

“5 Mental Vitamins to Supplement Success”

The word supplement is not unfamiliar to most people who desire to live a healthy lifestyle. The wellness industry has made billions selling supplements to enhance or offset a poor diet. However, the actual definition of the word supplement has a much deeper meaning. Supplement is described as something added to complete or improve a thing; supply a deficiency or reinforce.

Let's consider success in the same way we would consider our nutrition. I don't think there is anyone who could say they are complete in every vitamin and mineral. Each of us are lacking in something even if it is just a little. When it comes to achieving our personal goals and dreams, it is the same. We are missing something that could greatly help with our success.

With a good dose of vitamins A, B, C, D, and E you can enhance your health. What if we look at our mindset for success in the same way? What would these supplements look like? Let's look.

“5 Mental Vitamins to Supplement Success”

- **Authenticity**
- **Boldness**
- **Coaching**
- **Decisiveness**
- **Enthusiasm**

When it comes to **AUTHENTICITY**, Dr. Seuss may have said it best. “Today you are you. That is truer than true. There is no one alive that is truer than you!” There is something special and original about you that not one other person on the planet has ever had or ever will have. Within this authenticity is where your greatest successes can be found. So many people

exhaust their energy trying to mimic or be like someone else and that is such a waste of time. If you focus on your personal strengths, your gifts, your talents, and the things that bring you joy, you will find your sweet spot. Being authentic is certainly no easy task. At times it will require you to go against the grain or stick your neck out for what is important to you. If you are true to you, then you won't be pressured into decisions or judgements by outside influences. You will listen to your own intuition and follow your heart for what is best for you.

BOLDNESS creates an energy within that motivates you to keep going. While being bold can feel scary and intimidating, it is a necessity for success. Boldness is about stepping up and stepping out. It's about pushing the limits to what you think is possible. Remember, like all mindsets, boldness is relative to you and what makes sense for the person you are. What is bold for someone else may not be bold for you and vice versa. Because every person is unique, boldness will look very different for everyone. When it comes to being bold, the most important this is to honor yourself and the things that you believe in. Be courageous in the things that matter most to you. One other factor in being bold is being able to admit when you make a mistake. You can't be perfect, and you will mess up at times. Boldly admit it, learn, and move on. Live your life genuinely with courage and boldness.

There is a reason the most successful people seek **COACHING**. Coaching is when someone with experience gives guidance to help another person achieve their goals. Having a coach will help you identify your strengths, weaknesses, and get clarity. Additionally, a coach provides support, accountability, and encouragement. They can see things from a different perspective and give you positive but constructive feedback. A coach will help you achieve goals you wouldn't be able to do alone or even consider that you could. Having a person who will listen to you when you need to share your thoughts is

priceless. A coach is the best investment you can make in your personal development and will pay you back in so many ways. Nearly 80% of people who have a life coach report a greater level of self-confidence, productivity, and ultimately make more money.

There is nothing that can stop a decided mindset. Whatever it is that you want to accomplish, you must stick the stake in the ground and decide that you are going to do it, no matter what! Success requires you to practice **DECISIVENESS**. The ability to make quick and confident decisions will set you above the average person. There is an intense internal power that takes place once you have made up your mind to do something. In the matter of your goals and dreams, there is no room for being indecisive. You must decide.

There is nothing great that hasn't been accomplished by someone with an enthusiastic spirit. **ENTHUSIASM** is contagious, so it impacts the people who are around you in a positive way. Enthusiasm will give you the energy you need to get hard things done and overcome whatever comes your way. People love to be around someone who lifts them up and tackles life with a good attitude and a zest for living. You can have all the talents in the world, but talents without enthusiasm will only get you so far. Enthusiasm is the key to success!

Success is rarely accomplished without help. Supplements will improve your odds of achieving the things you desire. Your habits will either enhance your success or hinder it. Take a good dose of these five mental vitamins to improve your chance of achieving your personal goals and dreams.

Article Written By: Kim Martin, Founder of I've Decided, INC.

www.ivedecided.org