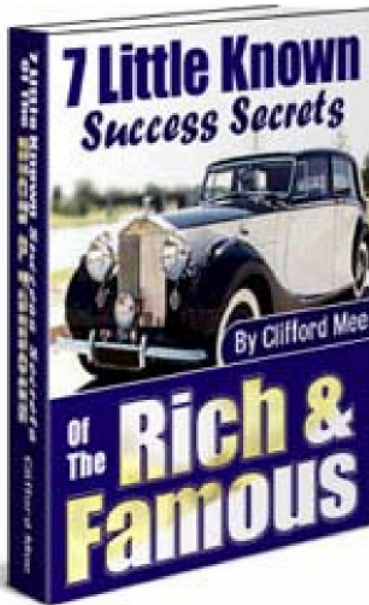


# **“7 Little Known Success Secrets Of The Rich & Famous”**

**By Clifford Mee**



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# 7 Little Known Success Secrets Of The Rich & Famous

## Table of Contents

**Personal Introduction:** *A Challenge To You*

**The Secrets Of The Rich & Famous:**

- (1) People Form Habits And Habits Form Futures
- (2) The "Success Six"
- (3) 'Perfection' Can Be The Enemy Of Success
- (4) Guard Your Time Like A Hawk
- (5) Go After The Carrot
- (6) The Consistency Principle
- (7) 'Inch By Inch And Anything's A Cinch'

**Conclusion:** An Important Understanding

**Bonus:** Your Best Habit – "Action Management"

**Top Resource:** Discover How To Achieve Your Dreams

**A Final Note:** *A Thank You To You*

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## **Personal Introduction**



Hi, my name is Clifford Mee.

I've led what many consider an unusual life. In fact you can read one example of my real life experience in "The Daily Telegraph" Newspaper by clicking **HERE**

I'm also a fully qualified Success Life Coach, Ericksonian Hypnotist and Master Practitioner of Neuro-Linguistic Programming or NLP.

Throughout my experiences I've discovered some fundamental principles which gave me far more flexibility to follow my dreams, desires and goals.

These principles are put to use by the **rich and famous** everyday to get what they want out of life.

It's this knowledge which I want to share with you today.

### ***A Challenge To You***

I've had my triumphs and my low points just like everyone else.

It's my continuous active desire to improve and change which has set me apart from the majority of people who I meet.

It's my intention for you to absorb the following information and make your own mind up whether you find these success secrets useful.

### **Have I wasted my time writing this**

**report?** You decide.

If you only take one strategy from the following few pages which leads you to greater success, in whatever field you desire, then I'll be very happy indeed.

So let's get going...

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## **(1) People Form Habits And Habits Form Futures**

Are you sick and tired of not getting what you want? How much has procrastination cost you emotionally and financially?

Being 'run of the mill' is the bane of most people's lives, because the habits they've fallen into do not serve them.

Is there anything worse than being held back from achieving your deepest desires?

If your current habits are leading to procrastination then you're allowing yourself to be robbed. You must take responsibility for this and say "enough is enough". It's the first crucial step!

### **People form habits and habits form futures.**

Successful people make a habit of doing things they don't like doing. Success is challenging, it's easier to watch TV and lounge around. I know because I'd have won the 1990 World Couch Potato Championship by a mile...if I could've been bothered to enter it.

It's easier to be disorganised, irresponsible, undirected and at the mercy of poor habits. Henry David Thoreau once said, "**The mass of men lead lives of quite desperation**". If you want to remain in the mass, unrewarded, unfulfilled and ultimately unhappy then continue accepting habits which are not useful to your dreams and desires.

The great English novelist E.M Forster said, "**Character is destiny**." Your behaviour defines what you become in life. Are you willing to take responsibility for your life and redefine areas of yourself if necessary?

## The Rich & Famous -> **Form Useful Habits**

**Top Tips:** *Start small, introduce useful habits bit by bit and begin to eliminate poor ones as you gain momentum. Write down the intention for both your new habits and the poor ones and review them regularly. This gives your mind leverage to form useful habits.*

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### **(2) The "Success Six"**

Successful people do things in order of importance.

How many times have you put off something important which needed doing to spend your time on doing something unnecessary, unproductive and unimportant instead?

I believe your time is precious.

Isn't it worth taking a little time to make sure you make the most out of what you have left in the world?

**If it's worth doing, it's worth planning.**

It's worth spending 5 minutes planning out your next day.

