



## Seven Critical Elements To Building An Exceptional Life And Business That You Don't Want To Miss!

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## **Seven Critical Elements To Building An Exceptional Life And Business That You Don't Want To Miss!**

### **1. Take 100% Responsibility For Everything In Your Life.**

At some point throughout our lives we have all tried to hold someone else accountable for the actions we took. Bottom line is, **no one** can make us do anything. When we blame others for our actions, we are looking outside of ourselves for the answer. Only you know what you really want, and only you have the ability to make sure you get it!

- 2. Be A Person Of Integrity** – I realize this sounds very simple. However the impact of it is anything but. In fact Stephen M.R. Covey wrote an entire book on it entitled, *The Speed Of Trust*. People learn quickly whether they can trust you or not. If you are not a person of integrity, and if you don't follow through on your commitments, you are directly working against the very results you want to achieve. Why? It can be answered in this one simple question. Who would you most want to do business with or spend your life with—someone who tells you the truth and who constantly delivers on their promises and commitments or someone whose actions and behaviors always leave you wondering?  
(I thought so!!!)

- 3. Do Not Criticize Or Judge Others** – Know what you want and do not want in your life and business and set about achieving it. When you meet others along the way that are not quite where you are, simply acknowledge it and let it go. If you spend any time in gossip or just plain bad mouthing what someone else is doing or how they are living their life, you are wasting valuable time and energy you could be using to live yours. Besides, until we walk in someone else's shoes, we really do not have any idea how difficult it is for them.

- 4. Have A Solid Vision & Plan** – No matter whether you are embarking on building your own business or dreaming of your ideal life, if you do not have a solid vision for what that looks like and how you will achieve it, then getting there will be nothing short of an up hill battle. The human mind is a powerful tool. Neuroscience has now shown us proof, that where we first go in the mind, we can then go in the body.
- 5. Be Willing To Invest In Yourself** – Any amount of money you invest in your education and self development is money well spent – so long as you follow through and put it to good use. It is often said your net worth is tied to your self worth. Not only that, but you cannot attract the right people into your life, if you do not know how to use your own personal assets in a positive way. Your personal energy has to be attractive enough for people to want to help you!
- 6. Be The Person You Intend To Become** – I realize at first glance this might not make any sense, so here is what I mean. All successful people have certain habits and behaviors that have helped them get to where they are today. Find people you admire — whether it is a prominent businessperson or someone who has the kind of loving relationship you want, and look at what they do. Brainstorm a list of all the characteristics you notice about them. Then ask yourself...how many of those behaviors and characteristics are present in **your** life right now. Make the necessary changes to get your actions in alignment with where you know they will need to be in order to have what you really want. In other words, “Walk Your Talk” The faster you can incorporate those into your life, the faster you will see results.
- 7. Never Ever Give Up** – There is one common reason why all the successful people throughout history accomplished what they did. They **never ever** gave up. Neither should you. Once you give your brain the directive to complete a task, it will do whatever it can to show you ways to make it happen. It will keep the pressure (tension) building to motivate you and hold your attention until your task is complete. It does not matter whether it is to loose fifteen pounds, make a

million dollars, or marry the person of your dreams. Your brain will keep on pushing you until you either give up (tell it you do not want that any more so the tension goes away) or you finally achieve your goal. There is a story about someone asking Thomas Edison how he felt about failing 999 times before inventing the light bulb. He answered, “I didn’t fail. I invented the light bulb and it was a 999 step process.” Remember as Napoleon Hill said “If you can conceive it and believe it, then you can achieve it.”

**MESSAGE FROM KATHY:** *I hope you have found these tips helpful. I am committed to helping you achieve your dreams. Please let me know if there is a specific topic you would like to know more about or a question you would like answered about creating your ideal life and business. I would be more than happy to make that part of an upcoming article or newsletter.*

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