

# Seven Secrets for Inspired Success

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*You must be wondering, why seven secrets and what is inspired success?*

I chose seven because it's a powerful number that is connected to thinking deeply and seeking the answers to the questions of life. We'll be looking at seven principles, but why are these principles secrets? They are secrets only because they are unknowns, which are outside your current thinking. They would remain secrets only if you allowed this limiting thinking to continue.

**My purpose in this article is to relay to you seven foundational principles that I have found to either make or break a person's success in the growth process.**

I have coached hundreds of people from around the world to discover their purpose and set and achieve goals. Through that process I have seen the same issues and concerns surface for people of all backgrounds and cultures. It is my goal to help you build a solid foundation for thinking that will support your healthy move from discontent to content, breaking the code on these secrets.

### *So, what is inspired success?*

It is very important for each of us to understand that our success must be based on our values and in meaning. Otherwise, we find ourselves in jobs, homes and relationships that leave us cold, tired and empty. Inspired success is success that is based on our values, leaving us completely fulfilled and full of energy. Brian Tracey tells us that understanding our values must be the foundation of all of our action. Once it is, our self-confidence grows by leaps and bounds because we truly know ourselves and are acting in alignment with what we believe to be most meaningful.

Inspired success also taps into the understanding that we are individual sparks of one light. Quantum physics has allowed us to look into an atom and to see that on the most basic level, everything is the same. It is all energy. That energy then is omnipresent; it is everywhere. Therefore, our individual bodies are simply a part of a greater whole. I believe that this omnipresent whole is intelligent, orderly and loving in nature. For many, this energy is God.

*When we understand this, then we know that each action we take or thought we think has an effect on everyone and everything on the planet.*

Whether these thoughts serve or take from the whole is our greatest consideration. This is what Gandhi meant when he said, “Be the peace that you want to see in the world.” If our focus is to support the greater good of

humanity, service becomes an active part of our life. When we learn to give with no thought of receiving, we tap into abundant success because we open the floodgates to receive in like measure.

*This abundant success is inspired as we begin accessing the genius that resides in this intelligent energy.*

We have seen this many times in modern day and in history. Think of scientists, inventors or athletes that through unobstructed, disciplined focus are able to open a conduit to intuitive wisdom and unlimited creative potential. This very force is available to us all. I know you've experienced it when you felt you were in "the zone". These seven principles will allow you to bring that zone experience into all of your creative projects as you live a happy, energized, healthy and fulfilled life.

The secrets that I write of are simple to access, yet profound in nature. They will lay the foundation for change that will rock your world. The reason I am so certain is that I have used each of these principles to change my own life. As a single mom schoolteacher, the luster had gone out of my professional life. Through the implementation of these principles I launched my dream of being an international author, speaker and purpose coach. What is it that you've been dreaming of doing with your life? Read and personalize these secrets while making a commitment to yourself and your dreams.

**The first of these secrets is openness.**

Our minds must be open to possibility. *We need not accept each new idea, only entertain it.* There is far more at work in this world than we could ever understand. Our minds simply cannot comprehend the magnitude of possibility that exists. We can, although, begin to grasp those that are close to our framework of belief but just outside our realm of understanding. It is in this way that we expand our consciousness to include new thoughts. **It is only through new thoughts that we will change our life.** Our current thoughts have created our current results. New thoughts will create new results and increased levels of joy and fulfillment. We're wired for growth. It is how we must live or we will begin to die, a day at a time. Do remember, as Bob Proctor says, "Spirit is always for expansion and fuller expression."

**The second secret is to embrace fear.**

New thoughts and the resulting new actions will naturally create fear. *Fear, though, is nothing to be afraid of.* All we must do is to think of it differently. Let's talk about who we are. We're a brilliant mix of creative freedom, collections of habit and of ego. Our habits are very helpful. They are the reason I was able to get out of bed this morning and begin my day without relearning a host of things like brushing my teeth and putting on my shoes. I have learned many actions that are the repetitive framework from which I function. This is good. Our personality finds great comfort in these functional habits.

We must be aware though, that these habits mixed with our self-centered personality becomes a powerful force we call ego. That ego, if left unchecked, creates a mind of its own which enjoys the power that it exerts over our creative freedom. **When we challenge that ego with new thoughts and beliefs, it revolts.** “I’m in charge here!” it says indignantly. “If you make this change, I won’t be in control! Stop! Go back! We don’t know what the outcome will be. Stay put! Don’t rock the boat!” Our ego triggers our fear, which causes us to feel uncomfortable with change or risk. Often, people retreat to the known. I’m encouraging you to simply know what is happening and move forward confidently.

