



10 Keys To Success

The Surrender Project

By Rachel Thomas



THE LEAP

- In October 2018 my entire world changed. I took the leap from eighteen plus years in working in Corporate to begin my entrepreneurial journey.
- I was pumped, I was ready, I was at peace and I was focused on my mission.
- I had a plan! I was about to close two clients that would give me residual income so that I could focus on building my coaching practice. It was all good.
- And then, it wasn't. Both of the potential clients fell through, and I was left with a handful of coaching clients to work with.
- It has been a journey with many ups and downs along the way, and I persevered.
- I'm going to share with you the keys that I've learned in my journey to success.



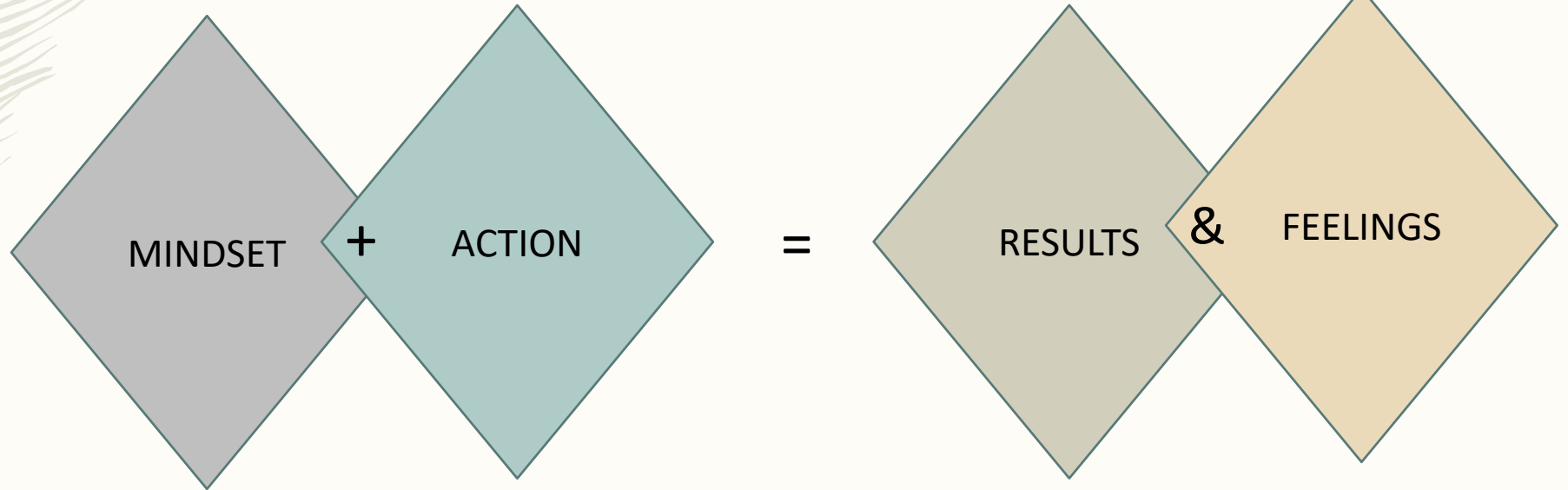
What you aren't
changing, you are
choosing!



The Surrender Project

- Everything that I tried over the course of the last year and a half came back to one thing, surrendering to the process. Trusting my intuition to take the next step on the journey.
- I came to a place where I had to quit asking everyone's opinions and trust that I had the instincts on what was the best course for me. To align myself with the right people and resources.
- Maybe this will look totally different in a few years, but for now, I am sharing with you the things that worked for me to shift me forward and create success in my life.
- I came up with a formula that works for me. So here we go. . .

The Formula





Mindset is
Everything!



Mindset Components

1. GRATITUDE

- Learning to live life in a state of gratitude is the most powerful way to live life in a state of flow and attract the desired outcomes that you are seeking. Gratitude allows you to gain perspective in every area. You are able to see more opportunities and look at challenges and circumstances in a new way. You are able to see that there is a purpose to and lesson in everything that you face. Gratitude releases that pressure of having to control everything, knowing that control is an illusion. A gratitude mindset re-frames how you see yourself and others.

2. ADD VALUE TO OTHERS

- While some of your goals may be self-oriented, there is always an impact on others. Look for how you can add value to others in every interaction that you have. It could be as simple as a smile and an acknowledgement with someone that could shift their mood or energy, even if just for a moment. Actively think about ways in which you serve others, but above everything else, remember, it is not about you. So think of these two questions whenever you are going to add value and serve: (1) What do you need? (2) What does success look like for you?



Gratitude helps you see
what's there instead of
what isn't



Mindset Components

3. HOLD THE VISION

- Your vision is your what, not your how. Having a clear vision of what your future could look like is the component that pulls you forward. First of all, spending the time to document what your ideal future could look like and being specific about the components. Not just saying my vision is to have a successful life, what does that look like specifically – for example “I want to be a best selling author of three motivational books that focus on changing mindsets within the corporate culture and create a shift necessary for innovation and creativity”. Look at the various aspects of life – health, family, fun, spirituality, finances, and so on, and create a vision for each area. Keeping that vision in the forefront of your mind will continue to help to propel you forward.

