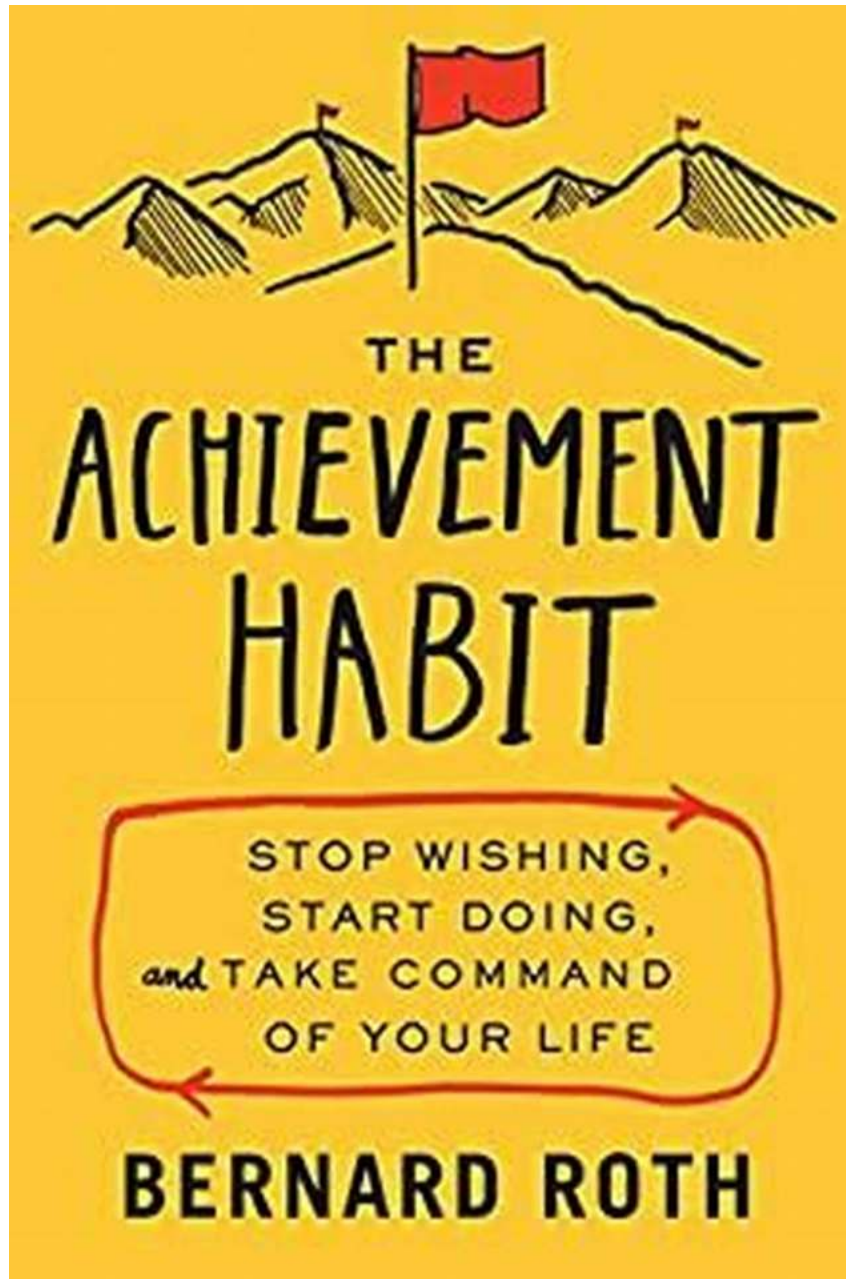
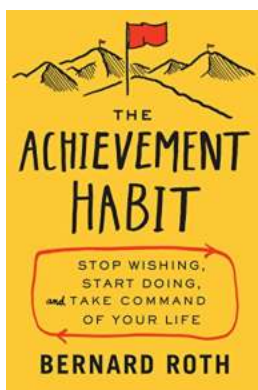


Stop Wishing Start Doing And Take Command Of Your Life



Do you often find yourself daydreaming about a better life? Do you constantly wish for success, happiness, and fulfillment, yet do nothing to make it happen? It's time to stop wishing and start doing!

Many of us have become experts at fantasizing about the life we desire. We imagine ourselves achieving great things, living in luxury, and basking in happiness. However, these dreams remain nothing more than idle thoughts unless we take action to turn them into reality.



