

THE SECRETS OF SUCCESS GUIDE

Top Hacks of the Successful Entrepreneur

REWARDS SYSTEM HACK

Hack the dopamine rewards system by celebrating small wins along the journey to the large goal. Dopamine is the neurotransmitter responsible for reward or effort. Focus on the milestones instead of the goal. Every milestone celebrated will result in release of dopamine, and the mind will look to repeat to get the dopamine hit.



SMART GOAL SETTING

The practice of SMART Goals is essential in obtaining success. Written goals are more likely achieved. SMART Goals uses a specific strategy for goal setting.

S: Specific-- The goal needs to be very specific so that the mind knows exactly what it is trying to achieve.

M: Measurable--The goal needs to be one that can be measured as you progress.

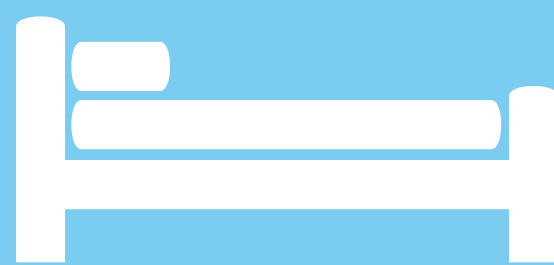
A: Actionable--The goal needs to be one that action can be taken to achieve.

R: Responsible--The goal needs to be a responsible goal for you and everyone around.

T: Timeframe-- The goal needs to have a timeframe for achieving it. Parkinson's Law states that a task will take as much time that is allotted.

PROPER REST

Rest is critical for learning and rewiring of the brain. During rest is when the pathways in the brain are strengthened from new knowledge allows the self reward/dopamine pathways to become stronger. All growth periods must be accompanied by rest. Rest is critical for Neuroplasticity to occur in the brain.



REDUCE STRESS



Stress or agitation is the body's way of initiating movement in your body. Too much stress is not healthy though. 3 Ways to relax or reduce stress:

*View the sun each morning even when overcast for 2-10 minutes. Avoid looking directly into sunlight.

*View sun in the late afternoon, preferably around sunset.

*Utilize panoramic vision. Focused vision increases stress & agitation. When you use panoramic vision, it opens the unconscious mind.

*Avoid the use of bright lights between 10pm-4am

BREATHING TECHNIQUES HACK

Breath technique for agitation or movement: Double the amount of inhale through nose as exhale through the mouth. For example, inhale for 4 counts through the nose and exhale for 2 counts through the mouth. Repeat 10 times.

Breath technique for relaxation: One inhale pause and another inhale through the nose followed by a long sigh through the mouth. Repeat 5 times.



YOGA NIDRA

Yoga Nidra is a state of consciousness between waking and sleeping. In this practice, you are typically led by a guided meditation where you go to a state of being. It is typically practiced with a short positive statement in the present tense. 1 hour of Yoga Nidra feels like 4 hours of regular sleep to the body. It is NOT intended to replace sleep.



VISUALIZATIONS, GRATITUDE AND AFFIRMATIONS

These practices are beneficial to obtaining success.

Visualization when done in a disassociated view (you see yourself in the picture) while feeling the emotions associated with what you are visualizing is powerful. The unconscious mind cannot determine the difference between real and make believe, so when you practice visualization it allows the mind to strengthen those pathways for this to happen.

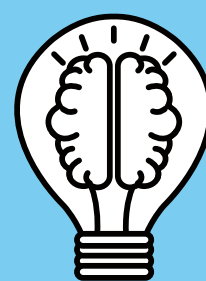
Gratitude will result in the release of oxytocin and serotonin, two more feel good hormones in the body. Relaxes the fear center of the brain.

Affirmations must be stated in the present and like visualizations they must be stated with strong emotions associated with them.

ADVANCED MENTAL & EMOTIONAL TECHNIQUES

These techniques can be used to quickly reprogram the mind from negative emotions, limiting beliefs and shift your mindset and skillset towards your hopes & dreams. You can make the brain do what you want and reach your goals by freeing up those negative beliefs.

BOOK YOUR FREE 30 REPROGRAMMING CALL
at: www.andreagarretson.com/calendar



SUCCESS TYPE PERSONALITY

Sense of direction--Get yourself a goal worth working for.

Understanding-- Look for and seek-out true info concerning yourself, your problems, other people or the situation, whether is is good or bad.

Courage--Be willing to make a few mistakes, to suffer a little pain to get what you want

Charity--Develop a genuine appreciation for people by realizing the truth about them, take the time to stop and consider other's feeling, and Act as if other people are important and treat them accordingly.

Esteem: STOP carrying around a mental picture of yourself as defeated, worthless person. STOP playing the victim.

Self confidence: Use errors and mistakes a way to learning--dismiss them from your mind.

Self acceptance-- Accept yourself as you are--and start from there. Learn to emotionally tolerate imperfection in yourself. It is necessary to recognize your shortcomings, but disastrous to hate yourself because of them.

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Read more at:
freedomdrivenentrepreneur.com