

# Become your best YOU step-by-step



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**Take responsibility of your life. Will you follow this step-by-step guide tp become the best that you were meant to be and to have maximize positive impact on people around you?**

*Warning: Reading some the content may upset you. By human nature we want to stay in our comfort zone. We do not want to consider/ adapt new things that go against our current convictions. That can be upsetting or frightening. But many of our beliefs may be not (fully) correct, holding us back from becoming better, stronger people and achieving more in life (for ourselves and for others).*

Sometimes a doctor needs to prescribe bitter medicine or painful exercises to help a person (re)gain better health. This article offers a hands-on, practical, step-by-step workout plan to become the best you can be and enjoy a better, more successful professional and personal life.

**The ugly truth: You are the result of your own thoughts, own decision and own actions. You have nobody else to blame. Even, if life has dealt you a bad hand, it is still up to you to play it well.**

While many self-help-gurus may just try to pump you with feel-good-messages (and maintain your current, less optimal situation), I want to help you reach more of your full potential to have a more meaningful life and contribute more positive value to society. Let's face it: People have been whining and complaining about their external circumstances for centuries. But has that attitude helped? No! They died complaining. Taking a victim mentality will not help us. We can take control of our lives. Otherwise, other people will (selfish bosses, domineering spouses, unqualified politicians, etc.)

**Good news: Never in human history have we had so many opportunities. You are blessed. And that puts even more justified expectation on you to make something great out of your life!**

In todays' Internet age, it is all about knowledge and insights. All is readily available on the Internet. Everybody has a chance to succeed. Everybody, who is willing to make the effort of continuous, focused learning. Certification and degree programs available a no/ little costs. There is now excuse!

## **It starts with desire and passion**

You are not a coincidence. Your parents may have not planned or wanted you. But you are not an accident. God created you for a purpose. And for this purpose, He has given you unique talents and gifts. Identify what is dormant in you. You can often recognize your talents and potential strengths in the areas where you are passionate about.

No, you should not pick your career according to what makes most proud your parents, friends or relatives! No, you should not decide your field by the money earning potential. Identify instead where your heart is. What would you do, if you were free to decide? There is no field, trade or ambition less worthy than another. Imagine the football star Messi had tried everything to be a doctor. He may have become one, but he would have never been as fulfilled as when using his God given talent of playing astonishing football. And the world would have missed out on incredible dribbling and goals...

## **Do not copy others. Just become the best that you can become!**

You are not measured by other people. You are measured by how you use your God given talents and gifts. It is like in a movie. People are assigned different roles. You are judged by how well you play your role, not by the actual role. Somebody playing the role of a king is not better than playing the role of a mother. It all matters how you play your

assigned role!

### **Determine what you want to achieve in life**

We are created as beings to personally grow and achieve worthy things that contribute to society. Not learning, not growing leads to stagnation, decay and ultimately death. No person can be mid/ long-term happy not growing. That is why rich kids when they are spoiled grow very unhappy. Their rich parents have stifled/ eliminated their reasons to grow. But without growth unhappiness and depression set in. Drugs, alcohol, and other vices are used to fill the voids. It is your life. Make up your mind. Only you can ultimately decide what you want to do in your life. Nobody should and or has responsibility to decide for me. You only have one life. Do not settle. Do not waste your life!

### **Decide to leave a legacy**

Make sure that your purpose is bigger than you. You can ultimately live a meaningful life when you positively impact others and help make this world a better place!

### **Set clear, specific, timely goals to achieve your purposes in life**

If you are not willing to spend time to write down your goals, you demonstrate you are not interested in your own life success. You demonstrate a lazy attitude, unworthy for the life that you have been given. If you do not want to succeed for yourself, then at least do it for others. Identify a cause to help other people. While serving people you may find a reason to live and plan your own life. Sometimes traveling helps to get your mind free.

### **Cover all key areas of your life**

Cover five main areas of your life: Physical & Mental Health, Profession, Family & Friends, Spiritual, Financial. The key is balance. It does not help to focus all efforts on career, while losing your family or dying a premature death.

Think also about the spiritual aspect. You may decide not to believe in God, but there are spiritual laws at place that go beyond the physical laws such as love, intuition, instinct, spiritual experiences that can have a powerful impact of your life. Millions of people draw great guidance and strengths from their personal relationship with God.

Beliefs & Values interlink with the spiritual area. REFER TO RELATED ARTICLE BY SAME AUTHOR.

Develop key goals for each area for the next 5 years. Align those goals. Break down long-term goals into short-term goals.

### **Plan your life – Monthly, weekly, daily**

Break your goals into manageable tasks. Create a task list each morning or at the night prior.

### **Take action!**

In the end, success is all about actions! Without actions you are just theorizing. Without strategizing, planning and setting goals, actions, however, remain unfocused efforts that accomplish little. These two sentences indicate who will be a winner and who will be a loser in this world.

### **Persist!**

Life is a marathon. The sprinters will not reach the finish line. Run at a steady pace. Do not stop. Move forward every day. Quitters become losers.

