

THE KEYS TO LIFE SUCCESS FOR YOU



KEY SUCCESS FACTORS OF LIFE

AN INTRODUCTION FOR YOUR JOURNEY

KEY SUCCESS EDGE

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An Introduction for Your Journey

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Introduction

Just as certain elements drive *business success* (see companion e-book), there are fundamental success factors that enable people to live truly flourishing *personal lives*. Based on decades of research across disciplines like psychology, philosophy, science, and spirituality, this e-book outlines seven core success factors for human thriving and fulfillment.

Each factor is driven by guiding principles that turn concepts into actionable steps for well-being. These factors are interconnected parts of an integrated system, as all aspects of our lives interrelate. True success emerges from synergistically developing each area and connecting with other areas of life success.

First we'll explain each life success factor in terms of what it is, then we'll explore it in further depth.

1. **Mind:** Our facility for learning, reasoning, focusing and directing our lives stems from the power of the human mind. Key mind success principles include:
 - Embrace lifelong learning and intellectual growth
 - Engage in reading, classes, new experiences
 - Practice critical thinking and rational analysis
 - Develop strong focus, concentration and mindfulness
 - Nurture creativity, imagination and intuition
 - Seek self-knowledge, self-actualization and wisdom
2. **Body:** The state of our physical body impacts all other areas of life. Key body success principles are:
 - Prioritize quality nutrition and hydration
 - Engage in regular exercise and movement
 - Practice good sleep habits and rest
 - Avoid toxins like smoking and excess alcohol
 - Build physical fitness, strength and flexibility
 - Get regular medical screenings and care

3. **Emotion:** How we experience and process feelings profoundly shapes our lives. Key emotional success principles:
 - Develop emotional intelligence and self-awareness
 - Practice stress management and positive coping
 - Foster optimism, gratitude and positive perspective
 - Express emotions in healthy, constructive ways
 - Develop resilience to life's challenges
 - Cultivate inner peace, equanimity and emotional balance

4. **Spirit:** A sense of life's deeper meaning and purpose transcends material existence. Key spiritual principles include:
 - Connect to a power greater than your individual self
 - Find your deepest values, beliefs and life callings
 - Explore philosophies, meditation, inner reflection
 - Align your life with ethical integrity and principles
 - Cultivate reverence, awe and appreciation
 - Seek personal growth and enlightenment

5. **Relationships** Our relationships profoundly impact life quality and personal identity. Key relational success principles:
 - Nurture authentic intimate partnerships
 - Foster quality family connections
 - Build a supportive social circle of friends
 - Practice empathy, compassion and kindness
 - Develop strong communication skills
 - Find communities, networks and a "tribe"
 - Work on confidence and social skills

6. **Work:** Our work, career or calling occupies a major part of life. Key work principles:
 - Engage in work/activities that inspire passion
 - Continually build valuable skills and expertise
 - Develop professionalism, integrity and strong ethics
 - Maintain life balance and boundaries
 - Connect work to a larger purpose and legacy
 - Create financial security and independence

7. **Leisure:** With all the demands of life, leisure renewal is essential. Key leisure principles:

- Regularly schedule true rest and recreation
- Pursue hobbies, interests, and creativity outlets
- Experience joyful entertainment and fun
- Connect with nature, beauty and uplifting arts
- Travel to new places for novel experiences
- Maintain playfulness and laughter in life

Naturally, each individual will prioritize certain factors based on their values, goals, personality and life circumstances. The key is maintaining a holistic perspective that all factors contribute to a thriving, flourishing life experience.

Just like a business entity, we as human beings are living, dynamic systems with interconnected elements. Systematically cultivating each key factor creates an integrated, synergistic effect. For example, strong spiritual beliefs inform healthy lifestyle practices, fueling positive emotional resilience to nurture rich relationships – which then inspire purposeful work we're passionate about.

Ultimately, living a truly successful life means progressively developing our full human potential in mind, body, emotions, spirit, relationships, work and leisure over our lifetimes. While challenging, this multidimensional pursuit can lead to profound personal growth, life satisfaction and leaving a positive legacy.

