A photograph of three women smiling and looking upwards, set against a warm, golden-yellow background. The woman on the left is in the foreground, looking towards the camera. The woman in the middle is slightly behind her, and the woman on the right is in profile, looking upwards.

My 5 PROMISES

Can Be Your Secret to Success

by **VICKIE L. MILAZZO, RN, MSN, JD**

WHAT WOULD YOUR LIFE LOOK LIKE IF EVERY MOMENT OF IT WAS ABSOLUTELY ENRICHED, FULFILLED AND SWELLING WITH JOY?

Think about it – your health, relationships, career, spirituality and finances are the best they can be and you greet each day with energy and enthusiasm for whatever comes your way. What secret would accomplish that?

The secret to building my multimillion-dollar business is 5 Promises I made to myself 31 years ago. My 5 Promises will unleash extraordinary strengths within you when you make my 5 Promises *your* 5 Promises. The courage to commit to these promises is easily within the grasp of everyone on this planet, including you. When you do commit, they will guide you in achieving your vision and they will fan your flame of success.

PROMISE 1 — I will live a passionate life.

We all know when we discover something we feel passionate about. We feel amazingly energetic. Desire is energy. Have you ever experienced a time when desire overcame all physical, emotional and intellectual barriers? Like a child waking up on Christmas morning, you spring alert full speed ahead. Why can't we experience that passion – that vitality and energy – not only on Christmas, but every day? Believe me, you can. When you wake up every day to a life and career that is your heart and soul, a life and career you're passionate about, you experience maximum joy.

PROMISE 2 — I will go for it or reject it outright.

If you want something better for your career and life, you owe it to yourself to go for it – or reject it outright. Don't leave the dream dangling as a reminder of what you don't have the time, courage or enthusiasm to grab. What are you waiting for to live your dreams? What are you waiting for to have a life of passion? When you get enough money? When you lose enough weight? When your business is perfect? When your spouse is perfect?

Do it or forget it. Don't wait for the conditions to be perfect. That will never happen. It's perfectly okay to admit that a commitment is not right for you and to reject it outright. This is *your* life.

PROMISE 3 — I will take one action step a day toward my passionate vision.

Dreams and visions are great, but without action they are nothing more than hallucinations. Without action your visions vanish and dissolve like clouds. I've met many people much smarter than I who had dreams and ideas but didn't do anything with them. They didn't take action.

Successful people love the action as much as the dream. By taking action every day you develop the habit and discipline to make your vision a reality. When you focus not just on the idea but on making it happen, you stay in motion, not just dreaming your passions, but living them. Make this third promise now – that you will take at least one action step every day for the next 30 days on the big thing that will bring you closer to your passionate visions in a big way.

PROMISE 4 — I commit to being a successful student for life.

Success breeds success. Becoming a success student for life is about practicing the art of success. What's hard today is easy tomorrow – with practice. I've been in my business for three decades, and I still learn every day – from my students, staff members, favorite writers, speakers and business experts. No matter what the subject, there is always more to learn.

Commit today to be a lifetime student and to learn only from successful mentors.

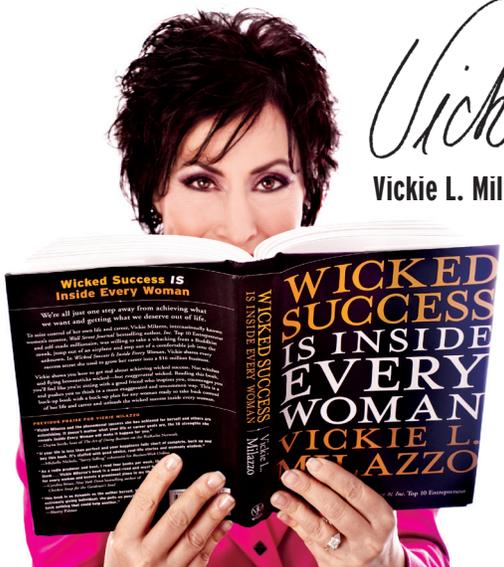
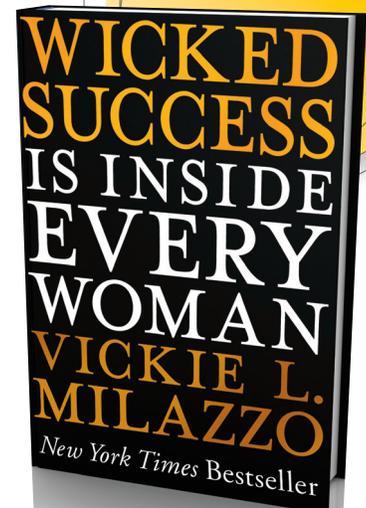
PROMISE 5 — I believe I can really do anything.

Anytime I have hesitated to go for it, it was because I stopped believing in myself. Today, when an opportunity arises and I find myself hesitating, I remember, "I can do anything." I think back to my past success as an RN in the hospital, making split-second decisions that were the difference between life and death for my patients. Then I remind myself: if I could save lives in the middle of the night while the rest of the world was sleeping and a doctor was nowhere in sight, surely I can make sound decisions in my career and life.

Find your own example, a personal or career accomplishment that gives you pride and encouragement, then use it to bolster your resolve. Anytime you're not grabbing the opportunity, tell yourself, "I can do anything!"

This proven life plan works. And it's easy. Start today – and embrace your amazing new life without limits.

ADAPTED FROM *THE NEW YORK TIMES* BESTSELLER,
WICKED SUCCESS IS INSIDE EVERY WOMAN (JOHN WILEY & SONS, INC.)



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