

BREAKTHROUGH

SUCCESS CAN COME
AT ANY AGE



EIM AREVALO

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Free E-book

Success Can Come At Any Age

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Breakthrough

Free E-book

“Success Can Come At Any Age”

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Eim Arevalo

Website: www.unstoppablebreakthrough.com

Email: inquire@unstoppablebreakthrough.com

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*To my Good Lord,
I am because You Are*

Author's Opening Note

Your thoughts shape your reality. Develop a healthy and powerful thought-life. What you constantly think, you become.

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“Life is either a daring adventure or nothing.”

- Helen Keller

Introduction

*“If you really want something, you will find a way. If you don’t,
you’ll find an excuse.”*

- Jim Rohn

NOW is Your Time

Permit yourself to be bold, constantly. There is nothing too crazy in chasing your most stupendous dreams.

Let yourself go after the grandest dreams you could possibly think of. Sounds too ambitious, huh? Well, almost every great thing on the planet was a fruit of remarkable ambition.

Take a look at your gadgets, from your phone to your camera to your laptop, all went thru some sort of technological evolution. We are now living in a geeky golden age where year after year our gadgets become cheaper in price, smaller and mind-blowingly capable of performing a lot of things. All these things were made possible because some

people, someone followed his ridiculous vision.

Ridiculous at the beginning, amazing once finished. Dreams are like that, most often no one would believe in your dreams until you win it. You and your dreams are never possible until you make your first step.

Never let the external voice of rejection, the screams of disapproval and the shouts of destructive criticisms restrict you from going where you want to go. Your direction is always set by no one but you.

Success is not solely a product of giftedness, of potential but massively a result of unyielding will and faith that you'll gonna conquer and win it. Trust yourself.

At the end of the day, your success doesn't depend on what you have or in what circumstances or season in life you are but on what are you willing to give in order to make it. When a dream is so big, when the reason is so powerful, the price is easy to pay.

You need not belong on a certain season in life for you to begin. Throw away those excuses that delay you in motivating yourself now. Stop complaining that you are too young and inexperienced or you're too old and have been a frequent victim of failure and that no opportunities are left available for you.

Hey, age is just a number. You could be in your 40's

or 60's and still have the enthusiasm of a 20's or it could be the opposite, you're young but you welcome every morning like you're at the twilight of life. It's not the age that invigorates your vitality, it's your disposition. How do you look at life? Is life good and promising or total desperation?

Hear this; whatever you believe in becomes your reality. Perception is reality. So, detach yourself from the limiting beliefs that disengage you to act with zest and enthusiasm. Now is the best time to plant the seeds of whatever it is you want to harvest. Tomorrow's success begins today.

My friend, it is never too early and it is never too late. Going after success is like aiming to watch a great movie on the big screen. You've missed the premiere night, catch the next. Just don't wait too long that you'll miss seeing the blockbuster hit on the big screen. You'll probably never get to experience again that same story unfolding before you in the most spectacular way.

Time is the only resource all of us have equal. Yet not all of us utilized it the best way possible. Let us ask ourselves, what it would make of us if we could only tap into our deepest desires and be conscious and awake that every second we waste is an opportunity squandered and chance killed.

Don't wait for the circumstances to fit perfectly into your picture of *"it's time"*. Don't wait for someone's validation of your potential or capabilities before you begin at some-

thing. Don't delay working on your biggest dreams just because you think you're way behind in skills and resources. Don't withdraw your turn for victory just because you are too young or way too old.

Remember, it's not the age but the reasons and desires that propel you to move. Don't postpone your chance of success. Find your deepest reason why you want to move forcefully ahead.

When it comes to the pursuit of success, waiting is a death wish in silence. It's fatalistic. It is an innocent form of procrastination. And procrastination slaughters dreams.

Whatever season in life you may be in, success is on your way. The only question is would you decide to walk the dirty and challenging road of the brave and successful.

The path to your wonderful dreams won't be easy but *IT IS POSSIBLE*.

Walk or should I say run the course leading to your success NOW. Let your story begin today. And may that story change your life.

Your NOW is the most significant day of your success journey because success happens when you begin. Friend, begin NOW!

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Success Can Come At Any Age

*“Never give up. Today is hard, tomorrow will be worse,
but the day after tomorrow will be sunshine.”*

- Jack Ma

Part I

“Dreams require down payments. Dreams are free, but the journey isn’t. There is a price to pay. When you find your why you’ll find your way. When you develop your will you will embark on your way. Many people start; few people finish. Many people have a dream; few people achieve their dreams.”

