

# 8 **Lies** About Success

## **Holding You Back**

*(What to believe instead)*



**1**

# **SUCCESS = MONEY**

- Money alone doesn't guarantee fulfillment or happiness.
- Relationships and good health are more fulfilling.

***A better thing to do:***

→ Define success based on your values. Set goals that align with what truly matters to you.

# 2

## YOU HAVE TO START YOUNG

- Many successful people, like Vera Wang and Colonel Sanders, started later in life.
- Skills, experience, and resilience often increase with age.

### ***A better thing to do:***

→ Focus on continuous learning and self-improvement, no matter your age. Use your unique experiences to your advantage.

# 3

## YOU NEED A DEGREE

- Individuals, like Steve Jobs and Mark Zuckerberg, succeeded without degrees.
- Practical skills & real-world experience often outweigh formal education.

### ***A better thing to do:***

- Invest in self-learning through books and courses. Develop in demand skills to create value.

# 4

## ONLY EXTROVERTS CAN BE SUCCESSFUL

- Introverts excel at deep work, listening, and forming meaningful connections.
- Success relies on skills and execution, not personality type.

### ***A better thing to do:***

- Leverage your strengths. Build relationships one-on-one, which can feel more authentic.

**5**

# **SUCCESS = WORKING LONG HOURS**

- Don't confuse busyness with productivity and time with output.
- Success comes from working smarter, not longer.

***A better thing to do:***

→ Prioritize tasks that yield the high impact. Use tools and systems to streamline your work.

# 6

## ONLY AMBITION DRIVES SUCCESS

- Ambition alone can alienate others if not paired with emotional intelligence.
- Humility often amplifies success.

### ***A better thing to do:***

- Balance drive with empathy.  
Celebrate others' contributions and wins as well.

# 7

## SUCCESS REQUIRES WAKING UP AT 5

- Productivity isn't determined by when you wake up but by how you manage your time.
- Different people have different energy peaks.

### ***A better thing to do:***

- Identify your natural rhythm and work during your most productive hours. Prioritize rest to maintain focus and energy.

# 8

## HEALTH CAN WAIT

- Neglecting health leads to burnout, decreased productivity , both leading to derailed success.
- Well-being is the foundation for sustained performance.

### ***A better thing to do:***

→ Daily incorporate exercise, balanced nutrition, and mindfulness to your routine. Treat health as a non-negotiable.

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