The principles and practices we'll explore now can provide an integrated framework for creating a life of ever-increasing fulfillment and flourishing. Let's now dive into each key life success factor in depth:

Key Life Success Factors in Depth

1. Mind: Intellectual Growth

Few things are as vital for living a successful life as continually developing our minds. We must nurture our mental capabilities for learning, reasoning, focusing and wisdom to flourish as human beings.

Engaging in lifelong intellectual growth enables us to expand our knowledge, enhance our critical thinking abilities, fuel our creativity and achieve greater self-understanding. Key principles for mind success include:

Embrace Learning - Maintain a mindset of curiosity where you eagerly pursue new insights and knowledge throughout your lifespan. Read books, take classes, have conversations that stretch your mental horizons. Be passionate about asking questions and gaining greater awareness.

Practice Reasoning - Develop strong skills in logic, analysis and navigating complexity. Don't accept ideas blindly - scrutinize them rationally through the lens of facts, data and critical thinking. Cultivate intellectual humility by changing your views when presented with compelling evidence.

Build Focus - Our ability to intently concentrate makes achievement possible. Continually upgrade your capabilities for deep work, presence and mindfulness. Meditation, reducing multitasking, and distraction management are powerful focus enhancers.

Strive for Wisdom - True wisdom goes beyond just accumulating information to developing deep insight, judiciousness and life perspicacity. Synthesize the knowledge you gain by engaging in ongoing contemplation, journaling and self-reflection. Grow in self-understanding and self-actualization.

Nurture Creativity - Your natural creativity allows you to think innovatively, problem-solve and find novel solutions. Exercise your creativity through artistic and philosophical pursuits, thought experiments, and exposure to inspiring ideas and aesthetics. Be imaginative in your thinking.

Developing our mental faculties fully enables us to live profound, intellectually-stimulated lives where we constantly evolve in our insights and capabilities.

2. Body: Physical Vitality

The state and functioning of our physical body underpins all other areas of life. When our bodies are vital and full of energy, we have a stronger foundation for wellbeing and flourishing in all aspects of our humanity.

In contrast, chronic illness, poor fitness, insufficient rest and unhealthy lifestyle practices inhibit our ability to thrive and actualize our potential. Key bodily principles are:

Quality Nutrition - The foods we consume quite literally build our bodies and power their functioning. Develop eating habits oriented around unprocessed, nutrient-dense whole foods to enable robust

cellular energy, physiological regulation and longevity. Proper hydration is also critical.

Regular Movement - Our physical form was designed for regular movement, not sedentary stagnation. Engage in enjoyable fitness activities like walking, sports, exercise, yoga and active hobbies to build strength, stamina, flexibility and mobility. Movement enhances circulation, endurance and wellness.

Restorative Rest - Ensuring quality, sufficient sleep each night allows our bodies and minds to recover and reset their systems. Manage stress, avoid overstimulation before bed, and establish regular sleep routines. Rest periods during the day like meditation breaks refresh us too. Learn about the [Pomodoro Technique](#), involving taking a 5-minute break after each 25 minutes of activity.

Avoid Toxins - Minimize exposure to unhealthy substances like nicotine, drugs, excessive alcohol and environmental pollutants that degrade our physiological functioning. Protect yourself from radiation, toxins and unhealthy settings.

Medical Self-Care - Be a proactive self-advocate by receiving regular medical screening tests and promptly addressing health issues. Preventative care helps identify and eliminate problems before they become serious. Follow treatment plans diligently.

Follow these bodily principles with intention and you'll experience heightened vitality, resilience, physical capabilities and physiological wellness to thrive in all areas of life.

3. Emotion: Inner Control

How we experience and process our emotions profoundly impacts our thoughts, decisions, relationships and overall human experience. While emotions are normal and can be immensely valuable sources of insight and wisdom, we must also cultivate healthy emotional intelligence and habits.

Principles for emotional success include:

Self-Awareness - Monitor your inner emotional landscape through introspection and self-study. Notice triggers for feelings like anger, anxiety or sadness and how these impact you. Practice mindfulness to identify emotions as they arise without judgment.

Skillful Expression - Find constructive ways to process and express difficult emotions safely like talking to loved ones, regular journaling, creativity outlets, or channeling feelings into productive

projects. Avoid bottling emotions or lashing out destructively. Communication skills enable healthy expression.