Being a visual person I look at it this way...Imagine your life as a box. Inside that box you keep a collection of all of your habits, current results and present day thinking. This is your comfort zone. On the outside of the box you have pictures of all of your dreams and your personal potential. The only way for you to create those things is for you to leave the comfort of the familiar. New thoughts create the bridge for each of us to get out of the box and over the edge to freedom. Your ego will call to you telling you the bridge is faulty and that there is a troll living under it that you’ll never get past. It’s triggering your fear and reminding you of past mishaps. Fear does have value. It causes your senses to be heightened when you are lost in the forest so that you can find your way back to the trail but remember it is only a tool, not a decision maker. In the case of you releasing your potential, it’s keeping you in a situation that holds you to a reality without growth. Understand the feeling, acknowledge it and remind it that you are in charge,

not it. Focus on all of your past bridge crossing success, see the adventure of the journey, put one foot in front of the other and embrace change.

**The third secret is to take responsibility for your life.**

Understand that you are not a victim any longer. *Fear, ego, others, past experiences, circumstances, none of them are in charge. You are!* Acting as a victim to finances, relationships, security, or any other outside force causes us to be buffeted around by a whole sea of emotional waves. It gives everything around us responsibility to define our lives. **Move that emotional anchor from outside of yourself to your own heart and soul.** This is called creating an internal locus of control. I worked with at-risk native teens on the Navajo Reservation. Helping a teen understand that they were in charge of their choices and life is a powerful shift. When we take responsibility for our thoughts, our actions and our results, we take responsibility for our lives. *Combining the release of thoughts that disempower, with a focus on thoughts that empower and enliven is the only way to create a life of peace, happiness and success. The only way.*

**The fourth secret is to release the past.**

Understand that the purpose of each experience in life is for our learning, growth and joy. Taking an objective stance above life's experiences without judgment is the healthiest perspective to live from. *We benefit the most from any situation when we objectively look at it and ask, "What worked? What didn't work? What shall I do differently the next time?"* The scale

against which we measure these three questions is our values. As we grow in awareness of our values, we are able to look at any experience in life and see if we have lived true to what is meaningful to us. If we have...great. If we have not, we must do something differently the next time so that we know we are constantly moving into greater alignment with what we value. Assess the experience, determine what changes need to be made, recommit to the values that we care about and create a more joyful and peaceful life.

***Know that shame and guilt only stunt our growth by causing a snag in the process.*** That snag often turns to a block and can cause an all out turn-around because the focus turns from growth to victimization. Guilt and shame are nothing but self-punishment and sap creative energy by the trainload. On David Hawkins's Scale of Human Consciousness he calibrates emotions numerically from 1-1000. Shame calibrates at 20, guilt at 30. It only stands to reason that these emotions act as anchors and are useless.

**The fifth secret is to forgive yourself and anyone else that you feel has wronged you in any way.**

Remember, every life experience is about growth. ***Very difficult challenges are some of the best learning grounds for understanding who we are.***

These experiences are mirrors that show us ourselves. When we go through challenges that involve others it's easy to blame them or wonder why they are "doing" what they are "to" us. This is victimization in full swing. The other people in the experience are there for their own learning. What they learn is up to them and their personal choices. What we learn is up to us.

Causing others to experience or choose to learn is not our responsibility. Focus only on yourself, releasing any inclination to control others.

Look at each experience openly and honestly, having your own potential in heart. Where did you live true to your values? Where did you not? What will you do differently the next time? *Forgive yourself if you have diverged from your values.* Recommit to grow and look for small opportunities to demonstrate to yourself that you are living true to what gives your life meaning. *Forgive others and release them to their own learning.*

**The sixth secret is to release our attachment to the outcome.**

You may wonder how it is that you create success if you are not attached to the outcome. As we create a vision of how it is that we desire life to be, we commit to growth and to the service we give, rather than the outcome. We do have a vision of the destination but are not attached to it happening in only one way. If we attach to it, we are saying to the Creator, “Only this solution will do.” Our vision instead is the image from which we gain directionality and motivation. We move creatively and intentionally in that direction embracing the growth and rich experiences we have along the way.

*Attachment to a single outcome limits our concept of success to a single experience.* If we believe that a single outcome is the only measure of our success, than any experience other than the one we are attached to will lead to disappointment and a plummeting self-esteem. If we attach personal success to a certain car, job, relationship or piece of real estate, then we are

again becoming a victim. Attachment to an object or outcome allows that outcome to define us. It shrinks our unlimited creative and spiritual potential down to the size of a pea and separates us from others and our Creator.

