way you perceive events is always within your control. It is our perception of events that drives our response to it. Worrying does nothing to prepare you to move forward, it simply robs you of the energy you will need if your worst-case scenario materializes. Prepare and move on.

"A man who suffers before it is necessary, suffers more than necessary"

-Seneca