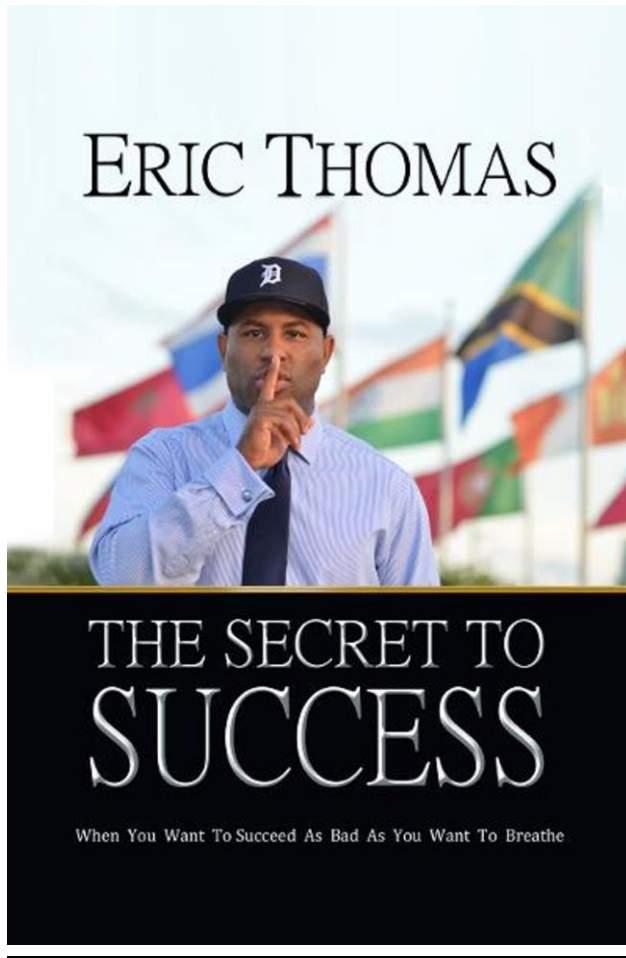


The Secret to Success by **Eric Thomas Book** **Summary**



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Key notes:

Principle 1: Don't make a habit out of choosing what feels good over what's actually good for you

- The higher the level of emotion, the lower the level of reason

Principle 2: Avoid being your own worst enemy

- Don't ever be the person to start a fight, you better be damn sure to finish it

Principle 3: You can change environments, but until you change yourself, nothing else will ever change

Principle 4: Learn to be curious

Principle 5: Don't be afraid to explore your curiosity

Principle 6: You have to saddle your dreams before you can ride them

- Questions:
 1. Write your role in the movie, who and what do you wish to be?
 2. What are your goals and dreams? What are your time frames for them?
 3. What would your average day, week or month look like if you were living out your dreams?
 4. What would be your major accomplishments in one year, five years, 10 years, or more
 5. What type of Legacy do you wish to leave behind for your friends, for your family, and for society as a whole
 6. What type of wealth would you need to have to accomplish all your dreams
 7. What type of information or knowledge would you need to acquire the type of support you need to make your dreams become a reality
- In order to start change, ask yourself one question: *what would it take to get from here where I am now to where I want to be?*
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- **Kinetic** versus **potential** energy

- Desire and imagination can be classified as potential energy

Principal 7: Choosing friends is a matter of life and death

- **Lesson 1:** Look for people who *believe in something* and are *passionate about their beliefs*
- Contrary to popular opinion, money, position, and power are not the true measure of success
 - **Character is the foundation of all real success**
- Real friendship is not about what you can get, it is about *what you can give*
 - **Real friendship** is about *making sacrifices* and *investing in people* to help them improve their lives
- **Lesson 4:** maintain a positive Outlook
 - He is a firm believer that people do good when they feel good
 - There is a real power in positivity
- **Lesson 5:** Never underestimate the power of words
- **Lesson 6:** A true friend respects your values
- **Chapter 7:** Go where you're celebrated, not tolerated
 - Ask yourself: *is this soil the ideal environment for the type of harvest I'm expecting to gain?*
- **Principle 8:** The right environment is pivotal to your success
 - In the right environment, you should get the sense that you are being celebrated, not tolerated
 - In the right environment, you should feel upgraded
 - In the right environment, big I's and little you's don't exist
 - The right environment allows realistic expectations while simultaneously providing pressure
- Our disposition is related to our destination in the same way A steering wheel is related to a car
 - Our **disposition** controls the destination of our lives and places us in a position to succeed
- Successful people were not successful because of some superior gene
 - It had more to do with their **outlook on life** and their ability to **keep momentum on their side**
- **ABCs of success:** Ask, Believe, Claim it
- Don't let *fear of rejection* keep you from experiencing next level living
- Believe you are worthy enough to have whatever it is you're asking for
- To claim something means to expect it long before it happens

Principle 9: Individuals who are able to maintain their momentum listen to their intuition

Principle 10: Stop sabotaging yourself

Principle 11: Just do it. If you keep doing what you've always done, you'll keep getting what you've always got

- Sometimes you have to find the right incentives to push you and drive you before you can reach your dreams

Principle 12: You need your undivided attention

- All roads that lead to success have to pass through Hard Work Blvd
 - **Unusual favor is bestowed on those that work**
 - **Work** is an outward manifestation of an inward change
- When you are *passionate about your work and the process*, it is like you are flying first class
 - You are putting yourself in miracle territory
- Push until something happens
- We must accept finite disappointment, but we must never lose infinite hope
- Keep on sowing your seed for you do not know which will grow
 - Perhaps they all will
- The **secret to success** is in the *nature of the seeds, not how long it takes to see results*, for what you sow you will eventually reap
- His outlook on life changed forever after he heard the story about the guru and wanting to be successful as bad as you want to breathe
- Nobody can make you feel inferior without your consent

“It's not who you are that holds you back, it's who you think you are not”

Eric Thomas

- Summary points for **Academic Success**:
 1. Get support
 2. Set up the triangle offense
 3. Add weapons to your game
 4. Utilize your resources
 5. Maintain a balance
 6. Establish a routine
 7. Discover your learning style
 8. Take care of your body
- **Miracle territory** is random. It happens when you least expect it
- Effective means of working with students:
 1. Build a relationship
 2. Remember, each student is different
 3. Find a balance
 4. Create an energetic learning environment
 5. Involve the parents as much as possible
 6. Be a lifelong learner
 7. Give students a sense of purpose
- There is no magical formula for success. It's all about **having a dream** and **being willing to work toward it** no matter what the circumstances

Main ideas / Themes:

- **Character** is the foundation of all real success
- **Real friendship** is about *making sacrifices* and *investing in people* to help them improve their lives
- Success has more to do with one's **outlook on life** and his or her ability to **keep momentum on their side**
ABCs of success: Ask, Believe, Claim it
- **Unusual favor is bestowed on those that work**
- **Work** is an outward manifestation of an inward change
- When you are *passionate about your work and the process*, it is like you are flying first class
- The **secret to success** is in the *nature of the seeds, not how long it takes to see results*, for what you sow you will eventually reap