



Call-to-Action: The Success Book

The Success Book is a working document that anyone can design for themselves. The idea behind the book is to provide motivation for achieving goals. It is based on visualization. Its contents should serve as visual reminders that allow you to see what *victory* and success means to you. Once your Success Book is “completed”, it should be continuously updated as your vision of success changes and expands. As with all of the call-to-action exercises that we will complete, the success of each project depends on no-limit thinking. If you can think it, you should add it to your Success Book.

This exercise will require a three-ring binder and plenty of paper. On a cover sheet, write the title My Success Book Project on top of the page. Next, write (or type) one concept that defines what success means to you (feel free to use the definition of success at the finish of this book as an example). The next pages are unlimited, hence the need for a three-ring binder. The remaining pages of your book should be divided into six distinct sections...

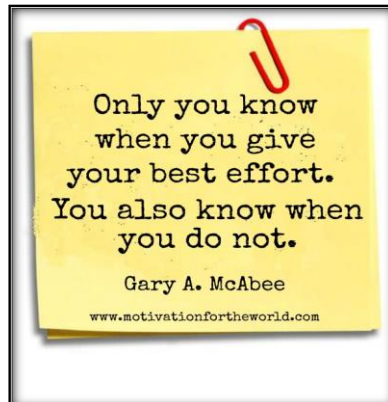
- * -a list of your positive characteristics
- * -a list of your accomplishments
- * -a list of inspirational quotes, pictures, or memes
- * -a list of people who provide inspiration to or for you
- * -a list of goals you would like to accomplish
- * -numerous pictures of the elements in the five lists

Once this is finished, continue to refer to and add to your Success Book often. Remember to review the information in your ever-expanding book daily, then start to work every day to make the dreams and goals in your book come true.

Here is a sample of things that are included in my Success Book...

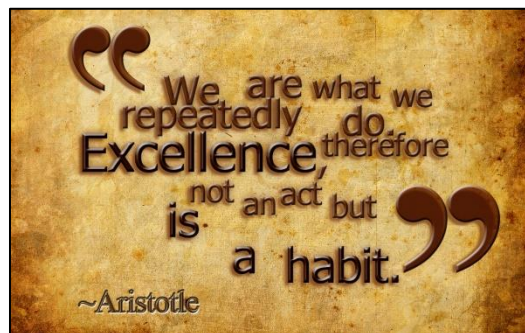
My positive characteristics

- * Caring
- * Helpful
- * Friendly
- * Hard Worker



Inspirational Quotes

- * We are what we repeatedly do. Excellence, therefore, is not an act but a habit. -Aristotle
- * Work spares us from three evils: boredom, vice, and need. -Voltaire
- * Great spirits have always encountered violent opposition from mediocre minds. -Albert Einstein



Inspirational People

- * Martin Luther King Jr.
- * Barack Obama
- * Donna Marciano (former teacher)
- * Richard Branson
- * Oprah Winfrey

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