(1) Write down the **SIX** most important activities for you to complete the following day. Mike Litman, No 1 best-selling author of 'Conversations with Millionaires' calls these, "The Success Six".

(2) Then number them 1 to 6 in order of importance because the golden key to successful planning is prioritisation.

(3) The following day start with number one and continue with it until it's completed. Don't worry if you haven't completed all of them by the end of the day. At least you will have completed the most important projects.

This is central to my 5 step action management system which I have included as a special bonus at the end of this report.

**Stop right now.** Get out a piece of paper and plan out tomorrow with your 'Success Six'.

The Rich & Famous -> **Plan &**

**Top Tips:** *Get yourself a small legal notepad 5" x 8" or some index cards. When you complete a task cross out the item straight away; I cross them out with a thick red pen. Satisfaction guaranteed 😊*

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### **(3) 'Perfection' Can Be The Enemy Of Success**

This might seem controversial and may even challenge your beliefs.

Being a perfectionist can be one of the most destructive habits when it comes to success.

Fear of not being able to do it right stops people from ever starting. However, nothing worth doing was ever done perfectly the first time!

It's the decision to act which counts, to get going, to move in the direction you want to go, to just take that very first step!

**"You don't have to get it right...you just have to get it going"**

Imperfections can be fixed down the track.

I once heard someone say, **"Perfect is the enemy of the good."** I understand it's a noble belief to do things 'right' however what's the point in having goals if they are never achieved because they are burdened by this 'perfection' millstone?

Consider this quick step formula instead:-

1. Start immediately.
2. Improve it until it's good.
3. Finish.

4. Get feedback.
5. Polish it until it's very good.

Remember, absolutely nothing happens until you start.

The Rich & Famous -> **Get It Going First**

**Top Tips:** *Just begin, even if what you start ends up nothing like the finished article. If you are selling to a marketplace, get something out there and then get feedback from the marketplace to perfect your product or service.*

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#### **(4) Guard Your Time Like A Hawk**

You can usually tell how successful someone is by how much they respect their time.

Your time on this earth is finite, it's ticking down for you this very minute.

Imagine you're in a rocking chair at the age of 90. When you look back on your life do you want to see you fritted it away or would you prefer to be able to smile and know you did what you truly desired?

It's what you do with your time that matters. Remember, your time is precious. Time itself is unmanageable despite all the time management waffle in print. It goes on doing its thing regardless of you. The answer to time management is to manage your actions instead.

**Don't allow others to take your time and break your concentration when they feel like it.**

This means cutting out distractions when you are working and prioritising your actions.

Do you think you can usually pick up the phone and get straight through to someone who is very successful?



I don't think so.

You need to make an appointment first which gets allocated to you by them. They are in control of what they do with their time.

The Rich & Famous -> **Respect And Protect Time**

**Top Tips:** *Each day set aside at least one prime time action hour (preferably more – I have 5) where you only work towards your most important goals. Accept no distractions. Do not answer the phone, read the mail, read email, talk to co-workers, friends, family or even pets!*

*(Read my action management article at the end for more detail)*

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## **(5) Go After The Carrot**

We are often motivated away from pain first and towards pleasure second. This is a HUGE mistake to make when it comes to achieving your desires.

Often people get bogged down in how to do something rather than what they get from achieving the outcome they have set themselves.

People think about the pain involved in the process instead of visualising the pleasure of the reward on completion.

If you focus on the reward rather than the process you will find procrastination is easily defeated.

Here's a dynamite 3 Step Formula to blast procrastination away...

Simply say to yourself:

1. What is the one thing I don't want to do and yet if I did it, it would move my life and/or business forward?

**(Answer)**

2. How will I benefit from doing it? **(Answer)**

### 3. Do it now. Do it now. **Do it now. (Act)**

By going for the carrot you focus your concentration towards success rather than allowing various reasons for failure to confuse your mind.

The Rich & Famous -> **Focus on the Reward**

**Top Tips:** *Write down your major goals in life first thing every day and visualise yourself attaining them. Add as much detail as you can and really bring the pictures alive in your mind. Let the emotions of excitement and pleasure build up inside you. Use this as motivation towards your goals.*

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## **(6) The Consistency Principle**

Everyone has at least one moment in their lives when they were 'great' for a while. It might be the first time they said a word or when they took their first few steps as a child. Perhaps it was an exam they sat and passed.

The point is we have ALL tasted success at some point. The difference between the average person and the very successful is therefore consistency.

It's not rocket science. People who are very successful do things which move them towards their goals on a daily basis. They keep doing the things which bring them the results they want.

