



**The
7 Tips To Be**

ENVY

FREE

RES

SEQUOYAH SANDERS



TABLE OF CONTENTS

V. AUTHOR'S PREFACE

01 DECLARE

02 MINDSET

03 KNOW YOURSELF

04 HEALTH

05 DRESS FOR SUCCESS

06 GRATITUDE

07 EAT, SLEEP, & LEARN

Author's Preface

Each chapter in this book is a common habit that I have pulled from some of the most successful people in this world. The following information is what I have compiled in my notebooks over the past year and have ACTUALLY implemented into my own daily life as I am currently progressing forward. I am not a millionaire nor, anywhere close at this moment, but I am currently growing as a young man who is willing to help others and inspire the progress of others to better positions and accomplishments in life.

So, please take this information and take meaningful steps towards your goals and dreams in all of your efforts.

And although you may not see it, taking these habits and trying to implement them into your life, is a step forward and a unconscious decision for better.

So I salute to you my good friend!
Best regards,

Sequoyah Sanders

CHAPTER

01



DECLARE

Declare.

Understand, that one of the greatest drives of all human beings is the drive to succeed. It may not be money, may not be a car or a fancy watch, and it may not be the ability to give back to a church or a loved one, but all human beings are fired up about becoming successful. It is the drive for improvement and progress, and like Tony Robbins once said "Success is linked to progress, progress is linked directly to happiness." It is the growth and progress that gives us the sense of accomplishment and accomplishments makes us feel successful. After all if we're not growing and getting ahead, we are actually decaying and falling behind. Everyone wants to get ahead. Everybody wants to improve. Everyone wants to get better! NOBODY wants to fall behind, nobody wants to fail and nobody wants to suck.

So, what if you could achieve all that you desire and even more? What if you could unlock your human potential?

We are all God's highest form of creation. We all have the same mental faculties and we all have a conscious mind and subconscious mind, where we can dictate. It has been proven before, that our outside life leverages our inside life, being our current lifestyles, personalities, and influences. They are the game changers behind the scenes to our mindset and our ways of thinking.

Now, certain habits and ways of thinking can change how we are as human beings and with the following information, I would like to share that it has helped shape me into the person I am, but it wouldn't have if I didn't declare to myself that I was willing to learn. Please go find a mirror and look at yourself. Look into your eyes and ask yourself, "how bad do you really want to learn, and improve?" Because without the patience, drive and persistence. You will only waste your time.

Please declare to yourself that you want to improve and learn. Then go do it.

CHAPTER

02

MINDSET



Mindset

Number one that I would like to share, is the importance of having to BELIEVE in yourself. Do not allow anyone to say what you can and cannot do. EVER! You have to have faith and the belief that SUCCESS is possible for you; and build that mindset, make it bulletproof.

With believing in yourself and you can start by getting rid of the limited thought process that you may have. Stop telling yourself, 'no' and 'I'm not good enough' or "I'll never make it." and just imagine and see yourself there already because the person who says they can't, and the person who says they can, are both usually right.

I once pulled a quote from Alex Morton, and he said "The person who succeeds, must see themselves successful before they even get success. It is crazy, but ACT like the person you want to become." and in my understanding that does not mean go and buy expensive things like that person you want to be, or rent a foreign sports car like that person has, nor lie to others about things you have happening or working on, unless it's true, but don't do it when none of it is true.

Overall, just do not fake yourself out, instead act like 'as if' you had that opportunity to be a successful person's roommate for a month. Notice and acquire their habits, personality, passions, efforts, likes, dislikes, maybe even the way that they dress because it'll give you a new found sense of confidence and in my case a sense of leadership.

My senior year in high school I began to follow this tip and it helped me to build my self confidence, because I looked good and I dressed liked the successful person I wanted to be, and at that time. I wanted to be Alex Morton and nobody was going to tell me different.

In my classes I became the first to answer questions and volunteer for different things and I began to speak in front of the class to help motivated my classmates and I helped our teachers in anyways I could, I more-or-less became a well rounded leader, just by thinking of how Alex Morton would act and through that I began to really see myself as a person who could do some amazing things.

It dawned on me, maybe the difference between successful people and ordinary people was that little 'extra.' Successful people are almost always doing things, sometimes just doing others aren't, and being consistent.

Later in the year I had added Alex Morton on an app called Snapchat, and took note on how he was always traveling and growing his business and brand. He was almost, never home. Always traveling and surprisingly he kept his energy and mindset, no matter what!

