

How to Raise your Standards?



Do you want to improve life? Do you want to make this year work for you? **You Must Raise Your Standards.**

What we shall cover today:

1. Why must you raise your standards
2. The consequences of raising your standards and
3. The areas you should look at as you to raise your standards.

The moment you raise your standards everything changes. You are going to **feel better**, you're going to **attract better business** and you're going to **have better output** most importantly life is going to be much more enjoyable.

Why is it important?

Everything changes when you raise your standards. There is a saying I follow; how you do anything is how you do everything. If you raise your standards, then everything else has got to change. Raising your standards means, you're going to challenge yourself to step up your game in everything that you do.



What are the consequences?

1. There're going to be a few people who are not going to get it **so you're going to have to lose some of them**. They're just going to get uncomfortable because you have raised your standards. Why? You're looking to be better and there're certain people who are naturally uncomfortable with that and, you have to be aware of that.

If you raise your standards and people are a little bit negative about it, it's okay because when you raise your standards to the next level, it is less crowded up here and, you are going to leave a lot of people at the bottom. But guess what, it's okay because at the top, there so many other quality people who are raising their standards.

2. It's **going to be uncomfortable**. Uncomfortable because you are going to have to do things that you haven't done before and you are going to have to go places you haven't gone before.

3. You're going to begin to **enjoy your life a bit more**. You're going to feel better when you raise your standards most importantly, you will build momentum. One of the most important things you are going to do for yourself this year to appreciate what you are doing is, the power of progress. The more you progress, the more you have momentum, the better you are going to feel and the more you are going to do.

The 4 areas to consider in of raising your standards

1. Raise your standards in your health.

You got to have extreme focus on your health. You cannot sustain your message if you are not healthy, don't have stamina and the energy to outwork everybody else. For you to get where you need to go, you got to put in the work, you got to work harder and you got to push longer hours. You are not going to be able to do that if you are not feeling vibrant.



One of the greatest killers of progress is if you are feeling tired, fatigued and unhealthy. The moment you are feeling like that, nothing happens. You got to work on your health. One of the things I decided this year is, am going to be fitter than I have ever been ever before.

What are you going to do for your health? Look at your meals, look at how much you are resting, how much you're hydrating. Drinking water is boring but it's important, you got to be hydrated to be able to perform at your best.

2. Raise the standards in the quality of output.

What are you producing now and how can you make it better? You must raise your standards in terms of the quality of output then you will know that you are progressing and growing. Raise your standards in terms of how you manage distractions because the world is so distracted right now.

The quality of your work output is dependent on how much you can focus to produce that work. Multi-tasking is taking away on the quality of output you can put out there. Find one thing and be the master of focus. The quality of your output determines the value you are giving out most importantly, the value that people see you bring.

3. Raise your standards in the way you relate.

Both business relations, intimate relations and everywhere else. The kind of relationships you have must improve and must go to the next level. One of the things you must do to improve your standards is, look at the people you surround yourself with. Surround yourself with people who are positive and performing at a high level. Slowly but surely, push the people who don't add value to you out. The time that you spend with them is a little less most importantly, when you meet them, you come with a different energy, you come with joy and happiness and attempt to raise their energy because you want the quality of your relationships to be at that level.



In terms of your relationships, what are you doing to make sure that the people you interact with are not only getting better because of interaction but, your also getting better. I spend more time in the office on my own, listening, reading and doing stuff like that because I know that is quality environment. That gives me the ability to raise my standards so when I get out to serve, I am at that level.

What are you going to do? **Write down the top 10 people you spend time with** and then find out which ones are energy vampires and, which ones are positive, which ones add value to you, which ones make you better, which ones challenge you and then, which ones take energy away from you.

Ask yourself, can I change these people to be better people, can I inspire them or, can I spend less time with them. The choice is yours but, you got to raise the standards in terms of relations most importantly, you always have to have the right intentions when you get into relationships. This year, I want to have relationships which are vibrant.

4. Raise your standards in terms of your compassion.

How much do you do in terms of compassion and how much do you make a difference to other people? How much do you go out and give? How much compassion where you say, I anonymously pay for 2 people their fees and they don't know that I do it. How much do you do where, you get your old stuff that you know somebody could use. How much do you do in terms of volunteering? What are you going to do in terms of raising your compassion because in doing that, not only do you create a totally new calmer around you, you make a difference that is enjoyable in terms of progress.

Change your life by raising your standards and, you will be ultimately happy at the end of the year because of the kind of progress that you will have.