

A dramatic landscape photograph of a person climbing a massive, layered rock formation. The sun is low on the horizon, creating a strong backlight effect and silhouetting the climber. The rock face is composed of vertical, weathered columns. The scene is framed by the dark, jagged edges of the canyon walls.

20 Essential Tips for Achieving Breakthroughs

Tip #1

Understand Your Inner Strength

When you have inner strength, you can achieve more breakthroughs because you are resilient and can persevere.

Tip #2

Uncover Your Motivations

What is motivating you to want to achieve a breakthrough? How can you push yourself more to get where you need to go? Find that motivation.

Tip #3

Examine The Role of Self-Belief

When you believe in yourself, you can see that it is much easier to accomplish the things you want to be able to do.

Tip #4

What Does Success Look Like?

Success is different for everyone. Know what it looks like for you so that you can know if you are on the right track or not.

Tip #5

Track Your Progress

You will never know if you are successful or not unless you are tracking your progress. Make sure you have measurable goals and know when you are moving ahead or not.

Tip #6

Remove Roadblocks

You will face roadblocks but the removal of them is key. Identify the roadblocks and know how effectively remove them for the best chance of succeeding.

Tip #7

Celebrate Progress

All progress is worth celebrating. Make sure to use each of your successes as motivation to keep moving and doing better.

Tip #8

Find Alternative Routes

When something is not going right, find another route is keeping moving forward.

Tip #9

Be Creative and Resourceful

Setbacks are normal but when you can be innovative, you can find other ways to get to your goal.

Tip #10

Build Emotional Resilience

Being emotionally resilient is key in the face of adversity and misfortune.

Tip #11

Have A Growth Mindset

Always look forward and think of ways that you and your team can grow rather than being stagnant.

Tip #12

Set Challenging Goals

Having a challenge can help propel you forward and make you feel like you have a reason to preserve.

Tip #13

Have Stress Management Techniques

When you have stress, make sure to have ways to manage it well. You can meditate, exercise, etc.

Tip #14

Mental Endurance Is Important

Even if you are stuck, being able to push forward mentally can help you overcome roadblocks and get to the other side.

Tip #15

Find Social Support

Make a network of friends, peers, and others
that can help you.

Tip #16

Teamwork and Collaboration

Make sure your team can work together and bounce ideas off one another. Collaboration can make the world of a difference.

Tip #17

Use Your Past Successes

When you experience success, help it to fuel your desire to be even better.

Tip #18

Find Your Untapped Potential

Everyone has potential that they might not even realize. Tap into that power and let it help you achieve more.

Tip #19

Know Failures Are Evident

Everyone will fail sometimes. In times of failure, make sure you are acting proactively not reactively. This helps you to be in the right mindset.

Tip #20

Bounce Back Quick

Even though failures are a part of life, your ability to bounce back is key. Ensure you are always pushing toward success.