The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life

by Bernard Roth (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2446 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 293 pages



The Power of Taking Command

Taking command of your life means taking control and accountability for your actions and decisions. It involves realizing that you have the power to shape your own destiny and create the life you want.

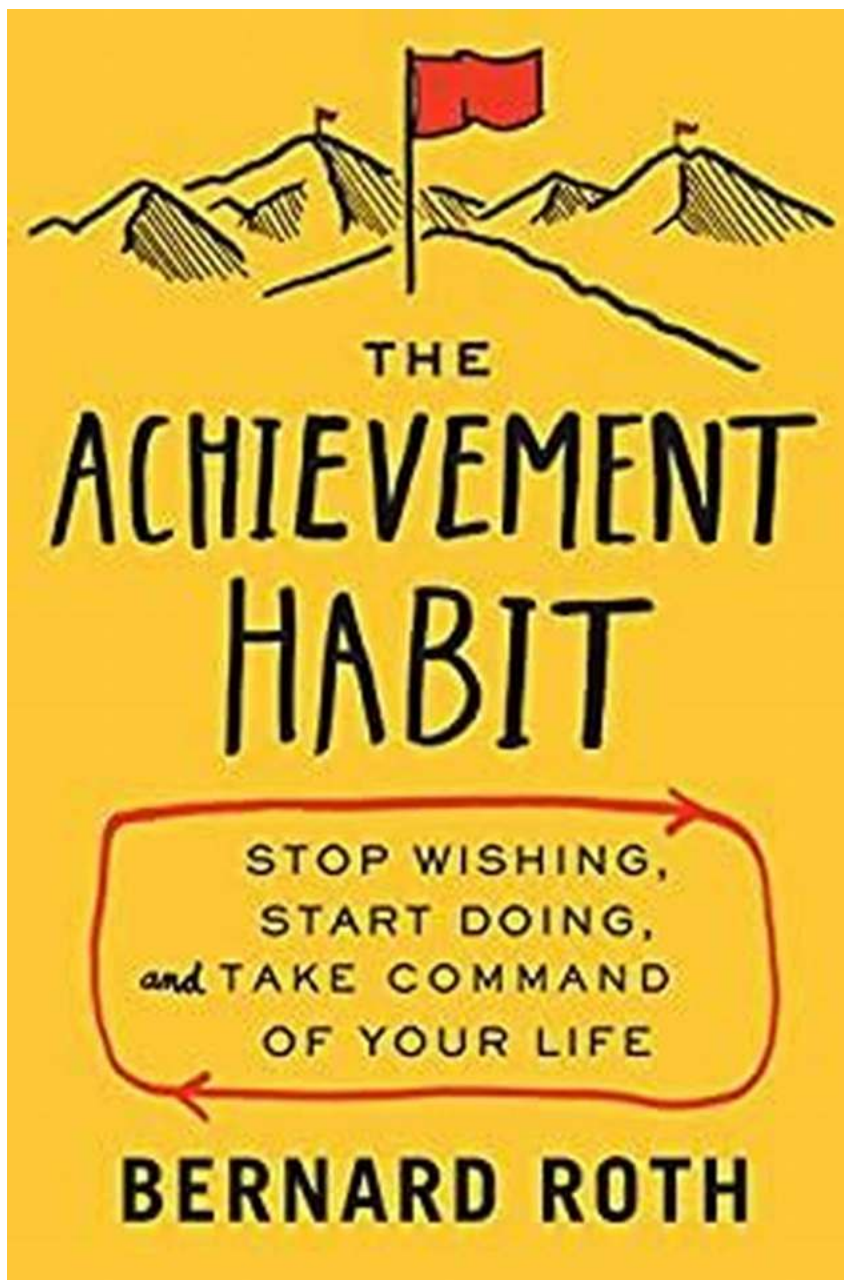
When you stop wishing and start doing, you shift from a passive observer to an active participant in your life. Instead of waiting for good things to come your way, you actively seek out opportunities and make them happen.

But how can you start taking command of your life? Here are some practical steps to jumpstart your journey:

1. Set Clear Goals

The first step in taking command of your life is to set clear and specific goals.

Write down what you want to achieve, both in the short term and long term. Break your goals into actionable steps, making them more manageable and attainable.



By having a clear roadmap, you will have a better understanding of what you need to do to reach your desired destination. Your goals will serve as a compass,

guiding you towards the life you envision.

