



swart & associates®
HUMAN RESOURCE MANAGEMENT

15 Behaviours That Will Make You Unstoppable in Life

1. Do not think — know and act.

“Don’t think. You already know what you have to do, and you know how to do it. What’s stopping you?” — Tim Grover

Rather than over-analysing and thinking about anything too much, act. Choose to stay attuned to your senses, and with complete trust in yourself, do what you instinctively *feel* you should.

As Oprah once said, *“Every right decision I have ever made has come from my gut. Every wrong decision I’ve made was the result of me not listening to the greater voice of myself.”*

The moment you start thinking, you’ve already lost. Thinking swiftly and acting takes you out of your comfort zone.

2. Do not be motivated by money or anything external.

“Money never leads, it only follows.”

Having nice things is, well, nice. But for you, it’s never been about the money, prestige or anything else outside of you. Take these things away and nothing changes for you. You’re still going to be pushing your personal limits and give it your all. Give these things to you and they won’t destroy you like they do most people.

You know that monetary reward flows from “doing the right thing” and not FOR the money.

That “right thing” might be proffering an exceptional product or service, maintaining credible relationships with your clients or solving a challenging problem for those you choose to serve. You will realise that monetary reward is coincidental to doing the simple things correctly on a consistent basis.

3. Never be satisfied.

“The drive to close the gap between near-perfect and perfect is the difference between great and unstoppable.” — Tim Grover

Even after you have achieved a goal, you are not content. For you, it is not even about the goal. It is about the climb to see how far you can push yourself.

Does this make you ungrateful? Absolutely not. You are entirely humbled and grateful for everything in your life. Which is why you should never become complacent or lazy.

To quote Jim Rohn, *“The way to enjoy life best is to wrap up one goal and start right on the next one. Don’t linger too long at the table of success, the only way to enjoy another meal is to get hungry.”*

4. Be true to yourself.

“What you allow will continue.”

A recent study revealed that approximately 70 percent of South Africans are dissatisfied with their jobs, yet less than one third of these respondents indicated they have actively attempted to secure alternative employment or improve aspects of their current jobs they disapprove of.

Perhaps you are not content with your health status, relationship with your spouse or partner, financial situation or friends you associate with at the moment.

Have the self-respect and confidence to live life on your terms. When something isn’t right in your life, change it. Immediately. It is not selfish, but rather essential.

5. Do not be afraid of the consequences of failure.

“If I fail more than you, I win.” — Seth Godin

Most people choose to stay close to the ground, where it’s safe. If they fall, it will not hurt that bad. But when you choose to fly high,

the fall may kill you. And you are fine with that. For you, there is no ceiling and there is no floor. It is all in your head.

If something goes wrong — if you “fail” — you consider it a learning experience, you adjust accordingly and just keep going.

6. Do not compete with others. Make them compete with you.

“Because he competes with no one, no one can compete with him.” – Lao Tzu

Most people are competing with other people. They continuously check-in to see what others in their space (their “competition”) are doing. As a result, they mimic and copy what’s “working” and then simply attempt to improve on it – which is really only a temporary situation.

Conversely, you have left all competition behind. Competing with others makes absolutely zero sense to you. It pulls you from your authentic zone. So you zone out all the external noise and instead zone in to your internal pressure to produce.

7. Never stop learning.

“If it is to be, it is up to me.”

Ordinary people seek entertainment. Extraordinary people seek education and learning. When you want to become the best at what you

do, you never stop learning. You never stop improving and honing your skills and knowledge.

Your unparalleled preparation is what gives you power. No one else is willing to pay the price you have paid and will always pay.

8. Take complete responsibility when you screw up.

“Implementing extreme ownership requires checking your ego and operating with a high degree of humility. Admitting mistakes, taking ownership and developing a plan to overcome challenges are integral to any successful endeavour.” —Jocko Willink

No blame. No deception or illusion. Just the cold hard truth. When you mess up, you own it. And as the leader, you take full responsibility when your team fails.

You know that only with extreme ownership can you have complete freedom and control. You also know that this is what distinguishes you from 99,9% of the crowd.

9. Surround yourself with people who remind you of the future, not the past.

“Show me your friends and I will show you your future.”

When you surround yourself with people who remind you of your past, you will invariably have a difficult time progressing. This is

exactly why we get stuck in certain roles from which we cannot seem to break free from (e.g., the shy person or unappreciated spouse).

However, you know that by surrounding yourself with people who you want to be like will provide you with a fresh slate, an opportunity to start anew. You are no longer defined by your past, only the future you are creating.

10. Choose simplicity over complication.

“If you cannot explain it simply, you do not understand it well enough.” — Albert Einstein

It is easy to be complicated. In fact, most of the research and jargon in academia and business is over-complicated. However, cutting to the core and hitting the truth is hard, because it is simple. As Leonardo da Vinci stated, *“Simplicity is the ultimate sophistication.”*

Very few people will give you the truth. When you ask them a question, it gets mighty complicated. “There are so many variables” or “It depends” they say.

T. S. Eliot said it best, *“Where is the wisdom we have lost in knowledge? Where is the knowledge we have lost in information?”*

11. Never be jealous or envious of someone else’s accomplishments.

“The surest way to be happy is to seek happiness for others.” — Martin Luther King Jr

Being unstoppable means you genuinely want what is best for everyone — even those you would consider your competitors. Jealousy and envy are the ego — which operates out of fear.

The reason you are happy for other people's success is because their success has nothing to do with you.

You are in control of you. And you are different from every other person. There is no one who can do exactly what you can do. You have your own superpower with your own unique ability to contribute. And that is exactly what you are going to do.

12. Take the shot every time.

“Try and you might, don't and you wont.”

You miss every shot you decide not to take. And most people don't want to take the shot. The fear of failure simply paralyses them.

The only way you can become unstoppable is if you stop thinking about it. Just take the shot.

Do not do it only when it is convenient or when you feel ready. Just go and do it and make whatever adjustments you need thereafter.

13. Do not get caught up in the results of your success.

“Complacency is the forerunner of mediocrity.” – Don Meyer

When you start doing noteworthy stuff, there are benefits that can become distractions. It can get easy to “ride the wave” of your previous work.

Keep practicing. Perfect your craft. Never forget what got you here.

You always remain focused on what got you those results: putting in the work.

14. Start before you feel ready.

“The best time to plant a tree was 20 years ago. The second best time is now.” — Chinese Proverb

Most people wait. They believe they can start after they have enough time, money, connections and credentials. They wait until they feel “secure.” Not people who are unstoppable.

Unstoppable people started last year. They started five years ago before they even knew what they were doing. They started before they had any money. They started before they had all the answers. They started when no one else believed in them.

The only permission they needed was the voice inside them prompting them to move forward. And they moved.

15. Do not make exceptions.

“Long term consistency trumps short term intensity.”

Zig Ziglar used to tell a story of traveling one day and not getting in bed until 4 a.m. An hour and a half later (5:30), his alarm went off. He said, *“Every fiber of my being was telling me to stay in bed.”* But he had made a commitment, so he got up anyway. Admittedly, he had a horrible day and wasn’t productive at all.

Yet, he says that decision changed his life. As he explains:

“Had I bowed to my human, physical, emotional and mental desire to sleep in, I would have made that exception. A week later, I might have made an exception if I only got four hours of sleep. A week later, maybe I only got seven hours of sleep. The exception so many times becomes the rule. Had I slept in, I would’ve faced that danger. Watch those exceptions!”

Hence, Zig was unstoppable...just like you.