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MONOGRAPH

**ARNOLD SCHWARZENEGGER: ANALYSIS OF THE FACTORS THAT
INCREASED HIS SUCCESS**

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GRATITUDE

This monograph is dedicated to my parents, the ones who have given everything in this life and for the support and confidence they had in myself during this process.

I want to thank my teachers because they taught me the values and they gave me that motivation that a student needs to always move forward and never look back.

The two principal teachers who were with me during this journey are Miss. Monica Mora and Lissette Pino. Miss. Monica who gave me a huge help in how to structure a good monograph and for always giving me tips for improving it. Miss Lissette who helped me to do my monograph with a better grammar and good ideas. I recognize all the hard work these teachers did checking each mistake I had on my monograph.

I appreciate the intelligence that God put in my brain because without it I wouldn't have developed this monograph to encourage a healthy lifestyle.

SUMMARY

In this monograph I want to show the successful life of Arnold Schwarzenegger an ordinary person like any of us. He proved a lot of people that nothing is impossible that you can do and become what you really want. Nowadays people get influenced by the opinion of others and they don't do what their hearts and mind want to accomplish because they are scared of being different than others. Arnold is a great example of self-respect and determination. When he told their parents and friends he wanted to become the strongest man in the world they all laughed at him but he knew other's opinion could not affect his dream. He had his very clear but nothing sees easy he went through a lot of hard times, he sometimes decided to quit his dream because every time he made a big step the dream became harder and harder then he knew it was part of the process. In our society when people want something they don't work as hard as they should and at the end they quit. They get frustrated saying that it was very hard and that they weren't born for that but the fact is that anyone can accomplish anything you want and Arnold is an example of that. To conclude I explained all the possible situations that people go through when they have a long term goal or dream they all try but they end quitting and that's not right. Everyone should know that the world impossible does not exist and start getting motivated every single day.

INDEX

Content	
GRATITUDE	2
SUMMARY	3
INTRODUCTION	5
CHAPTER I	
Description of the life of Arnold Schwarzenegger a person with a big desire and a limitless mindset	6
1.1 Roots from this character	6
1.2 Explanation of how Arnold went from average to a hardworking person.	7
1.3Description of the goals Arnold had for his entire life	8
CHAPTER II	
How to become a successful person from zero?	11
2.1. Explanation of how a successful person sees life	11
2.2. Rules of success	12
2.3. Breaking barriers	13
CHAPTER III	
3.1. Interview applied	15
3.2 Interview conclusion	21
CONCLUSIONS	22
RECOMMENDATIONS	24
BIBLIOGRAPHIC REFERENCES	25

INTRODUCTION

The following monograph is an investigation about the factors that increased Arnold Schwarzenegger's successful life. The purpose of the monograph is to show people that nothing is impossible and anyone can reach success with no excuses. Arnold is a person who started with no resources but a big ambition, he wanted to become the strongest man in the world and show people that it will be possible. Arnold went through hard times during his life but that wasn't an excuse to make his dream into a reality. That is why Arnold is a great example of inspiration.

This character has inspired a lot of people all over the world, especially people who is on the road of pursuing their dreams. In the monograph, the reader will find a lot of information of how much work you have to put in when you are pursuing a dream or goal. It can be called a mini guide to reach success in all the aspects of your life.

Through this monograph I want to encourage people to find their own purpose in life. Arnold made his dream into a reality in 15 years of dedication and real hard work so if he did, what can stop other from doing the same.

The monograph will consist in three chapters: The first will be about the description of the life of Arnold Schwarzenegger a person with a big desire and a limitless mindset; the second will be about how to become a successful person from zero; and the third will be about the interview results.

CHAPTER I

DESCRIPTION OF THE LIFE OF ARNOLD SCHWARZENEGGER A PERSON WITH A BIG DESIRE AND A LIMITLESS MINDSET.

1.1 Roots from this character

Arnold Schwarzenegger was born on July 30, 1947, in a town called Graz in Austria. He grew up in a family made up of his father Gustav, his mother Aurelia and his older brother Meinhard. Arnold was the youngest of the family and Meinhard was the favorite son. The Schwarzenegger family was Catholic so they used to go to church every single Sunday.

Arnold was very athletic at school he played soccer and did box very well but at that moment he was just an average person with no goals in life. Arnold's dream came out when he was fifteen years old, he watched Hercules a film performance by Reg Park the bodybuilding champion in that era. Arnold got surprised.

