



20 HABITS OF HIGHLY SUCCESSFUL PEOPLE

Prepared by:

TONI COLEMAN-BROWN

Phone:

646-421-0830

Email

toni@tonicolemanbrown.com

<https://tonicolemanbrown.com>



Welcome



Toni Coleman-Brown

Toni is the founder and creator of the Network for Women in Business and the Small Business Boot Camp for Women. She is an author, coach, speaker and trainer. She has coached and trained thousands of female entrepreneurs and is delighted to work with you.

Success leaves clues. So by simply copying the actions of successful people, you can replicate high levels of achievement in your own life. The following 20 habits of successful people tend to be present for highest achievers, regardless the market, niche or industry. Copy the following success-fulfilling habits, and rise to the top of your field.

Toni Coleman Brown

1

Have a Plan

Benjamin Franklin reportedly asked himself every morning, "What good shall I do today?" He defined what he would do every day, then set about creating a purposeful plan for success.

2

Practice Stillness

Oprah says we should practice 20 minutes, twice a day, every day. She finds a quiet place, sits down, and focuses on nothing but being in the moment. This mindful meditation practice is a success secret of many powerful, successful people.

3

Practice Persistence

Successful people will use their failures as motivation to try even harder next time, and withstand difficulties by never giving up. They practice persistence.

4

Early Risers

Successful people are inclined to get up at the crack of dawn. Willpower is strongest in the morning, and this practice gives you a leg up on the competition when you begin tackling your day's tasks 1, 2 or more hours before your competitors.

5

No Snap Judgements

The people at the highest levels of just about any industry or niche gather a lot of relevant information before making a decision. They don't make snap judgements.

6

Hang around smart people

High achievers surround themselves with people smarter than they are. They seek out people with high levels of ability in areas where they are not so strong themselves.

7

Open Minded

Successful people are open-minded. They are willing to change their opinion, as long as there is a good reason to.

8

Never multi-task

When you try to do more than 1 thing at a time, you lower your efficiency and effectiveness in everything you are doing simultaneously. Do 1 thing at a time, until it is complete.

9

Prioritize What's Important

You should always prioritize what's important for that particular time. When you schedule work, concentrate on nothing else. When you have a chance to be around your family and friends, prioritize and relish those experiences.

10

Listen!

People who enjoy a lot of success in one area or another usually listen a lot more than they speak. This is a powerful information gathering tool. It also works wonders in negotiations. You have two ears and only one mouth, so listen more and talk less.

11

Learn from mistakes

Successful people learn from their mistakes. Failing does not scare them, but when failures happen, as they inevitably do to everyone, successful men and women recognize what led to the failure, and don't repeat the same processes.

12

Reward Generously

High achievers recognize, recruit and reward successful behaviors. This prompts their employees, coworkers and colleagues to be even more productive in the future.

13

Exercise

To succeed at a high level, in the face of strong competition, their body needs to be as healthy as their mind. These and other highly successful individuals prioritize exercise and physical fitness.

14

Positive But Realistic

People who enjoy a lot of success in their lives are positive they will achieve their goals. They are always well-prepared and willing to take action. They also have no problem being realistic, and recognizing when they should give up on a failed plan of action.

15

Make time for fun

Warren Buffett and Bill Gates are two of the wealthiest people in the world. Both men say it is important to make time for hobbies and recreational passions. They often play bridge together, and Buffett likes to play the ukulele.

16

Focus on JOMO

Successful people embrace the Joy of Missing Out (JOMO) vs the Fear of Missing Out (FOMO). They really believe that, "There's nowhere I'd rather be than exactly where I am."

17

Have clear goals

Successful people have clearly defined goals. They are constantly checking their progress, redefining their goals, and always keep something just out of reach to keep them going.

18

Get 8 hours of sleep

Albert Einstein bragged about getting at least 10 hours of sleep a night. Research shows that successful people in all walks of life prioritize sleep as well, getting at least 8 hours each and every night.

19

Protect Their Time

Successful people cherish and protect their time, because they know it is their most valuable and irreplaceable asset.

20

Read 30 min/day

A full 88% of wealthy people surveyed by accountant and financial planner Tom Corley prioritize reading a minimum of 30 minutes a day. They read for education and self-improvement, very seldom for entertainment.

Most successful people also hire coaches to help them get to the next level. Sometimes your greatness is right in front of you, but because you're so closed to it, you tend to not see it.

Let me help you clear the roadblocks and speed bumps that we often place in our own roads by putting together a coaching agreement that works for your and your schedule. Book some time with me and let me help you win!

Book a FREE session with me to determine if I am a good fit to be your coach. Book by [**clicking here**](#).