It's easy to do something well once.

It's easy to do something you don't want to do once.

Real power lies in repeating these moments again and again.

A wealthy businessman once said, **"You're either consistent or non-existent"**

We already have great consistency in our lives. Most of us regularly breathe, move, sleep, eat and drink like clockwork. You

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know how to do this.

The successful see no difference in taking regular actions to feed their dreams as they do to feed their stomachs.

You either become consistent towards your desires or you end up wasting most of your potential.

The Rich & Famous -> **Perform Consistently**

**Top Tips:** *Find someone you can be accountable to. Each week send them a list of what you have achieved during the week and include what you also planned to do yet didn't complete. Then write down your general goals for the following week and repeat the process 7 days later. Get them to respond likewise. There's great power in getting accountable for your actions.*

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## **(7) Inch By Inch And Anything's A Cinch**

Hot on the heels of the consistency principle is the law of growth.

In fact these two success secrets when used together form the basis of almost ALL long term success.

The law of growth states that if you increase your efficiency or concentration or applied knowledge or your understanding by just 1% each and every day then the improvement over an entire year will be colossal.

If you simply added the 1% up over a year you'd have improved 365%. The actual amount when compounded is substantially more!

Success is a progression of small steps, one building on another eventually creating monumental momentum.

**"Inch by inch and anything's a cinch"**

For instance, before you can become a millionaire, you need to earn \$100,000. Before that you need to earn \$10,000. Before that you need to earn \$1000. Before that you need to earn \$100 and

before that you need to earn \$1.

The law of growth is achieved by taking things step by step by step. You only get to take the big steps once you've done the smaller ones first.

The key to continual improvement and growth is enthusiasm. You have to **get passionate** at what you do. Couple this with good habits and consistency and you'll be shocked and amazed at what you can achieve.

The Rich & Famous -> **Improve A Little Everyday**

**Top Tips:** *Keep an ideas, discovery and progress journal. Refer to it regularly. Visualise yourself improving before you go to sleep. There's phenomenal power in setting the rest of your mind to work while you sleep!*

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## **Conclusion: An Important Understanding**

Our minds are a wonderful resource of knowledge packed with information from our lives experiences.

Although we have this wonderful source of knowledge, we're consciously limited to considering a certain number of different pieces of information at any one time. So if we want to be effective then we must direct our thoughts.

Imagine your mind is a dimly lit library containing everything you have ever thought, seen, heard, tasted, smelt or felt. Now imagine your conscious attention is like a torch which can illuminate a very small section of the dimly lit library at any one time.

Since you do not know how to consciously recall all this information at once, you need to be selective with what you concentrate on and **trust your unconscious mind** to supply the resources you need from your library.

Most people never achieve the success they desire because they are scattered, flashing their torch from one thing to the next.

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To be successful you must concentrate and focus. This means directing your torch towards your ultimate goals.

Michelangelo painted the Sistine Chapel. Einstein discovered the theory of relativity. Tiger Woods conquered the world of golf. Oprah Winfrey became the most successful TV presenter ever.

They were all wildly successful at what they did and achieved their fame through **passion and intense concentration.**

**Top Tips:** *Print out these success secrets and put them up where you can regularly refer to them. Introduce them one at a time. Start by forming some good habits like getting up a little earlier and focusing on one of your goals.*

*If you find yourself not achieving what you want in life then go over these principles and take an honest look at yourself. Which ones are you not properly implementing?*

***Most of al remind yourself your time is precious.***

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### **Bonus: Your Best Habit – “Action Management”**

I have included an article I wrote which will show you how I managed to significantly increase my creativity, efficiency, personal organisation and my profit in business and yes I’m a lot happier for it too.

This one ‘method’ virtually destroyed my previous periods of procrastination which I sometimes suffered from.

It is the \*BEST\* habit I’ve ever cultivated.

Enjoy...

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How To Kick Start Your Business And Skyrocket Your Success

by Clifford Mee

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This will make some people angry as hell, but it's time to debunk the myth of 'Time Management' while sharing the real secret of the super successful.

Let's face it, many so called "business gurus" tell us to 'manage time better' or to become 'ruthless with time' if we want to achieve their level of success.

What rubbish!

You cannot manage time itself. It continues along happily doing its thing, whatever you do.

I read countless systems on 'time management' and the majority take so long to implement and keep track of, you get even less done than you did before!

If it's impossible to manage time then manage your actions instead. This is the key to launching new projects, completing existing ones and to at least doubling your current output without having to do any more work.