4. SIMPLICITY

- Keep it simple. There are many complexities that we will face in life, but there is a perspective that we can take when we approach tasks, goals and life in general. There is pleasure and joy when we are able to embrace simplicity in life. Looking at options and getting clarity around the next step is extremely helpful in moving forward and achieving outcomes. Don't overcomplicate your approach to situations. Focus on a few things instead of trying to do too many things at once. A scattered approach dilutes the effectiveness and result that you can achieve, so prioritize the things that move you forward.



“Simplicity is the soul
of efficiency”

- Austin Freeman



Mindset Components

5. KNOW YOUR WHY

- This is absolutely critical. This is what will drive you to get up on a morning even when you don't feel like it. This is what helps you exercise, or create other disciplines even when you don't feel motivated to do it. This is what you focus on when everything looks like it may be falling apart. Your why, your purpose, this is what you must define for yourself in order to achieve success. This is your compass that will guide you forward even when the path isn't clear. You must know your why!!!

6. CHOOSE YOUR THOUGHTS

- This may come as a surprise to you, but you can absolutely choose your thoughts. The first step is to observe your current mind chatter and thoughts. Are they positive or negative, are they judgmental of everyone and everything including yourself, is there a constant chatter of self-criticism, is there a constant replay of past events. I could go on, but I think you get the idea. Once you are able to become more conscious of what you are thinking, you can determine if these thoughts are serving you and propelling you forward or if they are hindering you in any way. If your thoughts are not serving you, make a conscious effort to choose new thoughts. This component tends to shift naturally as you focus more on gratitude.



“You need to learn how to select your thoughts just the same way you select your clothes every day. This is a power you can cultivate ”

- Elizabeth Gilbert
Eat, Pray, Love



"Action is the
foundational key to
all success."

-Pablo Picasso



Action Components

7. **Consistent Intentional Action (CIA) + Massive Imperfect Action (MIA) = Success**

- This formula is really what makes the difference between forward motion or paralysis. It is about being consistent in taking action in your business and in your life that will move you closer to achieving your goals. It is not about feeling motivated or inspired. It is about getting up every day and deciding on what action you need to take and what intention you are setting to accomplish. It is not about perfection it is about action. It is not about perfection, it is about moving forward.

8. **One Step At A Time**

- This means focusing on a specific task and carrying it to completion. It means focusing on a few things and creating results in those areas, and when I say a few, I literally mean no more than three. Master one or two and then think about expansion. When you are focusing on too many areas or too many steps at once this creates confusion and exhaustion.



Action Components

9. Check Your Energy

- Energy is everything. How you show up and what you focus your energy on, expands. Spend your energy wisely. Observe what energizes you and what depletes you. Not every task will energize you, but ensure you know what fuels you up so that you are able to create some balance or moments where you keep your energy tank on a level that serves you so that you are able to serve others. This may mean a 5 minute break focused on deep breathing, it may mean ensuring you exercise on a morning, or just stopping everything to eat lunch for fifteen minutes and read a book.

10. Create a Support System

- Having a support system of mentors, coaches, trusted friends / business partners that align with your values is a critical component of success. A small inner circle community of people that you trust who can listen objectively and have expertise and strengths in areas that are critical to your business and life, are essential to success. Notice I said a few, and this is critical because you want to ensure that these individuals align with you and your mission. But also, to ensure that there are not too many voices that could send you in multiple directions that may not serve your ultimate objectives.



Results

By following the keys for mindset and action, I got some amazing results and you will too. Here are the most impactful results I received when I discovered and followed my keys to success

- **Create Momentum**

- Taking action creates momentum in a way like no other. Taking intentional steps every single day over time compounds into a wave of success. Taking action consistently can collapse time because you are focused on the tasks that you have prioritized and are able to move forward faster. With this approach you are able to achieve goals and results beyond expectations. When this momentum wave starts to roll, you go with it, you keep putting one foot in front the other and let it carry you forward.

- **Increased Productivity**

- By taking action in a consistent intentional manner and not worrying about everything being perfect, my productivity skyrocketed.



Results

- **Work with grace and ease**

- In making the shifts to mindset and taking the actions required I found, and so will you, that I was able to accomplish tasks with a sense of grace and ease. That stressful and pressured approach that I had cultivated in my corporate life started to fade away. To be honest I still have some work to do in this area, but I remind myself often to relax into the day, the task, the challenge. I also know this will take time especially after working like this for eighteen plus years of my life but I am grateful that I see the shift in how I work now.

- **Know the next step**

- When you are able to grasp and follow the mindset components, one of the greatest results is that you are able to see so many more options and gain more clarity on the way forward. When you combine the mindset with action, you will always know the next step to take to move you forward. Intuition is the best guide, just listen within.



Feelings

Beyond the results, the internal effects of adopting this approach to life and business have been fantastic. It's not that every day is challenge free and I just glide through life on a cloud of success. There are many unexpected challenges that come up and circumstances that are just a part of life and living. But what I will say is that I am able to embrace it all and take each moment for what it is while experiencing those feelings that I longed for. So in the midst of everything, I am able to experience these inner feelings and you will too, just work on your mindset and TAKE THE ACTION !!!

∞ Joy

∞ Happiness

∞ Fulfillment

∞ Peace

∞ Satisfaction