



Preparing Success

In our work, we define success as the ability to create joy and wellbeing in your life, the lives of other people and society. This includes; achieving your goals, reaching new levels of excellence and contributing to society in positive ways.

You can prepare for success the same way you cultivate the soil for a new plant or tree. Just as there are nutrients which help a plant to grow and flourish, there are actions you can take which enable you to create success.

Some of these actions are:

- Focusing on the benefits of your goals
- Upgrading and refining your goals and actions
- Developing extraordinary relationships
- Preparing ahead of time for every conversation

This article describes each of these four ways of preparing success and includes suggestions and exercises which assist you to create wellbeing, achieve your goals, excel in your work and contribute to society.

Focus On The Benefits Of Achieving Your Goals

It is essential to understand the benefits of achieving your goals. One way to do this is to write a Goal Statement which includes the benefits. The Goal Statement is written as if you are already achieving a goal.

Here is an example of a Goal Statement from my own work.

I am sharing the original work I created with professionals and students, which assists them to create joy in their life, achieve their goals and contribute to society. This work is helping them to develop fulfillment and wellbeing in their life, create new levels of excellence, and expand their contribution to people and society.

Upgrading and Refining Your Goals and Actions

Upgrading and refining your goals and actions is as important as doing the work to achieve a goal. Setting aside time to review and upgrade goals and actions bring new ideas about the best ways to go forward.

Here are a few questions for you or your work group about a goal and actions to achieve it successfully.

1. Does the goal continue to align with our vision and purpose?
2. Is there any part of the goal we would like to change?
3. How effective are our actions in achieving this goal? Are there new actions we would like to include and actions we would like to let go?
4. What additional information and resources will assist us to achieve the goal successfully?
5. What existing and new relationships will help us to be successful, i.e. staff, strategic partners, etc.

Developing Extraordinary Relationships

We achieve goals with other people. Our relationships bring new ideas, resources and support for whatever we desire to accomplish. They bring

new opportunities to develop and expand our work in ways which enable us to contribute to people and society.

Developing in-depth relationships assists you to go forward in your life and work. Understanding the goals of your partners, colleagues and others who assist you enables you to see how to assist them too.

Sharing ideas with colleagues and inviting their suggestions is one of the best ways to expand your work and help more people.

Preparing For Every Conversation

When you revisit the talking points for a conversation, you often receive more ideas about the results you would like to achieve and new ways to assist the other person or group.

Here is a list of some of the ways to prepare for a conversation so that you create positive results for everyone.

1. Create a list of talking points.
2. Research topics you are including in the conversation.
3. Develop open-ended questions. These are questions which cannot be answered by 'yes' or 'no'. For example, "Can you say more about that?" is an excellent open-ended question. It helps you to understand in greater depth what another person is sharing with you.

The responses you receive from open-ended questions give you essential knowledge which help you to go forward successfully.

4. Write down the ways you can be a resource for the other person or group.

5. Write down the ways you would like the other person or group to be a resource for you.
6. Establish the purpose for the conversation either before you begin or at the beginning of the conversation.
7. Set a length of time to speak together before the conversation or when you first begin.

Every conversation is an opportunity to develop new possibilities for yourself and for others.

These four ways of preparing success assists you to create wellbeing, excel in your work and achieve your goals in new and innovative ways. They help you to expand your contribution to people and society.

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Oshana Himot, MBA, is a speaker, author and organizational mentor. She assists professionals and students to achieve their goals, create joy and wellbeing and contribute to society. Oshana has a Masters of Business Administration degree from Golden Gate University in San Francisco, California and credits towards a Ph.D. in Learning and Change in Human Systems from the California Institute of Integral Studies in San Francisco, California. She can be reached at: oshana@oshanasjoyinstitute.com.