

25 Instant Insights & Tips
for Creating More Success Naturally in Your Life



For busy, quality-focused individuals who have decisions to make and actions to take
and want a way to make their life better – more quickly, easily and authentically

Part of the “Self-Mastery for Success” Series by Sandi M Neilson

With Compliments

Welcome to Instant Insights for More Success Naturally

Following is a series of success insights and tips that have come to me like they have from those who shared them with me as part of the universal matrix for successful living. Their application have been tried for many before me and will continue to be used by those other success seekers who know that self-mastery happens when you trial and test only that which feels authentic to you. I have personally tested each one of them for their ability to be easily applied (even if it does take a level of dedication to be included as well) and I have shared them personally with many many others because of the sheer logic and common sense that brings about more success naturally. Not all will be a perfect fit for you so choose the ones that fit best and use them again and again and again until they are superseded by more powerful means that you find. Like those before you, you may also find some of these age old insights and tips will support you for the rest of your life.

Give one or two a go and let me know how you get on. I'll be happy to answer your questions on anything here - [simply send me your question](#). Be sure to quote the Instant Insight number so I can answer your question more specifically.



A handwritten signature in black ink that reads "Sandi M. Neilson". The signature is written in a cursive style with a horizontal line underneath.

Sandi M Neilson

Success Questrist – Life Guide – Business Coach

Instant Insight 1 for More Success Naturally

Insight: For more of what you want to come into your life including any sense of well-being like happiness or satisfaction - there must be room for it to come in.

Action: Clear out physical stuff as well as outdated habits, attitudes and beliefs on a regular basis to make way for the new that you desire.

Instant Insight 2 for More Success Naturally

Insight: Having a budget for anything:- a holiday, new car, business venture, general day to day living is less about the dollars and cents and more about your deepest desires and dreams and your attitude and beliefs about your life and what you believe you deserve.

Suggested Action: Consider a budget as your personal financial plan. btw - all financial plans are simply roadmaps to a destination. Personal financial plans are therefore roadmaps to the place you love best - where you love to be at home with your desires and dreams that make your heart sing!

Instant Insight 3 for More Success Naturally

Insight: To create win-wins with people who are always telling you what you should or need to be doing, simply respond to them by saying "That's one way to I am choosing to...."

Suggested Action: Next time you are tempted to tell someone what they should or need to do - ask yourself what is the real motivation behind you telling them this or that directive.

Instant Insight 4 for More Success Naturally

Insight: You can never have too many friends!

Suggested Action: Create a new friendship today - it may last a lifetime!

Instant Insight 5 for More Success Naturally

Each month write a list of all that is worrying you. This helps you to take all that de-energizing mind chatter out and have a good airing and lets you face all your worries more truthfully. Read your list outside in the fresh air just once through. Some on your list will seem very real to you, some will seem a little absurd but still real in some way to you yet nothing really to worry about and all the variations in between. Choose 1 worry to address for the month, no matter how small, (make an appointment of one hour with yourself to handle this worry even if it is just taking one small action or step towards its resolution). Destroy the list once you have made that appointment with yourself. Repeat this technique each month. In time you will find the cleansing effect of this technique helps you to think more clearly about not only your worries but other situations as well. You might even find your list gets smaller and smaller over time. Surprisingly, there are people who don't worry at all!

Instant Insight 6 for More Success Naturally

Before starting any task, project or activity - no matter how small or commonplace - pause for 17 seconds and consider what outcome you are seeking and hold the feeling you want to have that is attached to outcome. This lets the feeling resonate more strongly with your heart so you get more pleasure in your day even from doing the tasks you might not like doing.

Instant Insight 7 for More Success Naturally

Insight: Opportunities present themselves in all sorts of ways.

Suggested Action: Be open to opportunities by keeping an open mind today. Sometimes opportunity knocks softly or is more distant than right under our noses or feet!

Instant Insight 8 for More Success Naturally

Insight: We are all creative - we just express it in different ways!

Suggested Action: Schedule one hour to be creative, your way, once a week. This lifts your energy levels and feeds your heart and soul - the benefits cross over into all areas of your life.

Instant Insight 9 for More Success Naturally

When you say you are stuck **WASH** it away.
Simply ask yourself: Am I stuck because:

I **Want** to know What to do first?
My **Assumptions** are in the way of action?
I'm **Scared** to do the What?
The **How** is what I'm not sure about?
Clarity is a great action trigger!

Instant Insight 10 for More Success Naturally

Just as in life - you pack your groceries the same way - put the biggest and most important things in first and let the other things nestle in alongside.

Instant Insight 11 for More Success Naturally

The starting point in any relationship, personal or otherwise starts with trust. That includes yourself. What do you trust yourself to do, have and be?

Instant Insight 12 for More Success Naturally

Living by your values is a lot easier than you think and makes you feel more **YOU** and be happier. You simply need to know them first and then align your decisions and actions to them.

Instant Insight 13 for More Success Naturally

When doing any task no matter how menial or unpleasant for you, focus not on what you are doing but how you are doing it. Watch yourself doing the doing and be prepared to be amazed at what you discover.

Instant Insight 14 for More Success Naturally

Good communication has an element of habit about it. Get in the habit of being a good listener first. This is a habit that repeatedly is practiced by highly effective, happy and successful people - seek first to understand before being understood.