- John C. Maxwell

Begin with the Power of Why

Have you ever pursued anything without knowing why you do it or identifying what would it give you by accomplishing it? Did you ever experience attaining a lot of goals but it did not really reward you with a strong sense of fulfillment? Well, if that’s the case, you’re not serving yourself very well.

People are often cornered by this dilemma. We tend to choose what is apparently present and easy even when it doesn’t fully lead us to a life we honestly yearn for. We are bombarded with heavy loads of present needs that we often

miss our opportunity (*yes, we have an opportunity*) to chase our grandest dreams.

There are people or organization who knows WHAT they do, they know HOW to do whatever it is that they need to do, but they aren't clear WHY they do what they do. And it's sad. It's a waste to complete a task without even identifying the real purpose behind it. A purposeless duty brings a meaningless outcome.

And we see it over and over through the lives of people around us. There are some who has everything – all circumstances and odds going in his favor yet he's still low-spirited. Yet we find those who are heavily laden with a gazillion of problems yet they thrive and grow and are delighted making meaningful progress in life.

You know the difference? The latter found their deepest why. They are clear why they do what they do. They are committed to their cause that no matter how uneven the road maybe, how long and arduous the journey may become, they shall succeed. They shall finish the course no matter what because they know WHY. They are equipped with a mighty reason to keep on going no matter what.

This deep and forceful why is what I call "*hunger*". I remember watching a practice game of tennis in our hometown when I was still in high school. It was a doubles game. I overheard the coach reminding his players why he chose them to take part in the competition. His words go like this

“It’s not your edge in speed, size or strength that I took notice of from the beginning but your hunger - the craving to compete and win at the highest level of the competition. It is your thirst to make a name for yourselves and to give honor to your roots.”

You see, what I realized from that coach is this: no matter how competent you are, no matter how many strong attributes you have and whatever tangible advantage you have, without that one intangible – hunger, none of your tangibles matter.

A clear WHY and your reasons and their depth will pull you towards finding your way to make those dreams come true.

I actually dedicated a whole chapter to discussing *Hunger* in my book *“Unleash Your Inner Champion”*. You can check it out on my website (www.unstoppablebreakthrough.com) and delve deeper into it.

Finding your *deepest why* will tremendously give you insurmountable motivation to achieve and conquer. Today, I hope you will decide to diligently locate it and use it to fuel your efforts in pursuing everything that truly matters.

Structure of a Powerful Why

Basically, a deep or powerful “why” can be categorized into two types, the 1.) *soul dream* and 2.) *pain*.

A *soul dream* is a *positive why* and *pain* is a *negative why*. Let me expound a little bit further. Your *positive why* is what you would want to attain, these are the things or dreams you earnestly want to achieve, these are your most wondrous fantasies. While your *negative why* are the things, conditions or situation you need to steer clear of or escape from. These are those frustrations you want to get over and done with.

You get it, right? Identifying your deepest and emotional why is of supreme importance. And you can unlock it by:

1.) Discerning what excites you the most – the dreams that shake up your passion and potential, the dreams that give value to yourself and to people, the dreams that inspire and leave a mark, the dreams that glorify your incomparable Creator. Determine those soul dreams that would persuade you to bring to life your best work and induce you to a motivated and action-oriented life.

2.) Recognizing what gives you the most excruciating pain there is. What has been your life-long burden? What has been the cause of your most agonizing nights? What is the root of all your sufferings and hardships? What are the

things you want to finally get over and done with? There are those terrible ordeals that we would never want to experience again and would dispose and drive us to do whatever it takes to get to the opposite side of struggle which is the victory.

A powerful *why* always triggers the emotion. Emotion is energy in motion. It is that substance that propels you to move, to stride, to go the distance. This is the reason why activating your *why* is of crucial importance because your *why* is always tapped into your emotion.

As human beings, we're wired to act subconsciously not by logic but by emotion. We act based on what appears to be intense for us. Consciously we do act by choice but automatically, we're emotional beings. Decisions are largely emotional, not logical.

Utterly shocked? Well, let's look at few examples like when an insurance agent approached you giving you bullet-proof facts, all the logical and promising side of his product yet he doesn't have that "sincere look" – that "you-can-rely-on-me-anytime gesture". Then there comes this second agent who brought upon you a "standard-constructed proposal" yet he speaks to your heart, when he talks to you it's as if he's a long-time friend who puts your welfare first. His words speak volume to you as if he sees your needs and he got your back.

Would you choose the first or the latter? Most of-

ten people go with the latter. Of course, you wouldn't buy a security product from someone you don't feel secure with. Make sense? That's why top performing sales agents are not those most knowledgeable but often those most sociable. People often buy from someone they *know*, they *like* and they *trust*, someone like a friend.