The **best example** I can give of this is a trip I recently took to the Bahamas for my brother's wedding. It was a lovely barefoot event on one of the only pink sandy beaches in the world. I had imagined it for months. I love the ocean and was so looking forward to relaxing on the beach, feeling the sun on my face and listening to the sound of the surf. Just days before our departure a hurricane crossed the Florida peninsula leaving devastation in its path and the Fort Lauderdale to Bahamas flights cancelled. The hotel we had stopover reservations at had lost most of its roof and south Florida was without power, water, food and under curfew. Our Bahamian resort was thankfully unscathed.

Through a tremendous amount of strategic planning on my brother's part we found rooms in the only city block in Miami that had power and waited to see what would happen with the flights. The Fort Lauderdale airport opened for partial service the day before our scheduled flights. We flew in and spent a quiet evening at one of the only hotels on the southern peninsula that had power, water and a limited menu. While standing in the line at security the next day we heard story after story of people who had camped out in hotels with no water or electric and hadn't eaten for 24 hours. We were grateful.

We arrived later that day at our destination, weary from the adventure but happy to be in the Bahamas. While there, the trailing edge of another hurricane blew up several days worth of gale, covering the steps to the beach

with sand dunes and drenching us with torrential rain. Surprisingly, the clouds opened up on the day of the wedding giving us a spectacular sunset as the backdrop for a touching event.

Had the success of my experience been attached to a beach chair and sun tan I would have missed the precious time I enjoyed with my family in still, one of the most beautiful places on the earth. My days were filled with the friendliness of the Bahamian people, the closeness of my family, the power of the wind and the bounty of the rain. It wasn't how I expected it to be. It was better because it gave me a chance to see that I was peaceful and happy wherever I was, no matter the circumstances.

The crowning glory came when on the last day I watched a double rainbow appear over the ocean and cast the most amazing iridescent orange/pink on the ceiling of tropical clouds that stretched from one horizon to the other. It was the most vibrant and breathtaking sunset I have ever witnessed, lasting over 30 minutes. I watched as other resort guests stood stunned by its beauty and length. Without the storms, I would never have had that experience for there would not have been the clouds or the tremendous gratitude I felt for the peaceful and brilliant gift. I'll never forget it.

**The seventh secret is to understand that every result in our life begins with our thoughts.**

When we understand that thought originates every effect in our life, then we see just how important the secrets we've discussed truly are. Mike Dooley,

author of *Notes from the Universe*, describes this concept brilliantly as a hall of mirrors. He says that life is like walking down a hall of mirrors. The images the mirrors reflect back to us, as the events of our lives, are a result of our thoughts. “Thoughts are things.” he says, “Choose good ones.”

Next, we *create the vision* of what we desire in our lives and use this framework of empowering thoughts to support our getting there. The focus of energy and belief on that vision causes us to take action to support its creation. This can be a large shift in thinking because many are raised to believe that their current results determine their future results. This is like believing that your current checking account balance determines your future financial success. Bob Proctor terms this “**The Self-Fulfilling Cycle of Doom**”. When people are stuck in this cycle they believe that they will continue to create more of what they already have. This gives complete responsibility of their lives to outside influences. It’s another form of victimization.

*Contrast this with opening your mind to the idea that your thoughts create your future results. Release fear, guilt and shame knowing they no longer serve you in any way. Replace them with thoughts of forgiveness and courage. Know that this is a process of growth. Forgive yourself if you see that you have slipped back into old thought patterns and recommit to living to your greater potential.*

*Create a vision for your life that embodies both the dreams you have always wanted to create and the use of your talents in service to humanity. Revisit that vision often and act daily on creating it in large and small*

*ways, believing always in its arrival. Feel the energy of this shift to a more meaningful and empowered focus. Enjoy each moment, noticing how much more spontaneous, adventurous, and joyful you are. Release any attachment to a specific outcome knowing that the purpose of a goal is to motivate you to grow and experience more of your unlimited potential. Know with certainty that the inspired forces around you are helping to create the best outcome for your vision. Love the learning, the peace and confidence you have gained. Your life is full of purposeful action and success. You feel inspired and creative and marvel at how much more connected you are to your own magnificence, to others and to your Creator. Breathe a sigh of relief and gratitude for knowing the difference.*

## **This is what I term inspired success.**

To begin creating the life you have always dreamed of, download a free copy of this life-changing article at <http://www.fulfillyourpurpose.com> . Accept it as Margaret's gift to you. Use the information to help you create the life you have always dreamed of.

Margaret Merrill is the author of "*Live the Life You Love: Discover Your Purpose and Live It With Intention*" She coaches individuals worldwide on purpose discovery and the creation of successful purpose driven projects.