

Attitude

The sh*t they never taught you

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Adam Ashton and Adam Jones are Australians.
Each week they share the best bits from the
best books and interview the world's top
minds across genres.

All successful people have one thing in common – *their attitude*.

Whatever you hope to achieve in life, the right attitude is crucial to getting you there.

When designing our lives we don't have the luxury of having a whole team to conjure up something great.

To put it another way, if the history of the earth was compressed into just one year, modern humans would have been here for 23 minutes.

And on a time scale, our entire life would amount to half a second. In planet time that's all we've got - just half a second

We don't appreciate this when we think, we think time is unlimited, sadly it just whizzes past us.

The five keys of fulfilment – successful people get what they want out of life because they know what they want.

The five things are – clarity, desire, belief, knowledge and action.

Change is inevitable, it is our attitude towards change that will inform whether we experience fear or a deep excitement for what is to come.

When it comes to success, people generally tend to ride the rollercoaster. When they find themselves in a rut, they work hard to climb back up the hill. When they get back up, they tend to go back to their bad habits.

Most people oscillate between survival and failure, but the really successful people tap into upward momentum.

Successful people work out what changes got them to the top, and instead of reverting to the old ways, they keep changing and improving.

There are no straight lines in life, everything is constantly changing.

Are you gradually building knowledge or is it slowly eroding?

We want to change and we have a bunch of tricks and tips to help us, but something still stands in our way.

Change is hard because it is easier to take the comfortable easy way and keep things just the way they are.

The obstacles to change are:

laziness

impulsivity and

inertia.

Maintaining change is easier than initiating it.

Most of the time, we are confused, paralyzed and indecisive.

We jump on fads, we waste time, and take the comfortable path.

The inability to decide between ten things is also the same as being tormented by them.

People say ‘you can be anything you want’, this is impossible. A less inspiring but correct statement would be ‘you can be something”

Pick something specific and then go and do it.

It might sound counterintuitive but by committing to one thing, you will see the ripple effects in other areas.

Change takes practice and the more you embrace it, the better you'll become at making things happen.

Breaking a new skill into chunks to handle is the best way to learn something new.

Learning new things means you are going to make mistakes. If you never try, you will never know.

Fear is inevitable, we are all afraid of something.

Fear can be overcome, it is never what you think it is

Three types of fears

Level 1 fears	Level 2 fears	Level 3 fears
<p>What happens to us – death, illness, change, accidents, war, natural disasters, financial security, being alone, ageing, disabled, losing a loved one.</p> <p>What needs action – making decisions, changing careers, retraining, giving birth, raising a child, ending relationships, beginning relationships.</p>	<p>Rejection Disapproval Success Failure Loss of image Being vulnerable helplessness</p>	<p>I cannot handle it</p>

A lack of trust in yourself is the source of all
your fears

There are two ways of dealing with fear – passive or active. A passive approach is avoiding it, an active approach is embracing tough circumstances and repeatedly confronting fear.

By mixing a little boldness into our personal attitude, we can capitalize on opportunities.

Truth avoidance is a major problem in our society today.

The greatest moments in human history have to do with boldness from ordinary people.

The next time you see an easy path, take the hard route instead.

There is a difference in being ready and being prepared. You can be prepared and not ready, so take the opportunity, don't shy away.