

20 HABITS OF HIGHLY SUCCESSFUL PEOPLE



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What is that makes the most successful people, successful? What are their daily habits and how can you apply them yourself to further your career?

These simple, and easily applicable tips can help you become more successful at your job, more motivated and help you improve your work life.

1. Wake up an hour early each day – Successful people don't always have the luxury of sleeping too much if they want to get everything done. Try starting by waking up an hour early and use it to do something useful.
2. Reading – many of the most successful people read. A lot. Try using all your idle time, when commuting for example, to read news and reports from your field, books, and anything else you can get your hands on. Reading helps you get more knowledge, as well as find inspiration when there isn't any.

3. Setting up goals – Set yourself up with daily goals that you want to achieve by the end of the day, as well as long-term goals – and stick to them! Try keeping all your tasks in a to-do list, and make sure to check it regularly.
4. Preparing yourself for work – Make sure once you start work, you've got everything ready to go to keep you comfortable, such as snacks, water and whatever else you need to get through your work day.
5. Exercise – Try spending at least 30 to 60 minutes each day exercising in some way – whether it's a nice walk or intense fitness training, it can help you clear your mind, keep you healthy, reduce your anxiety, as well as boost your productivity at work.
6. Meditate – many successful people swear by meditation. Try doing it yourself, in order to clear your mind of clutter, reduce your anxiety, help with depression, and to find motivation and inspiration.
7. Avoid distractions – when you're hard at work, try to avoid distractions such as your personal social media or emails. Check them regularly if you need to, but don't stop every time there's a new notification, as it will take you out of the frame of mind you need to get things done.
8. Every day is important – When planning your day, ask yourself, is this something worth doing? Is what you're doing important to your long time goals of success?
9. Never forget your goals – If you want to be successful, you have to be prepared to look at it like a 24/7 job. Achieving success is time consuming and requires you to always be ready to act on opportunities, always think of what else you can do to get your goal.
10. Be persistent – Successful people know what they want – and they get it, by whatever means necessary. If you want something, ask for it – or get it yourself if you can.
11. Self-Control – Self-control is very important. Being successful means you have to be ready to let go of some of life's pleasures. You might want to go out with drinks with your friends, or spend more time with your favorite hobby, but becoming successful usually involves a lot of work before you can play.
12. The weekend – Use your weekend to relax and spend time with your family, but don't forget about your goals. Use some of your time on the weekend to evaluate what you've achieved the past week, and to get ready for the next week.
13. Focus on the solution, not the problem – Successful people don't give up easily. If there is a problem, the only way forward is to find a solution, not to gloss over it.

14. Don't settle – Some of the most successful people in the world got to this point by never settling for mediocrity. If you do something, do it to the best of your abilities.
15. No excuses – Don't try to find excuses for not doing something, or for not achieving a goal you've set up for yourself. Successful people do everything possible to get what they want, and never settle for less than that.
16. Believe in yourself – While you should certainly try to surround yourself with people who share your vision and work ethic, it's also important to make sure you don't rely on others too much. If you want something, don't wait for it to come to you – go get it yourself!
17. Be adaptable – Times are constantly changing, now more than ever. To be successful, you have to be quick to adapt to the times. Try embracing the future, and always be on the lookout for new technologies, new ideas and new ways of thinking.
18. Be open to outside ideas – The road to success is not necessarily a solitary journey. Listen to those you trust and accept help where necessary.
19. Getting the job done – Don't leave things unfinished. Successful people know what they're doing is important to their overall goal, and don't let excuses allow them to leave something unfinished.
20. Make the best use of your time – While it's important to be thorough, you should also make sure that what you're doing is worth your time. Whenever starting a new project, ask yourself if it is truly relevant in the grand scheme of things.

Try using these tips as guidelines for how you work and live your life, but don't overwhelm yourself by applying all of them at once. Start slow, and build it up, until you achieve what you're fighting for.

About Lilach Bullock

Highly regarded on the world speaker circuit, [Lilach Bullock](#) has graced Forbes and Number 10 Downing Street with her presence! In a nutshell, she's a hugely connected and highly influential serial entrepreneur – the embodiment of Digital Intelligence.



Listed in Forbes as one of the top 20 women social media power influencers and likewise as one of the top social media power influencers, she is one of the most dynamic personalities in the social media market and was crowned the Social Influencer of Europe by Oracle. A recipient for a Global Women Champions Award (by the Global Connections for Women Foundation, GC4W) for her outstanding contribution and leadership in business.

After launching her first business within three years of becoming a mother, her financial success was recognised by being a finalist at the Best MumPreneur of the Year Awards, presented at 10 Downing Street. Following a resultant offer and wishing to spend more time with her daughter, she sold her first business to focus on social media, developing a multi-site blog and online marketing portfolio that generated in excess of 600,000 + visitors per month.

Lilach is consulted by journalists and regularly quoted in newspapers, business publications and marketing magazines (including Forbes, The Telegraph, Wired, Prima Magazine, The Sunday Times, The Guardian, Social Media Today and BBC Radio). What's more, her books have achieved No 1 on Amazon for Sales and Marketing and Small Business and Entrepreneurship.

When Lilach isn't working she enjoys spending time with her family and is an avid fan of Zumba.