Immediately he ran to his parents and friends to tell them that he found what he wants to become from the moment he saw the movie.

In line with Schwarzenegger (s.f.): "He told his friends "I am going to be the world's greatest bodybuilder", they all laughed at him and said "Arnold you are a skinny 15-year-old from Graz, all the champion bodybuilders are much older and from America, stop dreaming!" (p.7).

Arnold's parents sent him to a counselor. Arnold told the counselor his dream to become a bodybuilder and flying to the United States of America and start a life there. The counselor

also laughed at him saying that those kinds of dreams are very normal when people are young. The counselor didn't help Arnold's dream and told his parents that he would forget it in a while. Arnold got upset but he didn't care and he started to read a lot of bodybuilding magazines to get involved in that "impossible" dream.

Since that day Arnold's mindset changed and told himself that he will make whatever it takes to get there no matter what.

1.2 Explanation of how Arnold went from average to a hardworking person.

A guy like Arnold with no money, very young and from a small town in Austria whose dream seemed impossible for everyone who heard about it but he believes in himself since day one not accepting others opinions. Arnold was very motivated because for him it wasn't an impossible dream telling himself that he would achieve it, working hard every single day of his life.

He knew he needed to change a lot of habits if he wanted to be a bodybuilder. At first, Arnold hated to read but magazines and books were the only way to feed his mind with motivation and inspiration to don't lose his dream. He used to train only twice a week, when the dream came out he started to go six times a week four to five hours a day. He tried to sleep early at night and wake up early to have time for school and working out. Once he changed a lot of habits he made a massive change in his life not only physically but also his mind had a new perspective of seeing life from a different angle.

Schwarzenegger's family got surprised of the change that Arnold made. Arnold's mom Aurelia fainted because she didn't want him to become a bodybuilder she wanted another future for him. Arnold's dad Gustav stopped letting him going to the gym 6 times a week to 3 times a week. Everyone would have quit if they hadn't had their parent's support, but Arnold did not. Instead of working out at the gym he did pull ups and pushups in his room. People can see Arnold's determination, no one and nothing couldn't stop him. His parents realized that it was impossible to stop him so they started to support Arnold with his desire to become a bodybuilder.

Arnold never listened to the people who were around him even his family didn't believe in him but Arnold's heart had a big purpose of chasing the dream.

1.3 Description of the goals Arnold had for his entire life

Arnold not only wanted to be a professional bodybuilder he had 2 more things in his head, becoming a Hollywood star and to get into politics. After winning 7 bodybuilding titles he quit bodybuilding to become an actor. Arnold's physique was massive so he could easily perform as a police or something related to a strong man job.

At first a director rejected him because he said Arnold's last name was hard to pronounce for the American people, something without sense because a last name doesn't define someone who acts in a movie. It was an offence against him. The director gave him the chance to change it but Arnold wouldn't change where he comes from just for a movie.

Then the director told him that he had a horrible accent so no one would understand him and his body did not work to perform a movie, In addition he told Arnold to keep doing bodybuilding because it was impossible for him to become a Hollywood star.

Arnold's desire was too big and he knew what he really wanted so he started to work in all those negative aspects the director said about him. He worked in a symmetric body and tried to improve his accent into an American one. In 1980 after a lot of years of hard work it finally paid off playing his first movie. In conclusion people really admire him, if another guy would be in his place that guy would quit. Firstly Arnold's vision was clear that his mind was limitless and knew how hard he needed to work to get through the obstacles of life.

Arnold got into politics without having a college degree of it. He wanted to be the president of The United States but he couldn't because he wasn't born there.

However, the dream wasn't dead he wanted to get an important place so he qualified for the governor of the California state winning the elections with a huge number of people with him.

Arnold's dreams were a joke, all of them were impossible for a lot of people but he believed in himself all the time, knowing that the only person that can stop someone is oneself and no one else. He knew deep inside his heart that impossible is just a word and

that everyone can accomplish anything if they break their limits and pursue what they really want in life.

CHAPTER II

HOW TO BECOME A SUCCESSFUL PERSON FROM ZERO?

2.1 Explanation of how a successful person sees life

Nowadays people live a comfortable easy life where they do the same activities like an average person who doesn't make an effort to make a change to improve their lives.

In this world, there are two kinds of people, the ones who like being normal all the time, which means people who don't want to go further and the ones who always want to be one step ahead, looking forward to improving themselves in different aspects.

The average people don't want to get out of their comfort zone because they have been living with a fear inside their hearts that don't let them progress.

