



28 STEPS TO
BECOMING
GREATER
THAN
AVERAGE

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Introduction



Becoming greater than average is a journey that requires self-awareness, determination, and a commitment to personal growth. This ebook is designed to provide actionable insights and a clear roadmap to help you excel beyond the norm. It will cover fundamental principles, mental strategies, and practical actions to elevate yourself, whether in your career, relationships, or personal development. By the end of this book, you'll be equipped with tools to stand out and thrive.

Part 1: Building a Strong Foundation

1. Define Your Version of "Greater"

Success means different things to different people. Start by identifying what “greater than average” looks like to you—whether it’s mastering a skill, earning recognition, or achieving a personal milestone.

2. Set Clear Goals and Benchmarks

Map out where you want to go. Setting specific, measurable goals helps clarify, and breaking them into manageable tasks makes them achievable.

3. Adopt a Growth Mindset

Cultivate the belief that skills and abilities are not fixed but can be developed with effort. Embrace challenges as opportunities to learn rather than as obstacles.

4. Commit to Lifelong Learning

Seek continuous improvement through reading, attending workshops, or learning online. Aim to make learning a part of your daily routine to consistently grow beyond average.

5. Invest in Your Health

Physical and mental health are crucial to sustained performance. Prioritize exercise, a balanced diet, and sufficient sleep to optimize your energy and focus.



Part 2: Elevating Personal Skills

6. Hone Your Communication Skills

Strong communication is essential for networking, negotiation, and influence. Practice active listening, clear articulation, and non-verbal communication.

7. Cultivate Emotional Intelligence (EQ)

Understanding and managing your emotions can improve relationships and reduce stress. Practice empathy, self-awareness, and social skills to connect and collaborate effectively.

8. Develop Time Management and Organization

Use techniques like prioritization, batching, and time-blocking to manage tasks efficiently. Organized efforts prevent burnout and make goals more attainable.

9. Embrace Adaptability

The ability to adapt to changes, whether in work or life, helps you stay resilient. Keep an open mind, and be prepared to pivot your strategies when necessary.

10. Nurture Creativity and Innovation

Engage in activities that inspire new ideas, like brainstorming sessions or creative hobbies. Creativity is not only about art but about finding fresh solutions to problems.



Part 3: Cultivating a Productive Mindset

11. Practice Discipline and Consistency

Success is often the result of consistent, disciplined action over time. Build routines that align with your goals, even on days when motivation is low.

12. Seek and Embrace Constructive Feedback

Embrace feedback from mentors, peers, and self-reflection to improve. Constructive criticism is a powerful tool for refining your skills and avoiding complacency.

13. Stay Humble and Open to Learning

Avoid the “expert trap,” where you stop learning because you think you know it all. Stay curious, and remain humble enough to learn from anyone, anytime.

14. Cultivate Gratitude and Positivity

Maintain a positive outlook to foster resilience and energy. Practicing gratitude can help keep your mindset positive and focused on growth.

15. Learn to Focus Deeply

Develop the habit of deep work—focusing without distraction for sustained periods. Turn off notifications, create a quiet workspace, and schedule time for uninterrupted focus.



Part 4: Developing Strategic Social Skills

16. Network Intentionally

Connect with others who are on similar paths or have achieved what you aspire to. Networking isn't about numbers; it's about cultivating meaningful, mutually beneficial relationships.

17. Give as Much as You Receive

Offer help, share knowledge, and support others. Reciprocity strengthens your network and builds goodwill.

18. Surround Yourself with High Achievers

The company you keep impacts your mindset and performance. Seek out people who inspire and challenge you to grow.

19. Learn How to Negotiate and Persuade

Effective negotiation is crucial in professional and personal settings. Practice empathy, confidence, and clear reasoning to advocate for your needs and goals.

20. Develop Public Speaking Skills

Whether you're presenting to one person or a hundred, strong public speaking skills improve confidence and help you communicate ideas effectively.



Part 5: Leveraging Opportunities and Resources

21. Identify and Capitalize on Opportunities

Be proactive about finding and seizing opportunities. Look for ways to solve problems, create value, or innovate in your field.

22. Learn to Manage Risks

Assess potential risks, and make decisions confidently by weighing pros and cons. Understanding risk can help you make bold moves when necessary.

23. Seek Mentorship and Coaching

Guidance from a mentor or coach accelerates growth by providing personalized feedback, accountability, and encouragement.

24. Stay Technologically Proficient

With technology evolving rapidly, staying up-to-date with relevant tools and platforms gives you a competitive edge.

25. Leverage Data and Analytics

Use data to inform your decisions, whether in business, health, or personal development. Analyzing results helps you make adjustments and refine your approach.



Conclusion: Achieving Sustainable Growth

26. Embrace Patience and Resilience

Growth takes time, and setbacks are inevitable. Developing resilience and patience ensures that challenges fuel rather than deter your progress.

27. Celebrate Small Wins

Acknowledge and celebrate your progress along the way. Small wins boost motivation and reinforce positive habits.

28. Commit to Your Own Legacy

Define the impact you want to make. A legacy isn't built overnight; it's the accumulation of daily efforts and the positive influence you have on others.

Conclusion

Becoming greater than average is about constantly striving to be better than you were yesterday. It's a journey of self-improvement, discipline, and purpose. Use this roadmap as a guide, and remember that the process of growth is as important as the results. In every choice, action, and moment, commit to excellence, and let the pursuit of "greater than average" become a defining force in your life.





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