In his book, “[The Rhythm of Life](https://www.amazon.com/gp/product/1942611404/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=jacobkenneall-20&creative=9325&linkCode=as2&creativeASIN=1942611404&linkId=69602cfa36edbfd117b300a3caa209e9),” Matthew Kelley answers some of the most pressing questions we have about success and the obtaining of it, happiness, fulfillment, and living the life of your dreams.  We all want that right? Well, as I’ve mentioned before, you can’t just sit back and hope that one day all your dreams will somehow come true; you need to take action and do something about it, TODAY.

Luckily, The Rhythm of Life by Matthew Kelley offers many insightful ways to immediately have clarity, take action, and get on the path to success.  *You need to make time for this book.*

In this post, I will be talking about the 10 Principles of Excellence, which have proven to lead extraordinary people to their successes time and time again, and which is only a smidgen of valuable information contained in the work.

# PRINCIPLE ONE: KNOW THYSELF

Happiness, success, and fulfillment in life all depend on self-knowledge.  If you don’t know who you are, or who you are becoming, or what your dreams are, what you want from life, what you want to be known for, what your life purpose is, what your talents are, what your strengths and weaknesses are, what your biggest desires are, then you will frantically running around, never making progress towards that dream life you know you want to live.  It is only with a strong knowledge of your own self, that you can create and sustain a life in which your current actions are in alignment with the person you wish to be in the future, the *best version of yourself.*

Looking within and fully knowing yourself will provide you with an unmatched clarity of how you want to live your life, however, it will also display your weaknesses, faults, failings, flaws, and defects; most people don’t want to be reminded of these things.  As Matthew Kelley said, “Our weaknesses are the keys to our richer, more abundant future. If you want your future to be bigger than your past, start to transform your weaknesses into strengths.”

# PRINCIPLE TWO: DREAM WITHOUT LIMITS

*If you could do anything, what would it be?*  It you could be the perfect version of yourself, how would you act and feel?  If you had all the money in the world, what would you do with your time? Successful people always dream.  More importantly, they always dream without any limitations. They dream of the impossible and pursue that dream with an unstoppable force – eventually achieving that impossible dream through many smaller, very much possible actions.

# PRINCIPLE THREE: CREATE A VISION

Simply put, you need a plan.  You cannot get from point A to point B without knowing your end goal, and the steps it will take to get there.  Read my article, [*“How Visualization will lead you to success”*](https://jacobkenneally.com/how-visualization-will-lead-you-to-success/) and take action TODAY.

# PRINCIPLE FOUR: DISCOVER YOUR LIFE PURPOSE

In sync with the first three principles, you need to have a overarching goal or life purpose that gets you excited to jump out of bed in the morning and work towards.  You are combining what you know about yourself, your dreams, and your vision, to determine a purpose that drives your actions every single day. For me, my life purpose is, “To become the person I need to be to create and sustain the levels of success and fulfillment in my life(my best version), and to always add value to the lives of other people.”

Use this principle to guide every single action of your life.

# PRINCIPLE FIVE: ALWAYS THINK ABOUT YOUR DREAM

Remind yourself of your goal every single moment of the day.  *Make it your most dominant thought.* The more you think about it, the more you will crave it, and the more you will be inclined to take action and become the person you need to be to create your dream.

# PRINCIPLE SIX: DEDICATE YOURSELF

Love what you are doing and dedicate your whole being to your life purpose and becoming the best version of yourself that you can be.  In order to love what you are doing, you must “do what you love.”

# PRINCIPLE SEVEN: BELIEVE

Believe that you are on this Earth for a reason.  Believe that you bring something so incredibly unique to the table that no one else in the whole world can possibly offer the same.  Believe that you have the power create the life you want. Believe that everything happens for a reason. With an unwavering belief comes confidence and the urge to take action.

# PRINCIPLE EIGHT: CHERISH PEOPLE

Act as though you love every person, because that is how we all deserved to be loved.  Some people will assist and encourage you in your endeavors, others will criticize and try to strike you down.  One thing is for certain, no matter what, they all help you to grow. They key to a rewarding life is thriving relationships, so cherish people.  *Find something you can love in everyone.*

# PRINCIPLE NINE: COMMUNICATE WITH OPENNESS AND HONESTY

Don’t brag about yourself, talk about someone behind their back, always be criticizing, or force your position on anyone.  Take interest in others, offer positive input, be the person people like to confide in. If you act kindly to others and believe in them as much as you do in yourself, they will follow suit.

# PRINCIPLE TEN: NEVER GIVE UP

It is completely unrealistic to expect everything to go perfectly according to plan.  Expect failures and setbacks, and let them fuel you up even more to succeed. It may to weeks, months, years even to achieve your dream, but IT WILL HAPPEN as long as you stick with it.  The only real failure in life is the failure to try, and keep trying. Never, ever give up.

*Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure… than to rank with those poor spirits who neither enjoy nor suffer much, because they live in a gray twilight that knows not victory nor defeat. ~*Theodore Roosevelt