It could've been 2am, 3am, 4am, 5am, 6am flights to and from Arizona to Nevada, to California, to New York, to different countries and back. Alex would declare and keep his mindset.

Three things I noticed and took note of, was that he had a

set schedule and an amazing drive to continue to push, and a bulletproof mindset through the jet lag and constant movement in his days.

I applied this to my life by starting my mornings off with a small pep talk. I would tell myself how great I am. All of my accomplishments and how I needed more. If you've ever made a "Why" factor, apply it here because I used mine here as well. I have it pinned on my wall right next to my mirror where I know I will see it and read it everyday.

A "why" factor is a piece of paper in my own handwriting stating what I want out of life and my reason for it. Also my pledge to get it. Its' really something I suggest everyone who wants to improve their life, to make.

I stopped saying negative things about myself to myself, and I began to really change with this new habit. Again, I remember that it built up my confidence as well as giving me a plan, no matter where I could be in the day. It became a thing for me to think about my "why" paper, and every step I took, I aimed for it to affect my paper in a positive way. It did.

I remind you, I am still in high school while I'm working on myself. It was about late December or early January, when I really implemented change into my life. I began to build my bulletproof mindset in high school and this was most likely the best descison I made in high school, to be quite frank but it's never to late to build and work on yourself. Thank you for reading this far. I can already see most stop reading here.

CHAPTER

03



KNOW
YOURSELF

Know Yourself

Knowing yourself is something I've picked up from Gary Vee or some may call him Gary Vaynerchuk. "It is rarely spoke of in the business world, because things are sometimes "1st place or nothing" and theres a subconscious standard for everyone." - Gary Vee

I found Gary Vee on twitter, my senior year. He had an article through some magazine website where he spoke of himself and how he knows himself so well and how knowing yourself is a vital knowledge, that everyone should have, to know yourself is to be comfortable and a type of safety mechanism so you do not bullshit yourself in your strength and weaknesses leading to a hazardous effect on your decisions, when you begin to analyze yourself as a person and move forward with growth and progress in your current efforts.

Gary's a very charismatic person and it projects him in interviews and projects while also projecting him into bigger and better things.

In my opinion, knowing your strengths and weaknesses and accepting of all your own flaws is so important, also your level of awareness to your strengths and weaknesses is important too. How can you apply your best efforts if you don't know them. It would be like asking you "what are your passionate about, and not passionate about," like honestly, what do you really know about yourself?

This is vital and this is something I had a strong difficulty understanding myself in life, but constant and consistent effort worked itself out and I'm still working on it, although I still laugh about this part, because I feel it's super cliché to say I'm understanding myself as a young adult entering the world. Isn't it what I'm supposed to be doing? yet, I added an emphasis on it because I was building myself up like an entrepreneur would need to, while still in high school.

It still brings a smile to my face when I think about it.

There's more in the world and I know it, but I haven't experienced it yet, but as of right now I know myself and understand myself enough to make the better judgments and decisions for my future, but maybe I'm a lucky one because my friends at my age still are iffy about what the next step is and what where they will be in the next five years, or maybe I made the decision myself that I wanted change in my life and this was a calling to help guide and lead me to that change.

It's safe to say, yes. It was the third option, I decided and it led me to a pretty awesome change while in high school and just beyond high school and its graduation.

This helped me. Understanding and knowing myself as a human being in this wonderful world.

CHAPTER

04



HEALTH

Health

We live in a highly stressful environment today with the internet and hectic work schedules. Taking the time to work on yourself has amazing benefits. So when you work you will become happy and relieved, stress free, and more resilient. Taking care of your body is must and when you do it, it'll make you feel better and it'll influence you to be a better feeling person, which leads into turning into a better person, parent, businessman, business woman, or even student.

Start a routine and stick with it. Anything works, start with a casual walk, maybe time it, five or ten minutes and casually grow with it. If you need help search for a simple plan online or ask a friend or someone you know that is always working out to maybe make you a plan or ask if you can tag along sometime.

Meditate

If possible, meditate for 20 minutes daily. Quiet the mind, if you do meditate the benefit is that you mind and way of thinking is clear and easier to make better decisions, and it allows our greatest work. You will operate at peaceful state while everyone else is stressed. It is possible to do it first thing in the morning while getting ready for the day.

For needed guidance, the internet has many guided meditations on the internet to give you an idea of what to focus on and how to, just keep is consistent.

Also, on a side note. DRINK A LOT OF WATER! Make it very minimal for drinks that are high in sugars. Drink water, drink water, drink water! I personally drink one gallon a day which is very, very good! If you don't drink lots of water, risk of injury during exercising is high.

