



The Success Principles

How to Get From Where You Are to Where You Want to Be

by Jack Canfield

Collins Living © 2004
512 pages

The Big Ideas

Push-Ups

Do your own!

Principle #1

Take 100% Responsibility

Principle #2

Be Clear Why You're Here

Make an "I Want" List

So waddya want?

It's All About Attitude

How's yours?

18/40/60

Ages and perspectives.

An Inverse Paranoid

Stay inverted.

Clarity + Consistency

= Mojo.

99% Is a Bitch

100% is a breeze.

A Whole New Set

Habits & self-disciplines.

"You may also discover that you're already familiar with some of the principles here. That's great! But ask yourself, Am I currently practicing them? If not, make a commitment to put them into action — now! Remember, the principles only work if you work the principles." ~ Jack Canfield from *The Success Principles*

You probably know Jack Canfield as the creator of the *Chicken Soup for the Soul* series or maybe you caught him on *The Secret*. He's been living these "Success Principles" for the last several decades and his life is a demonstration of their power.

And, I've gotta say: there is SO much mojo in this book.

It's kinda funny to do a PhilosophersNote on it because it's essentially one (really!) Big Idea after another. In fact, I could prolly write at least 50 Notes on these "Success Principles"... but that'd kinda defeat the purpose of these Notes.

So, I trust you'll enjoy and, if you're feelin' it, I *HIGHLY* recommend you get the book. (I first listened to it and then read it on my Kindle--both ways rock. :)

We'll start with the most important factor to your success: doing your own push-ups, of course. :)

■ Do Your Own Push-Ups

"As motivational philosopher Jim Rohn has so aptly put it, "You can't hire someone else to do your push-ups for you." You must do them yourself if you are to get any value out of them. Whether it is exercising, stretching, meditating, reading, studying, learning a new language, creating a mastermind group, setting measurable goals, visualizing success, repeating affirmations, or practicing a new skill, you are going to have to do it. No one else can do these things for you. I will give you the road map, but you will have to drive the car. I will teach you the principles, but you will have to apply them. If you choose to put in the effort, I promise you the rewards will be well worth it."

Hah. That's genius.

"You can't hire someone else to do your push-ups for you."

Are you doing your "push-ups"?

What do you KNOW you need to be doing that you're not currently doing?