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means that leads us from the search, to the life of our passion; he's building a bridge. 2. They became friends with stress. Stress is seen as negative, and appropriate. Many studies show that stress causes neurological damage and increases the risk of cardiovascular disease. But what if stress is the enemy just because we perceived it as? For 10 years, health psychologist Kelly McGonical has taught about the devastating effects of stress, but now seeks to undo that whole decade after coming through new research. In the survey, 30,000 people were asked how much stress they experienced last year and whether they felt stress was bad for their health. Those with high levels of stress really had a serious impact on health, not least a 43 percent increased risk of death. However, this applies only to those who also believe that stress is bad for their health. Those who high levels of stress, but did not see stress as harmful, had the lowest risk of death, even outside of those who A little stress. Typically, in stressful situations, our blood vessels contract and the pulse soars. But science has shown that when you change your mind about stress, you change your body's response to stress. Another study comes from Matthew Nock of Harvard University and Wendy Berry Mendes of the University of California. Participants were given three minutes to prepare and then speak to critical and negative judges. They were divided into two groups, with half of all participants having a history of social anxiety. One group has been primeping in advance to perceive their stress as beneficial, that their pounding heart prepares them for action, while their increased breathing brings more oxygen to the brain. As a result, those who viewed stress as beneficial were less anxious and more self-confident. Physiologically, their blood vessels remained relaxed and the cardiovascular reaction reflected joy and courage. No one is safe from stress. It's not about whether we're stressed, it's how we react. Understanding stress as your body attracts reinforcements to conquer the challenge, not defeat, is not just motivational fluff, it's a biological shift. You will literally live longer and feel better. 3. They see chain reactions. It only takes one falling domino to topple the rest. Successful people rarely make isolated decisions, but connect the dots between actions and results. To take the company to the next level, Paul O'Neill, the former CEO of aluminium manufacturing giant Alcoa, has not focused on advertising, marketing or research and development. He focused on safety, reducing the number of days lost due to injury in the workplace by 90 percent. For the year, the company's profit reached a record high. When O'Neill retired, the profit was five times higher. O'Neill says: I knew I had to convert Alcoa. But you can't order people to change. So I decided to start by focusing on one thing. If I could start breaking habits around one thing, it would spread throughout the company. At first glance, they are not related: profit and safety in the workplace. But successful people have the opportunity to see the connection between non-connected. Our thinking is often divided. It keeps things neat, linear and logical, but builds walls we can't see through. Successful people are always looking for connections and relationships. Their thinking is not just linear, but holistic. They don't just study the parts, but they see the whole. They learned to reassemble Humpty Dumpty. 4. They ask more questions than they answer. Our ego paralyzes us the moment we're going to ask a question. This fear of the court is crippling. Instead of asking for and learning, we protect image and still mired in our lack of knowledge. Indeed, ignorance is bliss. Successful people judgment and the protection of their ego. They prefer growth in asking questions. The inability to ask hinders our personal growth. Jim Collins and Morten Hansen note in Great by Choice, the top leaders of 10x companies (those who beat their industry indices ten times or more) are constantly asking what if? As a means to improve. Related: The most important habit of successful entrepreneurs Is the Simple Act of Asking Questions revolutionized and characterized Toyota Motor Corporation. The famous 5-Whys, developed by Sakichi Toyoda, became the benchmark of their production system. It was a simple but highly effective strategy to get to the root cause of any problem, and it was adopted by organizations around the world. They contribute to profit. Doing something just like that is a shock to the system. This goes against the grain of our nationalist culture, in which there is service only to exchange. But a contribution without waiting or a string attached is a trademark of many successful and realized people. Princess Diana is remembered for the quality of encouraging people to perform a random act of kindness, without waiting for reward, safe, knowing that one day someone can do the same for you. Dr. Adam Grant, an organizational psychologist, studies pro-social behavior in business and leadership. His New York Times bestseller, Give and Take presents compelling arguments that you don't need to be ruthless to get ahead of methods such as doing five minutes of favors for others and reuniting with former acquaintances can reap long-term career rewards. Grant explains that pro-social behavior has a profound impact on our depth and breadth of relationships, and so you end up with a broader set of relationships and a richer, more meaningful set of relationships. Indeed, we all know the power and importance of the network. There is a paradoxical boomerang effect of focusing on the success and well-being of others, leading to our own success and well-being. Sig Siglar said: You can have everything in life you want if you just help other people get what they want. It's a motivation to sow in someone else's field, not just our own. 6. They plan time for nothing. Success is synonymous with hard work. David Bligh said it perfectly: The pursuit of success without hard work is like trying to harvest where you are not planted. But hard work often turns into a hectic job. Taking action becomes 24/7. However, some of the most experienced people highlight the illogical habit. Their hectic schedule includes allotted time to absolutely nothing. Of course, times are nothing far from anything. While physically unproductive, these times allow the information they were subject to mix, mix and marinate and then produce new ideas and ideas. Experts and psychologists call it the incubation period. Creativity is often defined as a synthesis of disparate information. Consciously, we only catch the drop of the ocean that our mind is exposed to. Professor Timothy Wilson emphasizes the power of our unconscious mind in his book Aliens for Yourself. Our conscious mind processes about 40 bits of information per second, while the unconscious processes eleven million bits per second. Incubation allows absorption and interaction between them. Successful people regularly schedule a time for nothing when incubation may take place. They walk, eat alone, sit in the park. It worked for Einstein: Although I have a regular work schedule, I take the time to go on long walks on the beach so I can listen to what's going on in my head. If my work doesn't go well, I lie down in the middle of the day and look at the ceiling while I listen and visualize what's going on in my imagination. Someone's worth learning. 7. They value experience over objects. There's very little material value we can place a priceless tag on. But a lot of experience for which it is possible: the new car will outlasted the work ethic you cultivated to buy it; The new house will need to be renovated, but it is the talent you purchased that pays for the renovation. What we receive financially will always be a by-product of who we become intellectually, emotionally, mentally, spiritually. It's not what you get, but what you become. Executed and successful people bring more value to experience than subject matter. Who we become creates much more value, not only for ourselves, but also for those around us and far beyond what any object is capable of. 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