Most of them tried a lot of things but they all failed at the first try, at the second try or probably more than two times. Deep inside. They tell themselves that it is an impossible dream so that goal or dream will never happen and it would never be achievable. These kinds of people never reach what they really want and give up.

According to McGregor (2016): “There's no talent here, this is hard work, this is an obsession. Talent does not exist, we are all equals as human beings. You could be anyone if you put in the time. You will reach the top, and that's that. I am not talented, I am obsessed. So drop your excuse that you're not talented enough, and start your next obsession. Ask yourself, what can *you* accomplish in four years?” (p.5). This athlete called Conor McGregor showed to a lot of people that hard work beats everything if people work hard for something you will get it and no one would stop you.

The other kind of people are the ones who always want more and more the ones who never get satisfied reaching the top. These people are always hungry for success and they are also human's beings but the thing that makes them different is that they won't rest until they accomplish the dream.

They have failed a lot of times but they don't give up, they keep trying no matter what. Most of them have been trying something for years but Arnold ended reaching the top because in their mind they clearly know what is the end goal and what is waiting for them.

2.2. Rules of success

Arnold created six rules of success that any person needs to follow to become successful like he did a long time ago.

1. Trust yourself

Most people really care about what other people say about a person but deep down inside their hearts they have different ambitions and goals. What Arnold wants to tell everyone is that people have to become what they really want to be no matter how crazy the ambition is. It means getting out from what average people do and start becoming the person you want to be in the future.

2. Break the rules

According to Schwarzenegger (2012): "It is impossible to be a maverick or a true original if you're too well behaved and don't want to break the rules. You have to think outside the box." (p.2). It means thinking in different ways to have new ideas to create something new

3. Don't be afraid to fail

People want a lot of things but sometimes they don't even try because those things seem hard or impossible for them. Most people try but they give up at first try. Arnold explains to us that you can fail a hundred times but at the end it will pay off. If people have the perseverance they could achieve anything.

4. Don't listen to the naysayers

Every single day you heard people talking about their ambitions or asking for help because they don't know what to do with their lives. Most people will tell others that their goal can't be accomplished because they live in a circle of limitations. That is why people have to do what their heart and mind says.

5. Work your butt off

Nothing comes by accident and all the successful people can tell what is the secret ingredient to make any progress in your life and it's called hard work. While you are relaxing in bed there are a lot of people outside that also want what you want, the competition is always there so people have to work hard every day with no excuses.

6. Give back

People must be grateful for all things they have in their daily bases. It's always good to help your society. Someone who does great things for others will live a peaceful life full of blessings.

2.3. Breaking barriers

According to Schwarzenegger (1995): "*When the going gets tough, it is always the mind that fails first.*" (p.242). Human's mind is very powerful but also can be destructive. When people want to do something the mind is where it goes first. No one acts without thinking

about it first. The mind not only works alone, it works with your desire and heart. When you do something it goes through these three things. Your mind can make someone feel useless but also can make you feel the king of the world ready to accomplish anything. People have to break the barriers and never letting their minds to be introduced with negative ideas. Once the mind is trained to go through hard times it will be fearless and limitless.

CHAPTER III

INTERVIEW RESULTS

3.1. Interview applied

I interviewed three people around 17 and 25 years old. They were people who know a lot of the life of Arnold Schwarzenegger and his successful life. All of them were interviewed in a gymnasium during their workout, their names are: Vladimir Serrano (17 years old), Guillermo Delgado (25 years old) and Andres Collin (19 years old). I did five concrete questions so they answered with their best opinions. First, I showed them a video called

Arnold Schwarzenegger Motivation - 6 rules of success speech. It helped them with some information to answer the questions.

Each person took around 10 to 15 minutes to answer all the questions.

List of the questions:

1. Do you know who is Arnold Schwarzenegger?
2. What was the principal value used to make progress every single day?
3. Do you mind what people say about you?
4. What is your favorite Arnold's success rules? Why did you choose that specific rule?
5. Do you think anyone can reach success or there is something that don't let people reach success?

Question 1. Do you know who is Arnold Schwarzenegger?

Serrano (2018): *“Arnold is a successful person who conquered the world and someone who is considered the greatest bodybuilder of his era. He is a role model for me and I really admire him.”*

Delgado (2018): *“He is my idol since I was a child I start going to the gym because of him, he proved to the entire world that nothing happens by accident and if you want something you have to overcome the hard times.”*

Collin (2018): *“Of course I know who is him he is a big inspiration for me I have read all his books he helped to be successful in different parts of my life.”*

Question 2. What was the principal value Arnold used to make progress every single day?

