

Example of the Chapter on Successful Living Skills included in each of the 14 titles in the Ultimate Destiny Success System and customized for each topic like this excerpt from Enjoying Financial Freedom and Prosperity.

Chapter 12. Engage in Lifelong Learning of Successful Living Skills

What does it take to be a success in enjoying financial freedom and prosperity? There are as many strategies as there are definitions of success. But most successful people agree, there are a few things you must be able to do in order to succeed. We call these the **Essential Successful Living Skills for the 21st Century**.

They include:

1. Maintaining a positive outlook and forward vision
2. Setting and managing goals
3. Finding a source of self-motivation
4. Making the best use of time
5. Effectively managing income and resources
6. Solving problems creatively
7. Reducing stress
8. Holding on to your vision and intentions
9. Receiving guidance from your heart
10. Being willing to embrace change
11. Communicating your ideas
12. Collaborating and sharing your skills with others in service and stewardship

How can you learn these vital skills? Follow these instructions:

1. Look up. Maintaining a positive outlook or positive mental attitude requires practice and careful attention to what you think about. Our attitudes are mostly habit, and habits can be changed. If you train yourself to think about your present situation, the past, and your future in a positive light, you will have mastered this skill.

2. Write it down. Goals are important, and specific, written goals are a major factor in success. One study showed that college students who recorded their skills were much more likely to have reached those goals when followed up decades later. Choose goals for the near future, for a bit farther out, and for the distant future. Record them now. Review them frequently.

3. Get started. To be successful, you must be able to get yourself off Ground Zero and put yourself in motion. Some people are motivated by desperation, while others are inspired by faith. You might have a hero or heroine you want to emulate. Some of the most successful people have received negative messages early in life and have been motivated by a desire to prove these nay-sayers wrong. Whatever it takes, you must find a source that motivates you to take action.

4. Use time wisely. There are a limited number of hours in the day, and we each have a limited number of years in our lives. Each moment is precious and filled with potential. To be successful, we need to recognize the time-wasters in our lives, and fill that time with activity that moves us toward our goals. Schedules may seem restrictive, but they actually allow you the freedom of knowing you are on track and moving ahead.

5. Manage resources. Mastering our use of money and resources may prove to be the most challenging of the Essential Successful Living Skills. Yet knowing exactly what you have, what you owe, and what you can earn is a key element to success. Staying out of financial debt and saving for the future helps relieve stress and puts you in a better position to reach your goals.

6. Meet challenges. The path to success is never a smooth one. There will be obstacles to overcome. But remember, the Chinese language has a single word that means both “crisis” and “opportunity.” Each crisis is an opportunity for you to apply your creativity. Within the solutions you find as you solve problems creatively, there will be much information and many additional resources.

7. Reduce stress and overcome fear. Stress is a natural reaction to the challenges of life, and the more you try to accomplish, the greater your stress might be. But at the root of all stress is fear: fear that you will fail, that you won’t have enough or be enough or do enough to succeed. Release that fear, and your stress level declines. Dealing properly with stress may be the most important Essential Successful Living Skill, because when stress is out of control, nothing else can be effectively accomplished.

8. Hold the vision. Life is complicated and full of surprises. Things change every day. In the middle of this, if you are to move forward toward success, you must keep a tight grip on your vision of success.

Use the power of intention, affirmations, visualization, and meditation on your goals to remember your vision and hold it fast. Then each choice you make will take you in the right direction.

9. Listen to your heart. When you're in a situation where you must make a choice, who knows how to choose? You do. Your heart will give you all the guidance you need, if you learn to relax and listen to it, and honor its wisdom. This Essential Successful Living Skill requires practice and patience, but it works every time and will also help you raise your consciousness level. Your instincts are powerful. Know what you feel, have faith in your own inner wisdom, and decide accordingly.

10. Embrace change. Success is a puzzle, and it's one in which the pieces shift constantly. There is no solution you will ever find that applies forever, in every situation. To be successful, you must be able to "think on your feet" and shift your perspective as the situation shifts. Flexibility—your willingness to embrace change and develop new strategies—will get you farther than any single strategy.

11. Communicate. To be successful, you will need to be able to not only have a vision of what you want, but also be able to describe it fully. Give your vision as much detail as possible. Know how to express your thoughts and desires to others who may be able to help. Learn the language of your dream so you can share your vision.

12. Collaborate. Few successful people have gotten to the top alone. No matter what strong skills you possess, there will be other skills you still need to develop. Find people who already have these skills, and form an alliance. The power of such collaborations is greater than the sum of its parts. Learn to work with another person and each of you will reach your goal faster. Form a mastermind alliance of skills and talents, and watch your goals and successes expand exponentially.

In the Word from the Publisher section, we said that this publication offers advanced training in some of the most essential successful living skills for the 21st Century.

We also shared the answers people like you gave when Ultimate Destiny asked participants of a recent playshop on *Solving Our Personal, Community and Global Success Puzzles* the question:

“In this time of global social, economic and environmental crises, what attitudes and skills do you need to help you live a more positive, creative, conscious, and sustainable life?”

Answers to the Question:

Awakening to our spiritual identity; Realizing more potential; Harnessing creative mind power; Flowing energy to solutions rather than problems; Remembering who we really are and why we are here; Fulfilling life purpose and mission; Making a difference and leaving a legacy; Loving, serving and blessing others; Maintaining a positive mental attitude; and Applying creative thinking and problem-solving.

We invite you to compare the answers they gave with the 12 main programs in the Ultimate Destiny Success System and the list of resources for successful living skills available from Ultimate Destiny.

Examples of Resources for Successful Living Skills for the 21st Century available from Ultimate Destiny are provided at <http://www.ultimatedestinyuniversity.org/successfullivingskills.htm>

What successful living skills would you add to this list?

Please use the comment function to share your feedback, recommendations and questions on Our Space site at <http://realizingpotential.wordpress.com>.