Self-improvement guru, Tony Robbins, said "Action is destiny." He's spot on. If you start managing your actions, the impact on what you get done will amaze you.

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**\*\*\* Your 5 Simple Steps To Action Management \*\*\***

(1) Write down a master list of actions you need to do which directly lead to income generation.

**Tip** - I suggest having at least 6 items on your daily action list. Write this up the day before you use it. Depending on how many of these you complete determines whether you need to add more items to the list or whether you need to break the items down into smaller chunks instead.

(2) Set aside between 1 and 5 'Prime Action Hours' every day where you will do nothing except the most important income generating activities. Refer to your master list and immediately cross each item out once it's done.

**Tip** - During your prime action hours you do NOT: take phone  
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calls, check your email, break for meetings, chat with fellow office workers or read the mail. You need to get current outside distractions to support your new routine. If you run a home office get agreement from your family to only interrupt you in an emergency during your prime action hours.

(3) Get Yourself a Timer and set it to 50 or 55 minutes. You work without distractions for this long during each prime action hour.

**Tip** - This gives you more efficiency by making you more accountable for what you do in each prime action hour. It also lets you know when to take an important quick break.

(4) Carry a pen and paper or a voice recorder with you during your breaks between any prime action hours.

**Tip** - During the breaks you'll find new ideas, thoughts and strategies will surface in your mind. The brain often makes new connections as you relax after a very focused session. Make sure you jot them down to record them. You'll find them invaluable. Don't neglect to do this, an unrecorded idea is usually lost forever.

(5) Set yourself a weekly income target. When you reach it, reward yourself how you like. You don't need to do any more prime action hours for the rest of the week. Revise your weekly income target upwards at least every 90 days.

**Tip** - Having a weekly target gives your prime action hours a specific goal to achieve. Purpose is the most important ingredient when it comes to action.

Remember you will need to concentrate on other aspects of business like meetings, staff interaction, emails and phone

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calls etc. In some businesses it's realistic to do a maximum of five prime action hours each day without impacting too much on the other necessary parts of the business.

Some people will only manage one prime action hour each day. That's okay. Over a year this will still amount to an enormous difference in your income generation.

Don't make the mistake of dismissing or forgetting what you just read. There's real power in this quick and easy 5 step action management system.

In fact I urge you to start right now. Get out a piece of paper and write down your master list for tomorrow. It doesn't matter if you can only manage one prime action hour

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to start with. You can increase the number as you create more focus for yourself.

\*\*\*\*\*  
Clifford Mee is an author, wilderness explorer, information publisher and success life coach. If you want to discover 7 little known success secrets that most people will NEVER know about the Rich and Famous then please visit his website at <http://www.SuccessRichFamous.com>  
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**Top Resource: Discover How To Achieve Your Dreams**

As you're aware by now I strongly believe you must get the most out of your life because you only get one shot at it!

With this in mind I recommend you check out my book, "How To Achieve Your Dreams By Setting Goals The Right Way!"

You'll find it goes into the nitty-gritty of how to start achieving your dreams. It will give you an instant step by step method to get what you want in life.

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In fact here's just a tiny taste for you...

- **5 crucial methods for questioning your goals to make sure they truly match up to what you desire.**
- An easy way to plan your lifetime goals to make sure you're not left with any failed wishes.
- **10 questions to ask yourself when considering your career goals.**
- 9 areas of your life you need to prioritize NOW if you want to be successful with lifetime goal setting.
- **The secret value in planning your life backwards.**
- 4 simple as kindergarten steps to financial success.
- **20 ways to keep yourself motivated long term.**
- 15 "time-stealers" to be aware of and to watch out for!
- **The secrets of Quantum Leaps, and I'm not talking about the TV show**

Very interested or just curious? Either way I recommend checking out my website to get the full story by clicking on this link now...

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**A Final Note: A Thank You To You**

When we help each other to be better as individuals then we grow as a people together.

Sounds contradictory huh? That's the paradox of success.

Some people call this, 'what goes around comes around'. Others call it karma. Still others call it the law of reciprocity.

So I want to thank you for reading my mini-ebook and I sincerely  
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hope you take what you can and improve your lot in life.

And please share this information with others by telling them they can get this ebook for free at <http://www.successrichfamous.com> or simply forward them the ebook.

Perhaps you might want to jot down its main points and give them to someone who wants to improve their life too?

Remember, if you make a difference to the world, the world will make a difference to you.

All the best for your success,



Clifford Mee

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