Serrano (2018): *“I Think it was the passion he puts in everything he did. All the time Arnold talks about not being hypocrite with your goals.”*

Delgado (2018): *“He had an enormous passion that never let him give up”*

Collin (2018): *“Determination was always with him, he used to wake up in the morning to make his dream life a reality.”*

Question 3. Do you mind what people say about you?

Serrano (2018): *“I don't mind what people say to about me, people can say a lot of bad things about you but it's always about being you and not being someone else.”*

Delgado (2018): *“No, if you care what people say about you is lacking personality.”*

Collin (2018): *“2 years ago I used to mind about it, but a day I realized I wasn't being myself so I worked on my personality.”*

Question 4. What is your favorite Arnold's success rules? Why did you choose that specific rule?

Serrano (2018): *"When Arnold says that you should break the rules it means going further and to always want to be different in the aspects of your life"*

Delgado (2018) *"Trust yourself is my favorite rule of success because when you want something you have to be 100% sure what do you want to accomplish"*

Collin (2018) *"A lot of people are scared to fail and that is a very bad mindset because failing is part of the process to reach the top. that's why my favorite rule is Don't be afraid to fail."*

Question 5. Do you think anyone can reach success or there is something that don't let people reach success?

Serrano (2018): *“Life is limitless and people can become and have what they want if they push themselves.”*

Delgado (2018): *“The only person that doesn't let you accomplish something is yourself and no one else because you decide when to stop”*

Collin (2018): *“We are here for a purpose and nothing and no one can stop any human being.”*

3.2 Interview conclusion

In this interview I wanted to know what these 3 people knew about Arnold Schwarzenegger and also was about what they think about motivation and how to use it every day. They are motivated and for sure they are hungry for success wanting more in their life, these kinds of people are the ones who end reaching their goals and dreams with no excuses with them. I specially interviewed Vladimir, Guillermo and Andres because I have seen determination in them every day; they don't want to be part of the average people. They want different and extraordinary results that are why they work very hard in their ambitions. These people don't mind about others opinions the only believe in them knowing that they are capable to

do and conquer everything they want in this life. Doing this interview helped me to understand how hard the life of a person who is pursuing his dreams is. Not everyone is successful and that's why a successful person has to do lots of sacrifices every day being determinate and never looking back.

CONCLUSIONS

At the end of this monographic work it is concluded that:

- Arnold Schwarzenegger is a person like any of us who proves to the entire world that nothing comes by accident and showed everyone that there is no impossible dream. People can do and become whatever they want without asking other people for their opinion. In our society many people don't follow their dream just the fear of what people would think about. A lot of people have goals and dreams that sound impossible or even hard to accomplish. Arnold is a man who made the impossible so if he made it. Why do people could not make it?
- Human's mind is a powerful tool that everyone has, but it can help and also can destroy you. The mind make people act. It's like the motor of a car if the motor is in

a bad condition it won't work at its 100%. The mind works very similar so people's mind needs positive thoughts to create results. When people don't know where to go, I mean where they want to see themselves in the future it's like a rode with no exit. People will get frustrated and locked in a bubble. For the reason people need to know why are they in this world. People need a principal purpose to succeed in life.

- I interviewed 3 people in a fitness center about Arnold Schwarzenegger's success and if it is possible to achieve what Arnold did. They all seemed very motivated in their daily life so the answers were positives. These three people had different ambitions but one thing they had all in common was to build a successful life with no doubts. They told me that the word impossible does not exist in their vocabulary. They try every single to learn new things. Always making results. However, they proved me being different than others in certainly aspects like wanting more and doing things that most people does not do in their daily life.

RECOMMENDATIONS

At the end of this work it is recommended that:

- Those people who does not know what to do with their life, the ones who think that their goals cannot be accomplished. To capacitate people from all ages but specially students that are close to get into college. People from 17 to 40 years old. Age does not define someone so it can be for everyone who is completely lost.
- To prove people that an impossible does not exist. It's about get in love with the daily progress without minds with frustration or depression. Want to show everybody that failing many times is something that anyone has to go through to reach the end goal.
- In our society people give up very easy at the first try. I just want to guarantee people that hard work really pays off. Failing could be a law of life there are no

people who haven't gone through that, we all have imperfection, we all fall down but it is about getting experience in each failure. Just keep going all time never looking back and the results will happen for sure.

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