

Ten tips for achieving success

Tammy van Wisse

Tammy recently spoke to Executive Directors at the annual Standing Executive Leadership Conference in Melbourne about the experiences that have led her to develop her top ten tips for achieving success.

Business Focus

1. Maximise your potential

I had a very wise coach who used to always say “give everything you’ve got — don’t die wondering”. In sport the goal is always to get the best out of yourself, become the best you can be with the tools that you have. Don’t waste your talent and live a life of compromise.

2. Make the tough decisions

Success is a choice — it has nothing to do with fate, chance or luck. Every single day the decisions we make (or don’t make) shape our tomorrows. Ask yourself “what do I want out of life?” and make plans from there. Stop making excuses — the future is in your hands, nobody else’s.

3. When everyone else throws in the towel, find a way.

Always find a way. That will put you in the minority. The successful minority. Be creative, be tenacious, be diligent and do what most people won’t. Success is less about talent and potential, and more about your commitment to finding solutions and persevering.

My favourite motivational sayings are: “Go the extra mile, it’s never crowded” and “Tough times never last. Tough people do”.

4. Get uncomfortable on a regular basis.

Your comfort zone is best described as a series of boundaries where you feel comfortable — there’s no anxiety or fear of failure. You’re never challenged or threatened. Sounds pleasant but there is a downside. If we never step outside the comfort zone, we can never learn, grow, adapt, change or improve. We become stagnant and having swum in many bodies of stagnant water I can tell you that they stink!

5. Surround yourself with high achievers.

Success breeds success. Ever noticed how motivating it is to be around people who achieve? They radiate enthusiasm and positive energy.

There are inspirational people all around us and you don’t have to look far to find them. Avoid the energy sucking vampires and dream takers and make sure your circle of friends is made up of people who have a positive attitude towards life.

Sport has taken me on an incredible journey and taught me a lot of useful life lessons along the way. To set yourself a challenge and to successfully achieve it is an extremely satisfying and empowering experience. But life doesn’t just fall into place — you have to make the most of every opportunity. Here are my top 10 tips for achieving success in sport, business and life.

Having a positive mental attitude should be part of your whole being — not just for success but for life itself.

6. Laugh often

If you're not having fun, you're not happy. If you're not happy — you're not productive.

Introducing fun into your life helps you to stay motivated. Laughing releases all those positive endorphins plus smiling is anti-ageing — it takes way more muscles to frown which just means more wrinkles!

7. Become a master communicator

In terms of 'life skills', this is at the top of the list.

Consciously and diligently work at becoming the most effective communicator you can be.

8. If you fall over, get up again.

There is not a person on this planet that hasn't made mistakes, or had things go wrong.

Welcome to the human race.

It's actually a very important part of the journey to success to remember that it's only a mistake if you don't learn from it.

9. Invest into others in a practical way.

If you give from the heart it will come back to you in ways that you can't imagine. Be generous with your time, your knowledge, your skills, your money and your love — the best return on investment has nothing to do with money.

10. Find the good.

Always look for the positives in every situation and consider each day an opportunity to live, laugh, learn and love. Choose to be different.

Choose to be the exception. Choose fun. Choose to find the lesson. Choose happiness. Having a positive mental attitude should be part of your whole being — not just for success but for life itself.