

NOTES FROM: *Unlimited Power*, by Anthony Robbins

SUMMARY: Raising my *standards* has been the key to a lot of my success, and I still remember first reading about this idea in Tony's book.

Raising your standards is about not accepting less from yourself than you are capable of achieving in the areas that are important to you. It means keeping the promises you make to yourself and *never* letting yourself down.

For me it shows up in my physical fitness, my earning and giving power, and my erudition, among other things. For you, it could be something different. But whatever you care about, demand *more* from yourself in that area.

A big part of that is to get down with the idea of how seriously powerful your mind actually is, and then putting it to full use! That's another thing that *Unlimited Power* made perfectly clear to me. There's this massive supercomputer just sitting on our shoulders, 24/7/365, and it can take us pretty much wherever we program it to go.

“Winners have a sense of certainty about themselves and their eventual success.”

“Make a decision not to be less than you *could be*.”

“A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided.”

“You shape your perceptions, or someone shapes them for you. You do what you want to do, or you respond to someone else's plan for you.”

“Raise your standards, and refuse to settle for anything less than what you're capable of achieving.”

“Cut off any possibility except success.”

“Take massive action on your goals. There's nothing else that will get you to where you want to go faster than that.”

“Understanding *state* is the key to understanding change and achieving excellence. Our behavior is the result of the state we're in.”

“Success is simple. First, you decide what you want *specifically*; and second, you decide that you're willing to pay the price to make it happen - and then pay that price.”

“Achievers rarely see a problem as permanent.”

“Raise your helpful beliefs to the level of a conviction.”

“Reinforce changes immediately, and condition yourself to be consistent. Learn something, apply it, repeat.”

“Your mind and body are gardens, and what you plant there will grow.”

“Move your body in the direction you want to go.”

“Put yourself in a state of *determination* instead of trying to push yourself.”

“Go on a mental diet where you cut off every negative influence, every negative thought, everything that's holding you back from where you want to be in life.”

“Focus on the solution, not the problem.”

“Every day above ground is a good day.”

“Spend so much time improving yourself that you have no time to criticize others.”