10 Things You Need to Give Up If You Want to Be Successful

When thinking about how to become successful we often focus on all the things we need to do, but forget about all the things we need to give up. These mindsets or habits that we develop hold us back from achieving our goals, no matter how much we try. Consider what parts of your life that need to demand less of your focus, or that you need to let go completely, so you can have the space to work on your goals and aspirations.

1. Give Up Low Standards

> **"Any time you sincerely want to make a change, the first thing you must do is to raise your standards."** - Tony Robbins

One of the reasons you may not see improvement in your life is because you've accepted less than you deserve. Stop settling for less and demand more. Once you raise your standards, you'll be forced to take action to make things change. Low standards will hold you back forever if you let them.

2. Give Up Making Excuses

> **"If you really want to do it, you do it. There are no excuses."** - Bruce Nauman

When you give up making excuses, you realize that everything you do in life is in your hands. Rationalizing away why you weren't able to get something done is not going to change the fact that you didn't do it. Own up to your mistakes, take responsibility, and accept that you're the only one who can make your success happen.

3. Give Up An Unhealthy Lifestyle

If you don't take care of your body you'll have a difficult time reaching your full potential. Even if you're only focused on intellectual success, your brain and body are deeply interconnected and your brain thrives off of exercise and healthy nutrients. When you nourish and work out your body, you help improve your emotional state and ability to think.

4. Give Up Playing Small

> **"The dangers of life are infinite, and among them is safety."** - Johann Wolfgang von Goethe

Successful people take risks. They don't sit on the sidelines waiting to see how things go. They are in the front lines forging new paths and making moves. They don't wait for permission, they give permission to themselves. Plus, people who play small risk something possibly even worse than failure: ***never giving themselves the chance***.

5. Give Up Living in the Past

Many people have difficult pasts that resurface in their minds to play on repeat, but you have to let go of your past to a certain extent. Thinking too much about the past prevents you from living in the present and giving your all to the moment. Success comes when you focus on moving forward, doing your best to live in the now, and not letting your past hold you back.

> **"You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island opportunities and look toward another land. There is no other land, there is no other life but this."** - Henry David Thoreau

6. Give Up Saying Yes to Everything

When you say yes to everything, you're really saying no to yourself. Becoming successful in life means cutting out all the things that don't support your values and goals.

Consider: What do you really want in life? What do you value? Relationships or career? Health or partying? Where are your boundaries? What takes precedence? Every time you're presented with something new to do, ask yourself: *does this new thing support my goals, or is it just taking time away from the things I really value?*

By saying yes to everything & continually adding to your plate, you end up with too much to do & not enough time or energy to ever really complete anything. Only say yes to a few things so you can really devote time & energy to finishing them at a high standard.

7. Give Up Your Need to Be Liked

Successful people don't concern themselves with what others think of them, or if everyone likes them. They know that not everyone likes them, and that's okay because you'll never please everybody. At a certain point, you have to ask yourself whether you need to please everybody or have self-respect.

A people-pleasing attitude is a sure-fire way to make sure no one views you as genuine. Other people are naturally attracted to people who are honestly themselves.

> **"Being unafraid of not being liked is the best way to be liked."** - Ines de La Fressange

8. Give Up Expecting Fairness

Life isn't fair, but truly accepting it can be easier said than done. Realize that just because you put in the work, just because you're smart or talented or disciplined, doesn't mean the Universe or God or your boss owes you anything. No one owes you anything. Once you accept that, the only course of action is just to keep going and do your best. There's nothing that will hold you back more than feeling entitled to success.

9. Give Up Not Being Yourself

Your superpower is your uniqueness. It may make you feel isolated or unsure because nobody else is like you, but that's what makes you great. That's what will make you successful, so lean into who you really are and embrace it.

> **"Always be a first-rate version of yourself and not a second-rate version of someone else."** - July Garland

10. Give Up Complaining

Complaining is a huge success killer. Every time you notice yourself complaining about your situation, stop and take one action to change things, it doesn't even have to be big. When you're in motion, there's no time to think about how terrible everything is going, you just have to focus on moving forward. The more you focus on the negative, the more negative you'll bring into your life. So stop complaining and start doing.

CONCLUSION

We all have goals in our life that we want to accomplish, but it's important to make sure we're getting rid of our unhealthy mindsets and habits that lead to self-destruction. Once we shake those negative thought patterns, we can grow that much more quickly and see real results quicker than we ever thought possible.