Positivity Practice - Consciously cultivate positive emotional states like optimism, gratitude, appreciation and joy. Spend time in uplifting environments, mind your "self-talk", connect with inspiring people and philosophies. Reframe challenges positively.

Emotional Resilience - While all emotions arise naturally, build skills to temper extreme emotions, self-regulate and recover equilibrium. Develop supportive relationships, use breathing/relaxation exercises, gain perspective through life experience.

Equanimity - Ultimately, wisely disengage from emotionally overidentifying or struggling against emotions, and instead strive for inner calm, acceptance and peace of mind. Don't resist feelings - allow them to rise and pass naturally. The average emotion only lasts about 90 seconds if you just let it pass rather than dwelling on it or pushing against it. Find your unwavering control center.

Emotions color our lives - the key is to feel fully while maintaining perspective, balance and intentional responses. This allows us to tap emotions' wisdom while avoiding being overwhelmed or making rash choices.

4. Spirit: Meaning and Purpose

We are not just intellectual and physiological beings, but spiritual creatures seeking profound meaning, truth and living from a centered sense of life purpose that transcends material existence.

Key principles for spiritual actualization:

Seek Universal Truths - Explore philosophies, religions, mysticism and humanity's eternal questions of origin, identity and life's significance. Study teachings, texts and contemplations on who we truly are and why we exist. Find what resonates with you.

Live from Core Beliefs - Articulate what you fundamentally believe, what you understand life's meaning to be based on your deepest sources of truth and contemplation. Let these core beliefs guide your ethics, priorities and decisions.

Connect Deeply - Whether it's a conception of a loving God, a divine Source, the miracle of Nature's creative power, or a yogic unity with all Existence, commune deeply with that which transcends yet permeates all reality. Develop practices to experience that connection.

Align with Purpose - Discern what you understand your unique purpose or calling to be, the reasons you walked this earth. Realign your life path, energies and efforts in service of that purpose. Leave a meaningful legacy.

Find Reverence - Make time for awe, wonder, reverence and appreciation for all that life, existence and your spiritual truths embody. Let go of distractions to directly experience beauty, sacredness, gratitude and mystery.

Our spiritual nature sets us apart from purely physical or intellectual existence - we have vast inner lives, souls that sense profundity, moments that stop us in our tracks. Nurturing our spiritual selves leads to truly fulfilling life guided by our deepest truths.

5. Relationships: Connection

Human beings are fundamentally relational creatures - the bonds and connections we cultivate ultimately give our lives richness, sustenance and meaning. From the moment we're born, quality relationships profoundly shape who we become.

Key relational principles include:

Nurture Intimacy - Our primary connections like love relationships, marriage, family and close friends provide our deepest sources of intimacy, acceptance, belonging, and support. Prioritize investing time, vulnerability and care into nurturing these core connections. Show how much you care.

Expand Your Circle - While a few close ties anchor us, also work at expanding your larger social network and sense of community. Quality relationships are key sources of opportunity, social health, mutual growth and collective empowerment.

Practice Presence - In our digital era of constant busyness, being truly present for others is a rare gift and sign of caring. Give loved ones your full presence by removing distractions, listening empathetically, and being emotionally available.

Embrace Service - Part of connecting is transcending ourselves beyond self-interest to be of service to others, our communities and causes greater than ourselves. This expands our identities and life purpose/legacies.

Foster Understanding - Bridging divides, seeing other perspectives and deeply understanding others is critical in our polarized era.

Deepen your empathy, suspend judgment, have courageous conversations and walk in others' shoes.

Cultivate Love - Ultimately, open your heart to fully giving and receiving love in all your bonds, embracing all of humanity in the shared experience of our connective spirit. Approach life and relationships from this highest frequency.

We aren't solitary creatures but part of vast living networks giving and receiving energy, support, identity and life-force from one another. Thriving depends on nurturing healthy, meaningful relationships.

6. Work: Fulfillment and Impact

For most of us, our work is one of the areas to which we devote much of our time, energy and life force. Beyond just earning a living, our careers provide a core means for fulfillment, self-actualization and positive impact.

