**The Positive Habits of Successful People**

What do positive people have in common? Lots of things. And in fact, if you look at the most successful people across every different discipline, you’ll often find that they have more in common than they have differences. Top athletes have a lot more in common with top CEOs than you might expect and the same can be said for artists too.

And when we recognize these habits, we can often break them down and work backward to discover some of the most important traits and habits *we* need to adopt in order to join them. Here are some of those positive habits…

**Self Development**

On his podcast, author Tim Ferriss interviews some of the most successful people in the world ranging from actors, to singers, to athletes to programmers. One of the things that almost all of them surprisingly have in common is that they start their day with meditation. And of course a lot of them exercise too.

What does this tell us? It tells us that the successful mindset involves being willing to work on yourself and get better. When you do that, you have no limitations and you can keep on getting stronger and better!

**Following a Passion**

Another thing that you’ll find without exception when speaking with successful people is that they have one singular passion that they follow in every single aspect of their lives. You’ll be able to tell because they will start talking about it right away and their eyes will light up!

It makes sense too – because when we have a real passion, it gives us the drive, focus and determination to work harder and smarter than everyone else.

**Breaking the Mold**

Something else that all of the most successful people in the world share is the willingness to break the mold – to walk the path less trodden. This is how they discover opportunities that others miss but it’s also fundamentally what made them able to question their life’s path in the first place. Arnold Schwarzenegger was certainly unique for deciding he wanted to become a bodybuilder (he came from a small village in Austria). He certainly raised eyebrows when he moved to America. But he had the courage to know what he wanted and to go after it – even if it was a bit unusual.

Don’t be afraid to be you and to go the way *you* want to go. Rules are there to be broken – that’s why they’re called breakthroughs!