



SURVIVAL

VS.

SUCCESS

How to Train for Success When You Want to Quit

By Anthony M. Flynn

# Success is not natural....

I need you to know that you were NOT wired for success.

Let me explain.

Our bodies are wired for survival, not success.

Take obesity, for example. This disease runs in my family. I've seen family members choose to start a diet. They know they need to do it for their health.

The formula for a diet is generally simple, right? Eat less. Eat healthier. Move more.

But what happens when dinner time in our family rolls around and you are face-to-face with the dinner rolls, fried chicken, mac n' cheese, and chocolate cake?

What exactly happens in this very moment?

In our heads we think, I know what success looks like in a diet. Just like in life, I know that success looks like being coming a doctor, lawyer, engineer-- or whatever it is that you want to be.

Just like at Thanksgiving dinner when all of my favorite dishes are getting passed around...

## All of a sudden, the pain of hunger hits.

Even though I have a picture of what success looks like in my head...

I said I wasn't going to eat that cake, right? I wasn't going to go up for seconds.

I painted a picture of success in my head, however...

## When the hunger pain hits emotionally and psychologically...

I get taken over by my emotional make up.

In that moment I have a conscious decision to choose between SUCCESS vs. SURVIVAL.

For example, if I'm walking across the street and a car blows by and I jump back--that's my survival instinct, right?

In the moment of our survival, we allow our emotions to govern our decisions.

## To achieve success, you have to train your emotions to counteract your intuition.

If I say I want to diet to lose weight, *then* I don't eat the chocolate cake.

If I say I want that promotion, *then* I don't hit the snooze button and I get to work early.

Even though I want the chocolate cake since I haven't had any in 30 days. Or I want the extra ten minutes of sleep because it's cold out...

I can't let the emotions of the moment take over my psychological make-up.

**Momentary emotions will take over and govern your decision-making.**

The next thing you know, you will talk yourself OUT of success.

This is what happens for the average human being. We are wired for survival.

Our survival mode talks a whole lot about what we're going to accomplish...

But at the end of the day, the survival instinct in us is what makes our decisions.

So, if you want to beat survival and ACHIEVE success...

**You have to train your emotions and act disciplined to become successful.**

**Will You Choose to  
Survive or Succeed?**

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