
THE 7
REASONS
PEOPLE
FAIL

By Sid Savara

Introduction

"Of course you always lose your voice," she said "Your technique is wrong."

And from that moment on, my life would never be the same.

Yes, this is a story about one of my hobbies: but the two lessons I'll share with you apply in any area of your life you want to succeed.

Whether it's money, managing your time better, taking control of your health: the lessons I learnt from this experience impacted my life tremendously, and is what resulted in this report.

Let me back up just a bit

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I've enjoyed music all my life.

I play in a band, sing onstage at karaoke bars - and you can often find me at in coffee shops playing my guitar and performing.

But I was self-taught – I never had any singing lessons.

When I sang, I strained my vocal chords.

In fact, sometimes it got so bad I couldn't speak for a couple days.

I was telling a semi-professional vocalist friend of mine, and she asked me to sing to see what was going on.

I sang a little bit for her and she immediately knew that my technique was wrong.

She wasn't surprised in the least that I lost my voice – and she showed me the correct way to sing.

I won't bore you with the details, but by changing the way I moved air through my body, it took all the pressure off my vocal chords. It felt like I took a couple steps back initially, but I trusted the process.

Over time, I discovered I could control my pitch better, lose my breath – and without straining my vocal chords.

Within a month, I sounded better than I ever had – and I never lost my voice singing again.

All those years, I was practicing and doing my best on my own – but because I was doing it wrong, I wasn't as good as I could be, and I was hurting my progress.

The best part is – not only do I sing better, but since it no longer hurts my voice, I get to enjoy it more.

There are two lessons to this story

Lesson 1: You have to identify and correct your mistakes

(But sometimes you can't see them yourself)

It's fine to try and get things wrong. You've got to take action and take chances in your life.

My problem was that I was trying to build on a foundation of mistakes – and that was stopping my progress.

When you've got issues, you have to deal with them up front.

But an even bigger problem for me was not only was I making mistakes –I wasn't trained enough even realize my technique was wrong.

Sure, I had received unsolicited advice in the past – but it was always from well meaning people who had no expertise.

To correct mistakes, you need to get access to someone who knows what they are doing

Learn from people who can not only help you fix the mistakes you know you have, but who can help you *fix the mistakes you don't even realize you're making.*

Lesson 2: The wrong technique makes everything more difficult.

From singing to goal setting, in every field there are some techniques that people have discovered that work.

There's also a lot of misinformation, and sometimes it can be tough to separate the good advice from the bad.

Just like poor technique, bad advice is worse than no advice at all – because you think you're on the right track, when in reality you're hurting your progress.

That's why I am so careful to research and test what works before I recommend it to anyone. I am interested in what actually works and what actually gets results: – not just what sounds good or a passing fad.

With that, I'm going to share with you what I've learned over the years – and show you how to apply it in your own life.

My Goal: Help You Identify Your Challenges

My goal with this report is simple: I want to show you the critical challenges people have that stop them from succeeding, and help you identify what is holding you back.

Imagine if your life was perfect, if everything was going according to plan – what would be different?

- Would you perhaps have more time?
- Be more organized?
- Be less "busy?"
- Travel more?
- Enjoy your life more?
- Spend more time with friends, family or others you care about?

Those are some of the goals I've had in my own life. When I feel my progress is poor, being aware *why* I'm failing into has helped me get my life back on track.

And I want the same for you: this is your life, and I want you to succeed.

Let's get started: turn the page for *The 7 Reasons People Fail*.

- Sid Savara

Reason #1: They Don't Have A Plan

Question: What do most people do when they try to change their lives?

Answer: Make New Year's Resolutions.

Question: What percentage of people fail at their New Year's Resolutions?

Answer: 92%. That's terrible.

The number one reason?

They may think they have a plan, but they really don't.

"Get in shape" is not a plan.

It's a wish. It's a desire.

But there is nothing to act on.

If you have no plan and no direction, how can you expect to get anywhere?

Most people can't succeed with such a severe handicap

And frankly, most people don't.

It's been said before, and I'm going to repeat it: "Failing to plan is planning to fail."

Success is achieved in your mind before you can see it in the physical world.

You've got to have a plan.

Reason #2: Low Productivity (Or Zero Productivity)

One big difference between people who fail and those who succeed is simple – successful people take action and execute at a high level of productivity.

People who fail don't.

And yes, they procrastinate.

They spend time on low value activities, and don't spend time on what really matters in their life.

But it's not their fault.

It's because nobody ever taught them how to be productive.

Let me ask you to think back to your schooling – did anyone ever teach you how to be productive?

My guess is, no.