Instant Insight 15 for More Success Naturally

Intuition: Your intuition is powerful, a tool at your disposal always. It is your inner teaching that guides you and will never lead you astray. The voice of your intuition is a higher intelligence that is quieter and more subtle than your normal internal dialogue. Anything it wants to teach you will be told through a sense of knowing that isn't represented in words. Practice quieting your thoughts right down to strengthen your intuition. It is like a muscle, to be strong it needs to be exercised and used often. Trust the benefits are worth it.

Instant Insight 16 for More Success Naturally

If you had a piece of equipment that wasn't performing it's best - you would have it checked out - yes? (Money resources permitting.) So what about yourself - if you aren't performing to your best physically, emotionally, or mentally - don't you owe it to yourself to go and see an expert?

Instant Insight 17 for More Success Naturally

Handle Small Tasks Now. When faced with a task -- any task -- you have a choice, handle it now or handle it later. If you have planned your day well enough there will always be time to handle small tasks straight away. (Too many people underestimate the time it will take to complete something because they never given themselves practice at completely completing the small tasks in their life. Anything that will take less than 3 minutes to complete deserves to be completed straight away. The energy lift you feel when you do this can carry you on to the next task at hand.

Instant Insight 18 for More Success Naturally

It doesn't matter if you are a wage earner or a business owner the same rule applies. Who pays for you to live is the customer of the enterprise or organization you are associated with.

Instant Insight 19 for More Success Naturally

Insight: You are unique and very special. How can such a statement be true no matter who reads this? Because never has there been and never will there ever be someone JUST LIKE YOU. Your special and unique blend of talents, qualities and gifts you bring to this world are like no other - no one else can ever match what you have. No one else can do what you do, be who you are and have what you have in exactly the same way that makes your uniqueness shine.

Suggested Action: Remind yourself often of this and stand in its truth - even on the days that it may not seem easy to do. The world benefits greatly when you do.

Instant Insight 20 for More Success Naturally

Some are wired more intrinsically to be connected to others but we are all wired to be connected with ourselves - our whole self. Spend time with yourself and your self, on your own to create a full connection with all parts of you. Like any relationship to be worthwhile there needs to be quality time and quality put in for rewards that are enriching.

Instant Insight 21 for More Success Naturally

Insight: Taking an Information Vacation is one of the quickest ways to lighten your load. Trust that you won't miss anything when you unplug for a day, a week or a month. There is so much available today there is no need to feel the fear of missing out. When you trust yourself to be open to just the right information coming available just when you need it, you can give yourself minutes perhaps hours in your week. And these add up to months in your lifetime. Feel the release when you listen to your own intuition or music and not get bogged down with being on the information highway all day.

Suggested Action: Turn off from the newspaper, the radio, the tv and the internet and only read emails from people who are wanting your expertise. Try it for a day, then two and don't go back and check yesterday's news, there heaps more coming in tomorrow!

Instant Insight 22 for More Success Naturally

Working is important - play is even more important - it helps keep the feel-good factors racing around your body. So simply make your work your play and feel-good all through your day!

Instant Insight 23 for More Success Naturally

Handling Tasks: If a task requires thought, planning, research or can't be handled in under 3 minutes, put it on your "success" list to do at another designated time. Success lists are more likely to be completed than actions lists or to do lists because Success lists are written as if the task is already complete. Writing down your commitments in this way sub-consciously triggers the problems solving part of your creative brain to go to work and figure out a way out have this part of your life solved. Yes your brain wants you to succeed more than anything - use it to accomplish more in your day more easily and more naturally.

Instant Insight 24 for More Success Naturally

Create Catch-Up Times to Lift the Success in Your Day. Even if you normally handle quick tasks in the moment, when you're working on something important, rather than interrupt your work, it's better to keep a running list of tasks to do later in block times. Schedule some "catch-up time" preferably every day or two devoted strictly to handle the items on this list. This chunk of time can be as long as a half-day or as short as a half hour, but it's a crucial element in staying caught up and eliminating further procrastination. Scheduling and using catch-up time gives you a fresh start for the rest of your day.

Final Word...

If you've enjoyed this material, and would like to deepen your own self-mastery feel free to download more resources at <http://www.sandineilson.com/gifts> . If you are ready for a more personal approach and ready to invest more into understanding more about the true you to give you a higher quality of living and type of life you truly want, then please contact me through <http://www.sandineilson.com/get-in-touch.htm>

Instant Insight 25 for More Success Naturally

There are hundreds of ways to create a successful life, but only a handful that are naturally right for YOU. This means that you can use many many different ways to create your successful life but many you will find are either not sustainable for you or need a lot more resources from you to be successful for you. These resources can be in terms of money, time, effort or energy or any combination of these. By taking time to get to know yourself at a level that supports you to be your best self you help to find out what successful ways will work just for you. Not only this you can say no to all the other ways that just aren't right for you. The freedom in this is immense. You no longer have to make excuses, you can simply tell yourself (and others if need be) that you know that a particular way isn't right for you and you choice another way that is better for you. Take your time in identifying your highest skills, qualities, gifts, talents and passions. Get to know your dreams as well. If you don't know these how will you ever know you are using the best of you and getting closer to where you are truly wanting to be.