Principles for finding work success:

Find Your Passion - Explore until you discover the work that taps your greatest natural interests and abilities, energizing flow-states, and sense of life purpose. This passion will sustain you despite difficulties.

Develop Expertise - Dedicated practice, continual skill-building, daily reading, professional workshops, and intellectual growth ensure that you develop true expertise and extraordinary capabilities in your chosen field or fields. Become an expert in your field, worthy of high value.

Uphold Ethics - Maintain integrity, honesty and strong moral/ethical principles in all your work. Operate sincerely from values, building trust and making impact compatible with your beliefs and priorities.

Embrace Balance - While work dedication is vital, avoid sacrificing other essential life areas like family, rest, health, leisure and relationships on its altar. Retain holistic balance and boundaries for sustainability.

Master Integration - Your true life's work doesn't exist in isolation from your greater self. Integrate all your skills, experiences, interests, knowledge, relationships and resources into a synergistic whole. Align it with your total person.

Leave a Legacy - Let your totality of work and contributions transcend just you. Shape your work to improve systems, empower

others, solve big problems and create sustainable value that impacts humanity.

When we approach our work with full passion, ethics, balance, integration and legacy-orientation, it elevates from just a job to a calling that taps our highest talents and service. Fulfilling work becomes a joyful place to invest our life force.

7. Leisure: Joyful Renewal

With the demands of life, work, obligations and goals always looming, it's essential we build slack into our lives for joyful leisure and rejuvenating renewal. This re-creation replenishes our energy reservoirs and rebalances us:

Schedule Real Breaks - Intentionally schedule time wholly disconnected from work, responsibilities and routines. Unstructured free time to recharge physically, mentally and creatively. Have idle space to let inspiration and insights arise.

Embrace Hobbies - Discover outlets purely for exploration, play, self-expression and following your muse. Unleash your inner artist, maker, adventurer, athlete. Cultivate unique interests for passion's sake and allow new facets of yourself to emerge.

Enjoy Delight - Make time to experience pure delight, silliness, jokes, parties, laughter and fun. Life is hard enough - find excuses for frivolity, amusement, thrills and laughter to lighten your load. Laughter really is good medicine.

Connect to Nature - The great outdoors provides boundless space for adventure, serenity, reflection and beauty. Camp, hike, garden, climb, observe wildlife, immerse yourself to re-attune to Earth's rhythms.

Absorb Art/Culture - Be inspired by immersing in great art, music, films, theater, novels, creativity. This expands your perspective, connects you to humanity's dreams and nurtures your soul.

Travel and Explore - Seeing new places, cultures, foods and wonders awakens your awe and reminds how big and incredible the world is. Travel for adventure, impact your perspectives, and infinite novelty.

True leisure satisfies our need for play, reverie, and pure delight that balances out life's work and obligations. It rejuvenates us for the rest of life's journey, clearing space for spontaneous creativity and purity of joy.

Living a truly successful life blends and integrates each of these key factors into a richly woven tapestry of multi-dimensional thriving. As we progressively actualize our full potentials, we grow into our most authentic, enlightened and fulfilled selves.

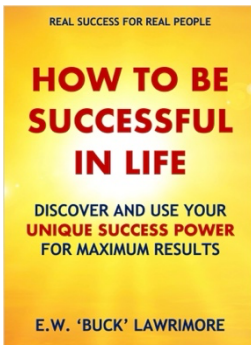
While different factors will take precedence in each of our journeys depending on our circumstances, needs and callings, ultimately becoming whole requires nurturing all of mind, body, emotion, spirit, relationships, work and renewal.

Neglect even one factor, and our growth gets stunted. But synergizing these factors through deliberate lifelong practice enables the compounding benefits of human flourishing to multiply through all facets of our existence.

Though life's path is challenging at times, making the investment to live by these principles leads to fulfilling results such as profound joy, meaning, reverence and positive impact.

The full embodiment of thriving across all life dimensions - that is the true measure of success.

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To explore life success factors in more detail, check out the award-winning, 5-star book, *[How To Be Successful In Life: Discover And Use Your Unique Success Power For Maximum Results](#)*, by Key Success Edge founder Buck Lawrimore, available in all formats on Amazon.com at this link:

<https://amzn.to/3VzfTAY>