



Timely Information for Personal Success

What You Need to Succeed

By *Travis Bradberry*

It's fascinating how successful people approach problems. Where others see impenetrable barriers, they see challenges to embrace and obstacles to overcome. Their confidence in the face of hardship is driven by the ability to let go of the negativity that holds so many otherwise sensible people back. The following are some key ways of looking at potential roadblocks that successful people put into practice.

❖ **Age** – Age really is *just a number*. Successful people don't let their age define who they are and what they are capable of doing. Just ask Betty White or any young, thriving entrepreneur. Without fail, people feel compelled to tell you what you should and shouldn't do because of your age. Don't listen to them. Successful people certainly don't.

❖ **What other people think** – Successful people know that caring about what other people think is a waste of time and energy. When successful people feel good about something they've done, they don't let anyone's opinions take that away. They understand that no matter what anyone thinks of them at any particular moment, one thing is certain, you're not as good –or as bad – as they say you are.

❖ **Toxic people** – Toxic people create stress and strife that should be avoided at all costs. If you're unhappy with where you are in your life, just take a look around. More often than not, the people you've

surrounded yourself with are the root of your problems. You'll never reach your potential until you surround yourself with the right people.

❖ **Fear** – Fear is nothing more than a lingering emotion that's fueled by your imagination. *Danger* is real. It's the uncomfortable rush of adrenaline you get when you almost step in front of a bus. Fear is a choice. Successful people know this better than anyone, so they flip fear on its head. They are addicted to the euphoric feeling they get from conquering their fears.

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Healthy Recipe: Barbecue Turkey Burgers

INGREDIENTS:

- 4 tablespoons fat-free mayonnaise
- 4 tablespoons barbecue sauce
- 1 pound lean ground turkey
- ½ cup fresh, diced tomatoes
- 4 large leaves of fresh lettuce
- 4 whole-grain sandwich buns

NUTRITIONAL VALUE:

- Calories per serving: 262
- Carbohydrates: 25 g
- Protein: 32 g
- Sodium: 495 mg
- Fat: 4 g
- Saturated fat: 1 g

DIRECTIONS:

- 1 In a small bowl, stir mayonnaise and barbecue sauce together. Preheat grill. Shape turkey into 4 patties, about 1-1/2 inch thick. Season with salt and pepper. Refrigerate until ready to cook.
- 2 Grill burgers on both sides until cooked through, about 6 minutes per side. Toast rolls on grill.
- 3 Top burgers with the mayo and barbecue sauce, lettuce, and tomatoes. Serve on the rolls.

Serving size: 1 burger

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Questions and Answers

Millennials Worst at Handling Stress

Q: According to workplace-services firm Bensinger, DuPont & Associates roughly 30% of Millennials (those born between 1978 and 1999) had workplace anxiety, more than any other age group. Any idea why?

A: There could be something more that this particular group of people is going through, as Marie Apke, COO with Bensinger, noted that Millennials are emerging into adulthood with record amounts of student debt while facing relatively high unemployment rates.

In addition, Millennials were more likely than other age groups to skip work when they started feeling anxious. But Millennials may not feel anxiety more acutely than other generations — it could just be, the firm said, that they're "more inclined to call in sick or take a day off when feeling anxious." The takeaway for bosses: recognize that some of their sick days could be considered mental health days. ■

Additional source: Bloomberg Business.

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❖ **Negativity** – Life won't always go the way you want it to, but when it comes right down to it, you have the same 24 hours in the day as everyone else. Successful people make their time count. Instead of complaining about how things should have been, they reflect on everything they have to be grateful for. Then they find the best solution available, tackle the problem, and move on. When negativity comes from someone else, successful people avoid it by setting limits and distancing themselves from it. Think of it like this: "If the complainer were smoking, would you sit there all afternoon inhaling second-smoke?" Of course not. You'd distance yourself, and you should do the same with all negative people.

Summary

Your success is driven by your mindset. With discipline and focus, you can ensure that these obstacles never hold you back from reaching your full potential. ■

Dr. Travis Bradberry is the award-winning co-author of the #1 bestselling book, Emotional Intelligence 2.0, and the co-founder of TalentSmart (www.talentsmart.com).

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