### **Learn from your mistakes**

It is a sad fact that history repeats itself as people are simply too lazy to analyze previous actions and learn from them. Successful people do not only learn from their own mistakes, but proactively observe the behavior of other people and analyze why they succeed or fail.

### **Continuously learn and model successful people**

You may decide to learn by own trial and error, but this is a very ineffective, painful and frustrating way. Winners learn from other people who have demonstrated great success. They want to know to how these successful people accomplished their success.

Modeling step-by-step what the successful people did we can reproduce the same success.

### **Adapt and be flexible!**

The world is full of change. Good news: Change means life. No, change means stagnation and leads to death! But change forces us to adapt and reevaluate our own beliefs. As the world changes, so we must adapt our thinking. Science (that so many trust so much) has revised itself so many times over the centuries and even last decades that many "facts" and "self-evident assumptions" have turned out to be completely wrong.

Unfortunately, change requires effort and willingness to give up on previous convictions. This hard, but necessary. It

makes the differences between winners, who progress, and losers, who stagnate and fall behind.

We must constantly revise and update the maps of how we interpret the world. Sadly, many people use outdated maps that they developed in childhood, teenage years, or many years ago. The consequence of outdate maps are conflicts with reality and less successful, less harmonious life.

### **Take control of your emotions, feelings and maintain a healthy mind**

Many people in developed countries are increasingly suffering an alarming state of mental unrest. We blame it on stressful life, pressures, bombardment of news. While all those factors can have an impact, we are responsible of how we deal with it. We may not be able to change any of these external circumstances, but can control how we expose ourselves, what we take in and how much time we spend on things. We can decide what content, images and sounds we allow to penetrate our brain.

### **Assume responsibility. Eliminate blaming other people & circumstances**

A source of frustration and victim mentality is to dwell on things that are totally out of our control. We cannot change the entire world (such as wars, natural catastrophes and other tragedies), but we can make a positive difference in our immediate surroundings and the people we are/ get in direct contact with. Focus on what you can do instead of what should be done by others.

### **(Re) take control of your thoughts**

Control your thoughts. Some people find it impossible, because for many years they have let their minds wonder. But each normal person can control his/ her thoughts. It may be hard work, but it can and must be done.

Here and eye opener: You are today the results of your own thoughts! By your thoughts you spoke words, decided and acted. As nobody thought your thoughts, you are fully and only responsible for who you are today!

This may be shocking, as you may have blamed other people and circumstances for many years for your failures, negative emotions, and situation in life. Not, everything good you see in yourself, is the result of your own good thoughts. And everything negative that you see in your life, is result of your negative thoughts.

The good news: As you may have stifled and damaged your growth throughout the last years, you can positively change by thinking good thoughts. Taking control of your thoughts is initially hard, takes self-control and persistence, but is possible and can generate a much more positive life for you (and people around you).

### **Network and build powerful people relationship**

In our complex world nobody can know everything. We are dependent on information, special knowledge, resources, capital and support. Many people with exceptional capabilities remain unknown and unsuccessful, because they try to do too much by themselves. An African saying states: "If you want to go quickly, go alone. If you want to get far, go with other people."

### **Celebrate your progress and successes**

As you human beings we are created for growth. When we do experience accomplishment and joy. Reward yourself for your progress and others you helped you.

### **Let us pay the price or shut up!**

The above principles lay out how you can become (even) more successful, reach more of your personal potential and have a greater positive impact in this world. Like for everything valuable in life, there is a price to pay. You have to pay this price upfront. Like you have to sow first, before you can harvest. Are you willing to pay in effort and pain what is necessary to achieve your goals? If not, then decide so and settle for (much) less. But you cannot have both.

This step by step guide can really help you become a better you and achieve your goals. But chances you may not implement it. Because it takes time, effort, and self-discipline. It will require some hard decisions. It will force you out of your own comfort zone. This will be uncomfortable.

### **Whining is not an option. What will you decide?**

Complaining and blaming other people or circumstances about missed opportunities or failures, does not help anyone. You can and must be responsible for your life. Successful people before us were doers, not whiners.

Each of us decide how far he/ she goes by the willing to apply key success principles and pay the price of pain to move with persistence and humble attitude toward the goals that he/she has set.

We are all in this life journey together. We all want a comfortable life, but a meaningful life requires effort and courage to challenge ourselves, go through the process of growth and lay aside former convictions that turn out to be no

longer helpful.

**It is your life, your decisions, your consequences!**

My wish is that you can become Your very best and help make the world a better place.

You friend, Alex

*PS: If you found this article helpful and/or it triggered thoughts, feel free to share your insights as a commentary. It may also benefit other readers.*

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**About the Author:**

Alex Steinberg has worked for and advised dozens of multi-national companies and government organizations around the world. He has developed, directed and/ or supported large projects across key industries that have earned awards, CEO praise or other recognition. Alex has translated his hands-on expertise into training and speeches that have benefited hundreds of thousands of people in business and private settings. In his free time Alex serves people in a wide range humanitarian projects; often in difficult environments. To better reach/ serve people Alex has learned and communicated in eight world languages. Alex personal mission is to positively impact 700+ million people in his lifetime.

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