
THE BASIC REQUIREMENTS FOR SUCCESS

1. PEACE OF MIND

All the great religions and metaphysical philosophies and works in psychology are aimed at giving and showing people how to achieve far higher levels of peace of mind, because we intuitively recognize without peace of mind, nothing else has very much flavor. By peace of mind, we mean simply, freedom from fear, freedom from anger and freedom from guilt, perhaps the three major psychological problems of the 20th Century. Peace of mind that passeth all understanding. The feeling that going to sleep at night completely at peace and at harmony with ourselves and waking up in the morning with the same state of mind.

2. HIGH LEVELS OF HEALTH AND ENERGY

We know that no matter what we have in life, if we do not have our health or if we do not have the energy to enjoy our lives, we don't get very much satisfaction out of it. And as soon as we achieve any kind of piece of mind, we immediately turn to achieving higher levels of health and physical energy.

3. LOVING RELATIONSHIPS

The ability to enter into and maintain long-term intimate mature relationships with other people. And we know in our studies of healthy human beings, that loving relationships are really the hallmark of the self-actualizing fully functioning personality. As soon as we have achieved a certain level of piece of mind and a certain of healthy energy, our thoughts immediately turn to our relationships with other people.

4. FINANCIAL FREEDOM

Financial freedom means that we have enough money so that we don't worry about money. For one person, this could be \$10,000 a year, for another person \$100,000 wouldn't be enough. But it is absolutely essential that we achieve the point of financial freedom where we are not preoccupied with where our next rent check is going to come from, or where our next paycheck, or where the money to pay our bills is going to come from, because we cannot enjoy life if we are preoccupied with money.

THE BASIC REQUIREMENTS FOR SUCCESS - Continued

5. WORTHY GOALS AND IDEALS

As human beings, we are not capable of functioning at our best unless we have clear goals to which we are committed and worthy ideals which we believe in. Many writers have said that man's need for meaning and purpose is the greatest single drive in human nature, and I think that that is very, very true. We'll talk later on in this course about how we establish worthy goals and how we move toward them on a step to step basis.

6. FEELING OF PERSONAL FULFILLMENT (SELF-ACTUALIZATION)

The feeling that we are becoming everything that we are capable of becoming as human beings, that we are fulfilling our full potential as we move along. This feeling of personal fulfillment is the sense of self-actualization, which is the hallmark of the truly mature, fully functioning human being.