



# Rely on Yourself

A  
Self-Improvement  
Success  
eGuidebook

"I CAN  
do it!"

*Another Success eBook by Rod Dabney (Entrepreneur & Success Motivator)*

**Rely on yourself**, take matters into your own hands and take control of your life.

Is there something in your life you want to change or make better? Why wait around for things to happen? We each have the ability to do extraordinary things in our lives. That includes succeeding in every area of our lives within our control.

We simply need to look in the mirror and say *"I can do it!"*. Then, begin the fulfilled journey of accomplishing our goals and objectives, step-by-step, until we've achieved success and realized our dreams.

Achieving success in any area of our lives *is a process*. There are certain steps we can take to exponentially enhance our ability to succeed at anything we want to accomplish in our lives. One of those steps is Taking Action (Taking matters into your own hands).

*We must first believe we can do it* ... because, we can. Relying on others for our own successes isn't the way to go. We must take matters into our own hands and rely on ourselves to see things through to completion.

The process for taking matters into your own hands and taking control of your life:

- **Motivate and Believe in Yourself**
  - Confidence in your abilities plays a big part in your overall success. Knowing why you want to achieve success plays a big part in your confidence. Are you doing it for your family, friends, yourself or the world? This is your motivation.
  - Once you've determined your motivation, the reason you are trying to achieve, success, then use motivational tools - videos, inspirational posters, etc. - on a daily basis, to keep yourself motivated and feeling good about what you're doing.
  - Look in the mirror each day and say to yourself, *"I can do it!"*. Take time each morning when you wake up and throughout the day to close your eyes and envision the future you (how you'll look and feel when you've achieved success).
- **Get and Stay Organized - Clear the Clutter, Clear Your Mind**
  - *Becoming and staying organized builds confidence* in our ability to conquer any task, goal and objective before us in an efficient and timely manner and keeps our minds clear to focus on important success building efforts.
  - Therefore, be diligent in your effort to stay clear of clutter by creating and maintaining your success building systems.
  - With no clutter in our path to stumble over (so to speak), we can easily find what we are looking for and, thus, save much needed time and money in our

quest for success.

- **Get in the Right Mindset**

- Focus on the positive - All of our everyday activity, struggles and enjoyment begins in our brains. We decide how our days are going to turn out by the way we think. I believe all of us can agree on that point. Even when terrible things happen to us, our thoughts dictate how we are going to react to every event in our lives.
- The more often you think positive about your surroundings, and life in general, you'll notice that more positive things will happen. This is because you are the one actively creating the environment for which you live in. A positive attitude positively transforms your lifestyle. We are not perfect, but we can strive for greatness. And this starts with how we perceive the world and our surroundings and how we decide to deal with them.
- So, why not deal with our surroundings and the world in a positive, constructive way each day to allow ourselves the opportunity to better our lives? You'll notice the more you do this, the better life will get and eventually you'll be living successfully.

- **Take Action Every Day - Learn, Practice and Enhance your Skills and Abilities.**

- To succeed at anything, we must be able to rely on our own abilities. We also must be willing to improve our capabilities over time.
- A major key to success taking action every day toward our goals and dreams. Every little bit really does help. If we don't know what we're doing in any given situation, then it's up to us to find out and learn whatever it is that we don't understand or know how to do.
- This is where owning, or even renting or borrowing, a computer and/or smart phone comes in handy. We can learn and even become experts today solely from utilizing such powerful tools as Google and Youtube videos.
- For example, let's say you don't have the funds to pay a professional plumber to fix the bathroom floor and replace your toilet, or you simply want to save the money.
- You could search Google for helpful Youtube videos that will show you the exact steps necessary to do the job yourself, always keeping safety in mind as a top priority, of course.
- Using that same smart phone to make phone calls, as needed, is also a great way to verify the validity of these videos and gain an even better understanding of the task before you.

- Looking for a career change or starting your own business? Use these same tools to search, learn and even master the information necessary to excel at any endeavor you decide to accomplish.
- **Notetaking is Key**
  - It's imperative that you make notes to accomplish your goals - This will help you keep it all together. It's crucial that you write down all of your important to do's and tasks on a daily basis and to follow a system to keep it all organized so you don't forget and you're able to much more easily (and without hesitation) achieve your success goals and objectives.
- **Develop and Use Cookie-Cutter Systems**
  - Even at the outset of our success building journey, it's imperative that we develop and implement cookie-cutter systems to exponentially increase our daily output and prevent unnecessary lost time and money.
  - For example, our *Biz Organized in-and-out system* is designed to help entrepreneurs and business owners instantly know where to save and find all their paperwork and electronic files.
  - Creating 'cookie-cutter' systems simply means organizing yourself and the things within your control in such a way that you know precisely where everything is located and your daily tasks and activities are easily repeatable and completed without delay.

Embodying the ***"I can do it!"*** attitude stems from our willingness to 'take action' every day toward achieving our success goals. This includes being positive, motivated and believing in ourselves, making efforts to improve our skills and abilities, getting organized, allowing us a quicker and more efficient outcome for each endeavor undertaken and turning every ongoing activity into an easy, repetitive Cookie-Cutter system to save much needed time and money.

So, ***keep trying, never give up and always move forward.***

To your success!