Remember this: once you've got your plan together, you need to productively work it.

Reason #3: Being Indecisive

“Indecision is often worse than wrong action.”

– Henry Ford

You don't need me to tell you what being indecisive is

But what you do need to know is most people will rationalize away indecision and pretend it doesn't happen to them.

Oftentimes you may not even think you are being indecisive.

You'll think you're being thorough, that you are researching, that you are keeping your options open.

There is a fine line however between taking the time to make the right decision – and spending so long in indecision that the opportunity passes you by.

Reason #4: Lack of Energy

This is a huge one – and it seems like the more we are "on" all the time due to technology, the worse it gets.

If you're sleep deprived, emotionally stressed out, and lack energy you will feel it in every area of your life.

If you constantly have low energy, then frankly you will never perform at the level you are capable of.

Many people are so busy just trying to keep up, they aren't able to take the steps needed to keep energized.

It's not just physical energy – it's also emotional and mental energy.

I discuss all this in detail in my course *The Energy Solution*, but the bottom line is this:

You can't be productive unless you've got energy to dedicate to the tasks at hand.

Reason #5: Lack of Motivation and Follow Through

Think about how many things you regret never doing in your life – or never finishing.

If you lack motivation and follow through, you'll end up with half finished projects that lead to a lifetime of regret.

In my experience, many high achievers don't have a problem with starting off a new project, and often have idealistic beliefs about how it will turn out.

But when it gets tough and their motivation wanes, that's when the trouble starts. The project languishes and they never really give it up...it just slowly fades away, left unfinished.

You need to have both motivation and follow through.

You need to be motivated to start and take on projects that matter to you.

AND

You need to follow through and finish what you started.

Reason #6 Not Setting Priorities (Or Not Sticking To Them)

My friend Luciano, the editor of Litemind, has a great quote he posted where he would see it every day:

**“You can do anything, but not everything.
Choose Wisely.”**

I couldn't have put it better myself.

Yes, you have the capacity to accomplish anything you desire in your life.

BUT you can't do everything right now.

Setting and sticking to priorities is how you must manage your life knowing that you simply cannot do “everything” all at once.

You can only do a certain number of things today, and a certain number of things every hour, every minute.

I know some people find this difficult – because “everything” is a high priority for them.

But here's the harsh truth:

If “everything” is a high priority – then what that really means is nothing is a high priority.

You've got to learn how to prioritize properly – and it's one of the key lessons I teach in The Action Solution.

Reason #7: Trying To Do Too Much (or...everything) By Yourself

Are you trying to do too much by yourself?

70% of people are busy or very busy, and 90% of people wish they had more time to spend with friends and family – people they care about.

The amount of time you have in a day isn't increasing – but the amount you have to do every day is.

I experienced this in my own life. I was completely overwhelmed, because I was just trying to do too much myself.

I started to outsource – which feels almost like magic because the result is like buying more time.

Instead of spending valuable hours working on tasks I don't like – I outsource them, and spend time doing what matters to me. The lessons I learned resulted in *The Outsource Solution*.

What's important for you to know today is this: highly successful people do not do everything themselves.

They have a plan, they prioritize – and they consistently follow through on the things that are important to them. They know there is not enough time in the day to do everything though, and so you've got to find some way to take tasks off your plate.

That can be working through things with family, that can be hiring services, that can be simply throwing some projects out, or that can be outsourcing.

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A Little White Lie

So, I know I called this report *The 7 Reasons People Fail* – but there is actually one more reason.

The seven reasons I've just shared with you are temporary.

You can overcome all of them

But this last one, this “bonus” reason is truly a devastating reason people fail

And if you can't overcome it, you will never get what you want out of life.

Ready?

Here it is....

Reason #8: They Never Change

Nobody is perfect.

I get that.

We all make mistakes in life.

The question is this –

When you have the opportunity to change your life, will you:

Take that chance to change it?

Or

Will you simply carry on making the same mistakes?

The truth is, not changing is the only reason people actually fail.

You can make all seven of the other mistakes in this report and you'll be fine.

You can learn from them, work through them and come out on the other side.

But you've got to be able to change and overcome them.

So think about it, and email me with which ones **you** want to overcome.

Take care,

Sid Savara - sid@sidsavara.com

About Sid Savara

Sid started studying time management and productivity in 1994, and then began writing on <http://sidsavara.com> in 2005 as a hobby.

His writing has attracted millions of people, and he has spoken at conferences on topics of leading teams, time management and increasing your presence online.

In the past few years he has been featured in dozens of books, on the radio, and articles in *Time Magazine*, *Fortune*, *CNN* and *Harvard Business Review*, among others.

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