You see, we unconsciously based our decisions on our emotion – how strongly we felt about something. It is that insatiable hunger that puts us to the edge, where there we are left with only two choices: to quit or to conquer. Our magnificent destiny is always on the opposite side of fear. This is exactly why we need to have that *ultimate push*, *drive*, that *insatiable hunger* so that we can make that scary leap towards the other side where triumph and real progress and happiness reside.

Hunger is such a potent state; it is that forceful element that would liberate you from playing it small. It is that hunger, that deep and emotional why that would eliminate failure as an option. Yes, you may or shall I say you will possibly fail a lot, fail a little, fail often but it is that firm commitment, that resolution that you will get back up and play it better that will spell the difference.

Yes, do fall, but if you will fall then fall forward, so that inch by inch, step by step you are advancing towards your desired destination.

In every journey, begin by being clear with your WHY

– your deepest hurts and your grandest and most towering dreams. Utilized your WHY, your hunger to ignite your highest potentials, to trigger your passions and to transport you to that arrival point you sincerely hoped for – Your Breakthrough.

Your Breakthrough begins by unlocking your WHY.

“He who has a why to live can bear almost any how.”

- Friedrich Nietzsche

Part II

“The size of your success is measured by the strength of your desire, the size of your dream; and how you handle disappointment along the way.”

- John C. Maxwell

Breaking Through to a Life of Abundance

Often times, people see success as one moment in time when all things fall into place. That belief is outdated. Success is a cloth weaved together by fibers of daily struggles, wise decisions, and diligent actions.

Breaking through anything in life is like farming, you don't plant today and get to harvest tomorrow. You plant seeds, then water them regularly and then constantly prune the unnecessary vines around them. Harvest time comes not when the fruits are adequate but when fruits are abundant. Faithfully keep working on your crops, cultivate them, keep working on pruning your trees until such time that there is abundance.

Success is like that. It takes time to grow your seeds. And during the waiting period, you got to hustle. You hustle while you wait. Have the right attitude, the proper mindset and the willing spirit to go overcome the hurdles you would definitely encounter along your breaking through the journey.

If success was easy, it wouldn't have meaning after all. Achievement means you toil and eventually conquered. You work hard and get paid accordingly. Your level of commitment begets your level of success.

What are you willing to commit today to make your aspirations possible? What are you ready to trade off in order for you to open up new possibilities for your life? Think about it; if only you would cut off your watching hours or playing video games to make room for nurturing activities and self-development, how significantly advantageous it would be for you? Decide to engage yourself in such things that draw you closer to the abundant life.

Today, I'll divulge you with the secrets to making your breakthrough. In whatever season in life you may be, whether you are so young or not-so-young-anymore. Remember, age is just a number. What would set you apart is the application or practice of the essential elements in creating your breakthrough.

Again, your breakthrough is not a miraculous turning of events in your life. Rather, it is the constant decision to

ascend and to make progress. No champion sets his foot on the playing field and ends up victorious without the grueling training. Before the champion of the game, he's a champion of himself.

And before I finally enumerate to you the elements for your breakthrough, just take note of this: success is a product of both hard work and grace. Oh yes, in everything that we do my belief is that there is always a Higher Being guiding us and has already prepared the way for us - a God who sees our difficulties and our motivation, someone who would not give up on us no matter how many times we fall. Let us not rest our journey upon ourselves alone, instead, share it with our Almighty God who would always gladly extend His grace upon us.

You know what grace is, it's the multiplier of your contributions. The law of abundance is this: you reap a hundredfold of what you sow. When you sow not only with pure hard work and dedication but with steadfast faith on yourself and on your God, that spells the big difference between adequate and bountiful. You don't deserve an adequate life; you deserve an abundant life – a life of having and giving.

“The law of harvest is to reap more than you sow. Sow an act, and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny.”

- James Allen

Part III

“Breakthroughs happen when limiting thoughts and behaviors are challenged.”

- Fabienne Fredrickson

Essential Elements for Your Breakthrough

At this point, I assume that you are ready to dive deeper into discovering the important elements to design your breakthrough.

So here it is, *5 Essential Elements to Manufacture Your Breakthrough*:

Let's simplify it by using the word **BREAK** as an acronym.

1. Bravery

Courage is the disposition to move ahead in spite of fear. It is the willingness to discontinue a life of shallowness and mindless drifting and pursue a life of meaning and progress.

No breakthrough is possible for someone who doesn't choose to be bold. You have to be brave and believe in your dreams even when everyone else ceases to believe in you.

Even when you are at a winter in your life, a season of haze and numbness, strive hard to continue to see the beautiful light of the day.