My Workout Plan

My plan wasn't detailed but it began with 25 push ups, 25 sit ups, 25 squats, and a one mile run.

Before my senior year in high school I didn't work out much nor did I inspire too, until I wanted a change. I made my pledge in January and that's when I began my small plan and it began with an exercise plan. Something small to start and since I had a very busy schedule in high school.

I would wake up about 5:30 am, if I didn't work until then. I would wake up and meditate for 20 minutes and plan my day, sometimes I would stretch out for this period too. Then I would start my day. Class started at 6:00am and I would get to class early to start on assignments early. A fun fact, I never liked homework.

My vo-tech class would end and then I'd drive back to high school and get my 25 push ups and sit ups, in before my next class. It was odd because I was alone while doing my workout in the hallways at school, but it didn't matter to me, I had a plan and I wanted to do it. I felt it really comes down to how bad you want to be successful in anything you set your mind to, but I would get bits of my workour in before class and then finish off the day at school, then head off to work.

I would get my squats in while cloaking into work. My usual week my senior year, was of course school five days a week, then work six days a week. Usually clocking in at 4:00pm and clocking out around 2:00am.

It was difficult, but I stayed consistent. Consistency is a must when changing things around in your life.

CHAPTER

05



DRESS
FOR
SUCCESS

Dress for Success

Have you ever heard of the term "Look good, feel good." ? This chapter is exactly that. Dressing well, will lead to attention in a room, people tend to like other people who dress and look good and more often than not, the way you dress and carry yourself will be noticed before anyone has time to introduce themselves to you, or you to them. Dressing well, will add confidence to you and your walk.

When you go and get that interview for a new job, you don't wear a t-shirt and basketball shorts. Hopefully you dress up, to what? (to look good) EXACTLY! to dress for success, is to literally dress for success. Success is tied into becoming limitless. A tip of mine I would like to share, is DO NOT go broke, trying to look rich. I repeat, DO NOT go broke trying to look rich. Okay? What I mean by this, is that you do not need the high fashion name brand clothes to look good, unless you want them. Use Pinterest or something relative to find a look and go to a local Macy's, JC Penney's, Stage, Ross, Cato, Buckle, Dillard's, TJ Maxx, Sears, Nordstrum Rack, Old Navy, or sometimes even Kmart. You can get better deals on clothing from these stores than others, but that is my opinion. You can shop how you want to.

Dress for success and opportunities will come.

CHAPTER

06



GRATITUDE

Gratitude

I believe that this was picked from a few influences, because everyone looks at how far they've come and how far they aim to go, to give us a sense of momentarily placement to see our progress. If we are in scarcity mindset of "want, want, want" then we will never see all the things that we have, which could lead us to becoming ungrateful.

Grant Cardone, once suggested that we write down five things daily, that we are grateful for. I do this, but I write down three things I am grateful for, and if you've been following me on snapchat, you'll probably think of my "Daily Gratitude #000's" where I post a daily 'thank you' for something that most take for granted. That is my channel for expressing one of my daily three, or five.



CHAPTER

07

EAT, SLEEP,
& LEARN



Eat, Sleep, & Learn

EAT

Please acquire a healthy diet, if you do not already have one. If you take care of your body, your body will take care of you.

SLEEP

Please aim to have a set time for sleep, try to get at least seven/eight hours of sleep nightly.

LEARN

Please aim to learn something new every day, by learning one new thing a day, how much would you have learned at the end of the year? a lot, right? exactly. Aim to learn one new thing daily.

If anything, read. The great leaders are readers. Aim to read a book a week, schedule a time of thirty minutes to an hour of reading daily.

STAY CONSISTENT

An example of consistency, is my choice of writing some more books. I am not the best, but I'll continue to write more to get better. Another example is my choice to workout everyday, drink one gallon of water each and every day, and show gratitude every day.

If I can do it. You can do it.

I am seventeen years old and I have just written my first book, nothing is impossible my friend.

This page was intentionally left blank.

Thank You!

Thank you for reading this book. I am big believer in self-development and I believe you will dominate your choice of becoming limitless by following and trying the tips.

In conclusion, come up with a morning routine that fits you and make sure to stay consistent.

