

How to Change Your Life by Tony Robbins

Life coach Tony Robbins has noticed patterns in what makes people succeed or fail, what makes them happy or sad, and what creates a life of meaning and fulfillment versus a life of frustration and despair. To transform yourself and your life, Robbins says:

Don't live in "No Man's Land," that place where you're not really happy, but you're not unhappy enough to do anything about it. Don't passively accept what comes your way; drive your life toward what you really want.

See things as they are, not worse. Then see it better than it is, and then make it the way you see it.

Don't avoid failure. Failure is necessary for real learning to occur. Overcoming obstacles gives us psychological strength—the very thing that forms character.

Don't focus only on achievement. Extraordinary accomplishment does not guarantee joy, happiness, love and a sense of meaning. You must also focus on fulfillment.

Decide what you will no longer stand for and what you're committed to. Clarity is power.

Take massive action. You have to be willing to do the things you don't want to do. You have to build a momentum that consistent action produces.

Notice what's working and what's not working. When it is not working, change your approach. Keep changing until you finally achieve what you are committed to.