Bravery is a non-stop feat to look at the positives in a seemingly negative environment. Constantly focus on the opportunities instead of the mess. Focus on the potential for growth instead of the chance for defeat.

Also, it is very important to kill your inner monsters while they are little not when they are so humungous that they could eat you up. These monsters are your bad habits, your limiting and distorted beliefs about yourself, your fear of failure, your daunting past, and your lack of faith in yourself and in the people around you. Destroy those by confronting yourself. Have that inner talk that you enormously need. Hey, you had enough. It's about time you take massive action to get those over and done with. Take heart and

do something about it.

If your conviction tells you to act something out or do something, then do it even when you are most afraid. Courage is doing it afraid. It is the everyday choice to get out of your comfort zone and try something that stretches you. It is the daily decision to hike towards your courage zone, an area of discomfort but extraordinary growth.

My message to you is this, have the fear, feel the fear but do what you must do anyway.

2. Relentlessness

What would you choose, be totally exhausted overcoming your challenges which breed success or lie down on your couch in comfort and achieve nothing?

So far, no great feat ever happened without relentless pursuit. It is through being driven with a purpose that any battle is won. A man should not just work but must align himself with excellence. Compete each day not with others but with his previous self, constantly becoming a better person than he was yesterday.

A lot of people are willing to settle for “good enough”. Well, what is “good enough”? We have a divergent opinion on what is good enough. I don’t know about you but for someone relentless, *good enough* means getting on top

and be able to stay there and climb higher and higher. It is keeping tenacity alive and setting the bar even higher. It is the willingness to play the game on a different level - the persistence to set the new best.

Relentlessness is the determined pursuit for perfection, though none of us would ever achieve perfection, but, through this sheer perseverance, we would attain greatness.

We need not be perfect anyway; we just need to manifest our greatness. Greatness is falling seven times and standing up eight. It is giving more than what is required of us. It is doing more than we thought we could do. It is striving to become our better selves every single day.

Having a perpetual drive to do big things makes a man tenacious. It is the commitment to continuously give never-ending efforts and do whatever it requires to get to that desired destination that allows a person to keep on going.

Permit yourself to adapt that “never quit” attitude. Declare it upon yourself to *never give up until you win*. That’s a wonderful encouragement you could offer yourself with. That no matter what, you won’t stop. When should you stop? Don’t stop when you’re tired, stop when you are finished. Wake up hungry and never go to bed unsatisfied.

Don’t ever give up. Every gift needs honing. Focus

on one thing at a time. Engage with deep work towards your goals. Keep working on it until you become a master of it. Remember, repetition is the mother of all skill. Bruce Lee once said, *“I fear not the man who has practiced 10,000 times once, but I fear the man who has practiced one kick 10,000 times.”*

When you make that strict adherence to the habit of being relentless, on toiling on a goal over and over, it would revolutionize your life. You would be able to reach your highest potentials and achieve your breakthrough.

3. Enthusiasm

Enthusiasm is an exponential factor of growth and success. A person who is enthusiastic in his work always finds remarkable opportunities in his career. Having enthusiasm is like a car in full-tank, it could travel miles and miles forward.

Enthusiasm makes a man unstoppable. It is the positive force that ignites our energy we badly need in order to create our breakthrough. For us to fulfill our grandest destinies, we need to energize our dreams, our minds, and our body. We need to live life fully awake.

What is it that you cannot do if you have that zeal in your work? Nothing, right? It is not just potential but passion that would lead you to your area of success. You may have

the right set of skills; you may have the capacity and the knowledge as your power but if you don't have enthusiasm, you cannot switch on the light to success.

People don't realize it but what slows us down and retards our growth is our lack of interest in what we do. It is the absence of passion and energy that steals away our opportunity to get to the competitive edge. The very thing that causes dynamism in all our endeavors is that strong sense of exuberance. We should align ourselves with the area of our passion. This would grant us that joy to work on the things that don't just put food on the table but delivers that sense of accomplishment and irreplaceable satisfaction.

The best way we could energize ourselves to labor in difficult times is by being totally interested and excited in what we do. How advantageous would it be for us if we are working in the field of our deepest and most meaningful interests? What are you willing to give in order to afford that lifetime of working on what you love?

Actually, when we love our work and we're totally invested in it then it feels as if work is just a play. When the fun is present at work then that changes your career story in the long run. For us to attain great work, we must find the love for what we do. Do you love what you do? If you don't, find what you really love and be there. Go there. Look for your passion and embrace it because that's where your greatness will manifest.

