

# 3 Principles Necessary for Success by Ron White

I am extremely leery of any quick fix solution for success. In my opinion, they don't exist. With that said, the following formula is one that I have recently shared with two members of my family to encourage them to break through the rut they are in and experience success. Therefore, if I would share it with my family, I must believe in the principles. I suggested that they begin to do these three things on a regular basis:

**1. Surround yourself with positive people who believe that this life is not all that there is.** Personally, I find this at my local church. I know we don't share the same faith in all cases. But this message is not about my faith. It is about you finding a group of people who regularly meet together and have a belief that there is more to life than what we see. This is the first step to a positive outlook on life.

**2. Exercise weekly in order to stimulate endorphins and maintain an energetic life.** The exercise of walking to the kitchen or curling 12 ounces does not count as exercise. I run one mile twice a week and two to three days a week do strength training. This is nothing difficult, but it makes a major difference on my attitude.

**3. You must educate yourself through reading.** The average CEO in America reads four to five books per month. The average American reads one book per year, and 60 percent of us don't get past the first chapter! Make a promise to yourself to read at least one book per month. Read anything. Develop a passion for reading and learning, and you will see your attitude and outlook on life begin to change.

Any person who faithfully invests their time in these three areas may not break world records in levels of success. However, everything in me believes that they would see dramatic improvements.