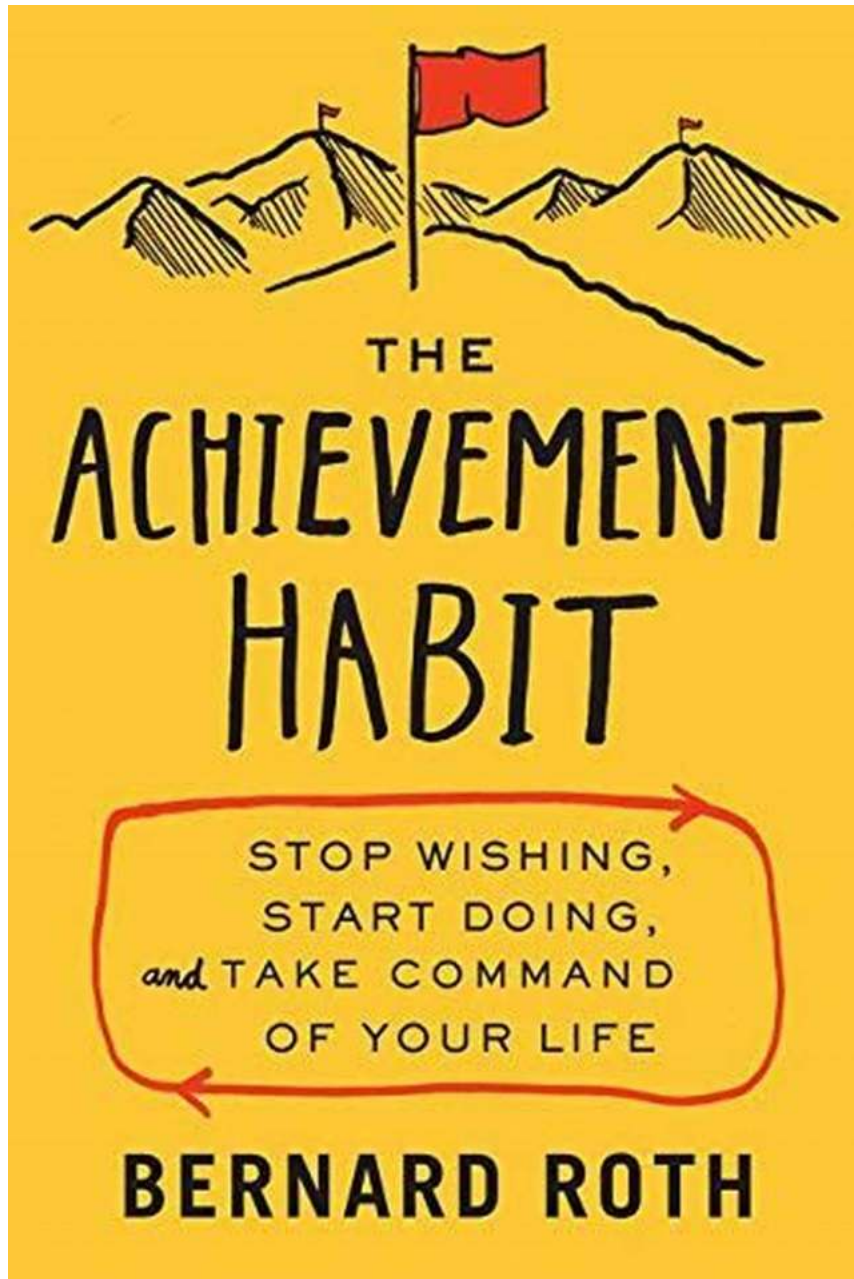
2. Take Action

Setting goals alone won't get you anywhere unless you take action. It's not enough to wish for success; you need to work for it. Take small steps every day towards your goals, even if they seem insignificant at first.

Remember, success is a result of consistent effort and dedication. Each action you take brings you one step closer to your dreams. So don't just dream about it - take action and make it happen!

3. Embrace Failure

Failure is not a step backward; it's an opportunity for growth. Don't let the fear of failure hold you back from taking command of your life. Embrace failure as a valuable teacher, showing you what doesn't work and pushing you to try new approaches.



Every successful person has faced multiple failures along the way. The key is to learn from them, adapt, and keep moving forward. Remember, it's better to have tried and failed than never to have tried at all.

4. Surround Yourself with Positivity

The people you surround yourself with greatly influence your mindset and actions. Surround yourself with positive and like-minded individuals who support

your dreams and aspirations.

