



Creating Excellence - A Principle of Success

Developing excellence is a principle of success. Excellence is a level of quality in a project or activity and also in your relationships.

Creating excellence enables you to go beyond your previous goals, reach higher levels of success and make a positive contribution to people and society.

You can create personal excellence by developing your individual qualities and skills. Collaborative excellence is the excellence of a group - the quality of their projects and the way they work together to achieve success. Group excellence is created by developing the qualities and skills of the group.

This article focuses on creating personal excellence by developing individual positive qualities and skills.

Here are two exercises to assist you to create personal excellence.

Exercises for Developing Personal Excellence

Creating Excellence By Developing My Positive Qualities

Developing your positive qualities, which are your strengths, assists you to create individual excellence. A few examples of individual positive qualities are:

- Courage
- Integrity
- Appreciation
- Empathy
- Forgiveness

Developing these and other positive qualities strengthens your relationships and helps you to excel in your life and work.

Here are the steps in this exercise.

1. Choose a positive quality you would like to develop.

2. Write a Positive Quality Statement. This is a Statement about the quality as if it is already assisting you to create excellence and success in your life and work.

Here is an example.

Example of a Positive Quality Statement

Developing empathy assists me to accept and appreciate my family, friends and colleagues. Creating empathy invites them to share their thoughts and feelings authentically. In my personal life, developing empathy is assisting me to have fulfilling, trusting relationships. At work, practicing empathy encourages my co-workers to develop their creativity and innovation and share their thoughts openly. Developing empathy is assisting me to have trusting, constructive, fulfilling relationships in my life and work.

3. Work with this quality for 60 or 90 days. Each week, review how it is helping you to create excellence in your activities, projects and relationships.
4. After 60 or 90 days, continue to work with the same quality or choose another to develop which helps you to create excellence in your life and work.

Creating Excellence By Developing My Skills

Developing a skill also assists you to create personal excellence. A skill is an ability such as your knowledge of engineering or your artistic skill as a musician. It is also a skill which enables you to create positive relationships.

Here is an exercise to assist you.

1. Choose a skill you would like to develop which helps you to create personal excellence.
2. Write a Positive Goal Statement about this skill as if it is already assisting you to create personal excellence. Here is an example.

My company manufactures high-quality water filtration equipment for families in third world countries. In addition to continuing education in engineering, I am developing the ability to work with my team effectively. This assists us to develop new ideas and create a new level of excellence in our projects together.

3. Make a list of the actions you will take within 60 or 90 days to develop this skill.

4. Each week, look at how developing this skill is assisting you to create excellence.
5. After 60 or 90 days, look again at the ways the skill you are working on is helping you to create excellence. Continue to work with this skill or choose another to develop for the next 60 or 90 days.

The benefits of developing personal excellence include; positive and fulfilling relationships, creativity and innovation, and new possibilities in your life and work. Personal excellence enables you to go beyond your current goals and expand your contribution to people and society.

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