

ON THE RIGHT TRACK

Good mentors are crucial to helping you navigate through life

One of the best ways to fix your failures or supercharge your success is to either find a mentor or work with a life coach. Using their techniques will help you make better decisions, and learning from their experiences will help you avoid making the same mistakes.

FIND THE BEST

While role models are usually people you admire from afar, mentors and life coaches are people you work with on a more personal level. Fortunately, you don't have to search far and wide for these sorts of individuals. Start by accessing your personal network to see who might be suitable. If you prefer a professional, check out websites such as clarity.fm to find mentors located in different areas across the globe.

ASK FOR HELP

What if you find someone you would like to mentor you, but you don't know how to make it happen? The most important thing is for you to get over any insecurities or pride and ask for help. Many high achievers are actually excited to share their experiences and mentor others who genuinely want to learn from them.

OFFER VALUE

Send them an email or pick up the phone. Be polite and state clearly what you want and why you thought of them. Then, offer to take them out to lunch

so they can answer some of your questions. In exchange for information and training, offer whatever you can to help. Depending on the person you choose, money might be the last thing they need, so find other ways to give back. Even if it means running errands for them, what you learn will make it worthwhile.

DON'T COMPARE

Even though it's useful to have people to look up to, you should not compare yourself to them. This is bound to leave you feeling inadequate, especially if you are comparing your reality to a perception of them that might not even be true. For example, you might see someone driving a flashy car and wish you could be rich like them. But, who says they're rich? For all you know, that car could belong to a friend or family member.

FOCUS ON YOURSELF

Comparisons are also meaningless when you consider how different we all are. So, just focus on you. Yes, you can use other people to inspire you, but don't feel bad about the fact that you aren't where they are. And don't expect to mirror exactly what they've achieved either. Do your own thing and be happy with that.

KEEP LEARNING

Whether you win or lose, there's always something you can learn. If we understand the reasons for our failures, we can avoid similar disappointments in the future. And if we understand the reasons for our success, we can keep going from one win to the next. As success leaves clues, you might as well learn from those who know what it takes to get to the top. It's about becoming better by learning from the best. **Man**

