

# Secret to success

[Psychology](#), [Success](#)



Everybody wants to judge themselves to the lens of a moment. They want to be cool right now and they are asking themselves, " What's the least I need to do to feel invigorated? What's the least I need to do to be successful?" Once I stopped asking these questions and I started thinking about really who I could become and really harnessing the human ability to adapt what people need to ascertain.

Humans have become the apex predator not by being the toughest, not even by being the most intelligent but rather by being the most adaptive to change and when you realize all of us are born with nothing. Our job isn't to be peerless today. It is to build ourselves brick by brick and that is what separates the illustrious from everyone else. It's about actually delivering a result.

We all have things that we're believing for, dreamsthat we want to attain but sometimes as it goes on month after month even year after year, we don't see anything changing. It's easy to get disheartened and think, " This is never going to happen. I'll just learn to live with it." We all go through despondency, setbacks, and loss. Pain is a part of life; they don't leave us the same. Now, how it changes you is up to you. The challenge is don't just go through it, grow through it.

There will always be forces trying to induce us to settle where we are. Life has a way of pushing our dreams down. They can become buried under discouragement, past mistakes, and low self-esteem. It's easy to settle from mediocrity even though we have all this potential obscured on the inside. Turn it all around and remember our aspirations.

Stop worrying about the echo and start cogitating about the shout. Believe in who you can become tomorrow and let every day until the day you drop. Be about ringing that potential out of yourself, building something and becoming competent of something today that you weren't capable of yesterday of asking yourself how far you can go of becoming obsessed with that process and no longer thinking about the end.

When you assimilate the difference between no longer focusing on being a titleholder and instead of delivering a championship performance, everything changed because it's the people who build themselves into someone who can give championship performances that win.

The people you see who are victorious are the ones who tough grind every single day.

They're the ones who have decided to keep working on enriching themselves and their work every time someone told them they weren't good enough or they weren't what they were looking for; the ones who never took no for an answer, who kept pushing forward when the world was telling them to quit because those were the people with a vision and a dream.

These are the secrets to success, never giving up even when the cards are all dealt against you because they are just human. They had a goal but they didn't stop pursuing it, no matter what life threw their way. Having a strong will is a must and don't take no for an answer if it's what you really want. That's how you make it and that's how you become successful.