Build a strong support network that encourages and inspires you to take command of your life. Avoid negative and toxic influences that drain your energy and discourage you from pursuing your goals.



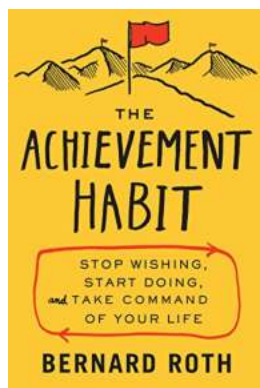
5. Believe in Yourself

One of the most important aspects of taking command of your life is believing in yourself. Have confidence in your abilities and trust that you can overcome any obstacles that come your way.

Self-belief fuels motivation and determination, giving you the strength to push through challenges and setbacks. Remember, you are capable of achieving great things - all you have to do is believe in yourself.

Stop wishing and start doing. Take command of your life and make your dreams a reality. Set clear goals, take action, embrace failure, surround yourself with positivity, and believe in yourself.

Remember, success doesn't come to those who wait; it comes to those who are willing to take the necessary steps to create the life they desire. So stop wishing and start doing today!



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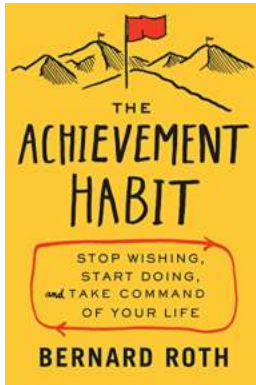
The co-founder of the Stanford d.School introduces the power of design thinking to help you achieve goals you never thought possible.

Achievement can be learned. It's a muscle, and once you learn how to flex it, you'll be able to meet life's challenges and fulfill your goals, Bernard Roth, Academic Director at the Stanford d.school contends.

In *The Achievement Habit*, Roth applies the remarkable insights that stem from design thinking—previously used to solve large scale projects—to help us realize the power for positive change we all have within us. Roth leads us through a series of discussions, stories, recommendations, and exercises designed to help us create a different experience in our lives. He shares invaluable insights we can use to gain confidence to do what we've always wanted and overcome obstacles that hamper us from reaching our potential, including:

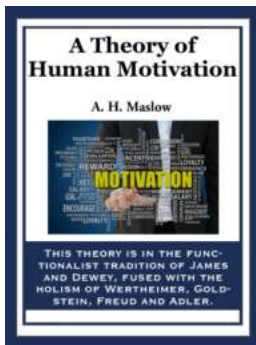
- Don't try—DO;
- Excuses are self-defeating;
- Believe you are a doer and achiever and you'll become one;
- Build resiliency by reinforcing what you do rather than what you accomplish;
- Learn to ignore distractions that prevent you from achieving your goals;
- Become open to learning from your own experience and from those around you;
- And more.

The brain is complex and is always working with our egos to sabotage our best intentions. But we can be mindful; we can create habits that make our lives better. Thoughtful and powerful *The Achievement Habit* shows you how.



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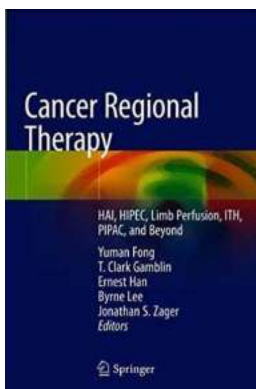
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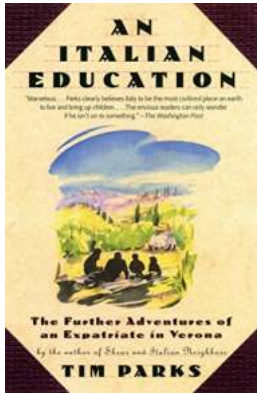
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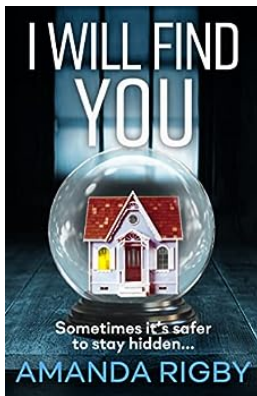
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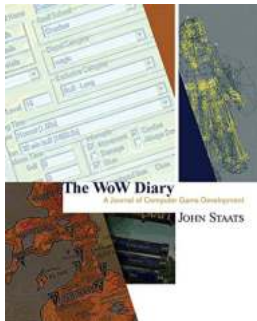
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