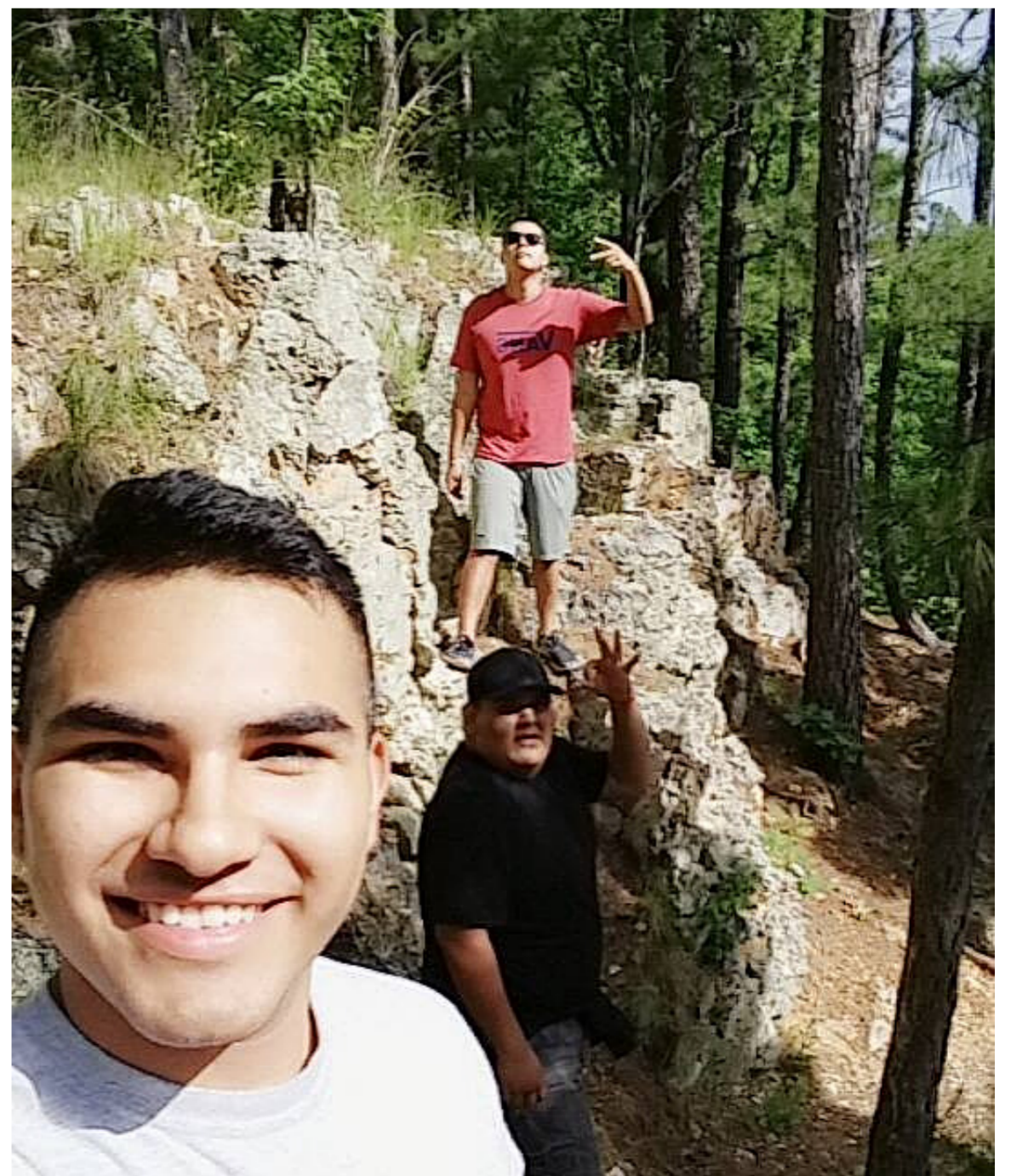
"Your plan will only work if you do." - Sequoyah Sanders

About the Author

Sequoyah Sanders is a recent high school graduate and an enrolled member of the Cherokee Nation of Oklahoma and is enlisted in the Army National Guard of Oklahoma. He is successfully emerging as an Native American author, blogger, motivational speaker, entrepreneur, and artist.

Upon high school graduation Sequoyah Sanders became inspired by Tai Lopez, Grant Cardone, Alex Morton and Eric Thomas. His life in that month of April, 2016, changed into something greater. He wanted better and began almost instantly! He is now touring the world helping motivate people for better and positive choices.

Join him on his journey through social media!





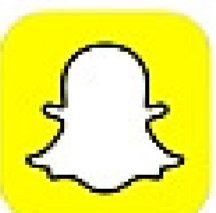
Sequoyah Sequoyah



@PUSH_Sequoyah



Sequoyah.Sanders



Sequoyah160



SequoyahSanderss