4. Adaptability

One of the most crucial components of your breakthrough would have to be adaptability. Adaptability doesn't mean copying or mimicking something and someone. It means picking up a model and assimilating their behaviors and habits. Digging deep and finding what could possibly work the best for you and adapt it.

Adaptability doesn't mean becoming a follower but a student. Cultivating that wisdom to distinguish which traits you should adapt to your greatest advantage and which ones to avoid.

Adaptability is harnessing that power of purposeful resistance. Being able to withstand the crushing pressures around but not being swayed by those mindless individuals and weakening thoughts they throw upon you.

It is a prominent characteristic one must have to be able to sustain himself along the strenuous and demanding path to success. It is being able to adjust to any difficult situation and come out victorious.

There is a vast difference between adapting to cope and adapting to win. You don't adapt just to survive, you adapt to continue. Adaptability is a sustenance strategy. It is the recognition that there are minutes in life when you would fall and fall hard but that is not the end of the road. It is realizing that you may get hit multiple times, but the victory

that comes after those punishments are all worthwhile and incomparable.

Adaptability is the resilience to be alive and persistent in the days to come. It is having that self-assurance that no matter what course you may be in again, you won't break because nothing is tougher than a person who's a master at adjustments. Nothing can beat you.

There was this line in boxing, *"it ain't how hard you hit, it's about hard you can get hit, and keep moving forward."* And my message for you is the same, no matter how hard life hits you, never cease to keep moving forward. Life never rewards a quitter. Success favors those who stand up when he can't.

And lastly, adaptability is synonymous with humility - admitting that some of your ways needs adjustments. There are some areas of your life that needed a little tweak and re-planning. Maybe your work approach needs a new strategy or you're missing something out in your relationships. It is that humble recognition that you don't know everything. That you need pruning and you require remodeling of yourself. It could be adopting new thoughts or habits.

Sometimes, the only way for things and opportunities for greatness to reveal themselves to us is when we prepared ourselves to completely abandon our original views about them.

5. Knack

Imagine operating from a frame of awesome confidence because of your giftedness. My belief is that every human being has his/her own gift. There's that certain thing you are so good at and when you do it you're in your element. You're in it and you know exactly how to go around it.

Everyone has his core gift. Your knack or your gift is the strand of potential greatness that resides within you. Ever wonder how a Leonardo Da Vinci was able to paint probably the "most-known and visited artwork in the world"? It's because he saw his Mona Lisa even it when it was still a piece of a blank canvass. And that was one of his many gifts – painting!

But take note, Da Vinci is not just an extremely gifted human being; he is an enormously curious individual and has this unstoppable habit of looking for answers and solutions to quench his curiosity. That is how a Da Vinci became a universally known genius. His gifts underwent extreme labor. He developed his gifts day and night. His knack for things was honed exceedingly well because of his fiery passion for what he does.

Your core gift or your area of greatest potential when combined with passion, that's a makes a lethal weapon - a weapon to combat you most painful hardships. Your gift and passion are crucial elements for your success but still, success won't be an easy path. It won't be easy but it will

definitely be worthwhile.

Find your knack. Find your core gift. Find that area wherein you could have your greatest and highest contribution. Leave mediocrity behind and locate that area of your most towering potentials.

Like Da Vinci, create your own masterpiece. Design a life you are most excited to live, do what you are meant to do and do it exceedingly well. Look inside you and you will see that your visions are still alive waiting for you to clear away everything that is not you. Send away your debilitating beliefs, your useless fears and crippling delusions, the expectations others imposed upon you, and whatever it is that limits you into unfolding your greatest masterpiece.

Let your light shine. Find your gift and give it away. That begets happiness and makes life meaningful and purposeful.

Bonus Message:

We may have different faith, but I believe in all of us, we look for something higher than ourselves. And in all success, my belief is that something has worked for us, something in this unfathomable universe transpired in order for us to be where we need to be.

For me, aside from all the things I mentioned above, my success was a fruit of all those elements and remarkably God's grace. For my breakthrough to happen, it had to be aligned with this deeply held value.

I would like to end by saying Thank You! And my hope is that you will never stop until you meet your Breakthrough.

P.S.

If you liked the principles in this book and want to delve deeper and create your Breakthrough, I expounded these principles on my book *“Breakthrough (Book One): A Guide to Turning the Impossible to I’m Possible”*.

You can find it at www.unstoppablebreakthrough.com.

Also, let me encourage you to never stop learning and growing yourself until such time that you became a true

champion – because, within you, you really are. You are great and wonderfully made.

Want to awaken your inner greatness? Check out my book *“Unleash You Inner Champion: 10 Laws in Awakening the Greatness Within You”*.

You can find it at www.unstoppablebreakthrough.com.