

# — CHECKLIST —

# TOP 10 HABITS OF SUCCESSFUL PEOPLE

In an ever-evolving digital era, the successful people of our generation all have some very significant characteristics in common.

**If you strive to be successful, both in the monetary sense and in happiness, consider developing these habits of successful people.**

**How many of these habits do you already have?**

✓ **Wake Up Early**

The old age is true – the early bird gets the worm.

✓ **Exercise Consistently**

Not only is exercise good for your health, but it can also make you more productive.

✓ **Soak in New Information**

Whether you like to read, watch documentaries, or play interactive math games, soaking in new information is crucial to your success.

✓ **Practice Mindfulness**

Relatively new practices to the western world, mindfulness and meditation can strengthen your focus, increase productivity, and contribute to your wellbeing.

✓ **Follow Inspiration**

People, buildings, art - whatever your inspiration - follow it and you will find success.

✓ **Sleep 8 Hours**

Sleep is essential to your health, mood, focus, and energy levels. Lack of sleep will limit your ability to function at a high level each day.

✓ **Find Multiple Revenue Streams**

In this day and age, there are always ways to make some extra cash. From Uber to freelancing, successful people always find a way to put away savings.

✓ **Pursue Personal Goals**

It's all well and good to help your company grow, but personal development is more important to feeling fulfilled and enjoying life.

✓ **Take the Positive View**

Negative thoughts and feelings are normal, but successful people are experts at handling the negatives and turning them into positives.

✓ **Handle Stress**

One of the most important aspects about successful people is their ability to handle stress. We all have stress from various sources and dealing with that stress is crucial if you wish to find success and happiness. Learn stress-reduction techniques and use them regularly.

**Successful people inspire us – but remember, they all started off just like you.**

Follow this simple checklist to help you find greater success and happiness. If you can tick off more than 7, you're on your way – all 10 and you've found success.