

## Discover Your Path to Success - Part 2

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### **Sample of Content:**

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### **Content:**

Time taken for self-analysis is so important in developing your road map to success. Let's continue with a few more questions to ask yourself - before we go into the heart of the formula for personal success.

Are you easily distracted?

Most people cannot focus on a goal, without getting "side tracked." When this cannot be helped, you can develop a new skill set, through meditation, self-hypnosis, or by learning not to give up. You can learn to meditate in a variety of ways. At my site, we have a course, but you can also find Yoga classes where meditation is taught. There are many good books and CDs. A very good CD is Meditation Made Simple by John Daniels.

Picture it like this: Christopher Columbus truly had a one-dimensional personality he was focused on finding an alternate route to Asia, to the point of being a poor "family man." However, unlike most people, he stayed focused and never gave up.

Now you don't have to give up everything in life to achieve a goal, but you have to focus on your goal, avoid giving up, getting depressed, and make up your mind to enjoy the journey. It is still wise to have a complete life by allowing time for your family and friends. If you stay on a straight course, you will be "ahead in the game," but you will have to mentally focus on your end result, even in bad economic times.

Can you rationally separate good advice from bad?

You will hear many opinions " some will be constructive, and others will be useless. You will have to know the difference, by evaluating all advice without emotion, and with an open mind.

Is the ultimate reward worth the cost and sacrifice?

You should already know that you may invest time, money, work, or all three, to reach your ultimate goal. Envision yourself reaching your ultimate objective, and if it is worth all of the sacrifice, then you should move on to the next step.

Start moving forward now. If you didn't write your goals down, evaluate them, and prioritize them, you should go back to part one again, to finish that assignment. Much similar to a business, you must have a written plan to move forward.

Just don't worry about getting it perfect. None of us ever do, and your plans will change as you go. In fact, life is adapting to a constantly changing universe. Most of us cannot accurately predict the cycles of the economy. We design a plan and prepare to turn on a dime, if necessary. Everything in life is subject to change and all of us have to accept it.

Realizing this, you now proceed with caution toward your short-term goals. Once you have designed your plan, there is no need to "wait until next year."

Put your plan into action and take one forward step at a time. This one step is the biggest of all your steps, and your commitment to succeed is your "guiding light."

Now, what were the “hidden treasures” you found in part two? The answer is focus, commitment, and acceptance. You already have them all you need to do is get the most out of what you already have.

Paul Jerard, is a co-owner/director of Yoga teacher training at Aura Wellness Center. He has been a certified Master Yoga teacher since 1995. He is a master instructor of martial arts. He teaches Yoga, martial arts, and fitness to children, adults, and seniors. Recently he wrote: Is Running a Yoga Business Right for You? For Yoga students, who may be considering a new career as a Yoga teacher. <http://www.yoga-teacher-training.org>

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### **About the Author:**

Paul M. Jerard Jr.