



Scientific Success Steps – Greater Outcomes (10-01 J)

There is Science in Success!

Below are Five Areas of Science, Success, and Steps you can apply to bring greater outcomes in all you do in life!

(10-1-046) Conflict – Face it Head On

Ignoring conflict does not make it go away. This will just feed the conflict and make it worse over time.

Discuss conflicts between your work life and your home life because that is the only way you can make the situation better.

“Two-career couples were 56 percent more likely to express satisfaction with their marriage when they did not avoid dealing with conflicts and disagreements brought on by their work schedules.”

Howell (1999)

(10-1-047) Whatever You Do, Own It

What you do represents who you are – your ability, your commitment, your passions, your vision – your potential to do something more!

“Satisfaction with work improved by 34 percent when employees felt they were individually responsible for their work output.”

McCaw (1999)

(10-1-048) Be Honest

Be honest about your future.

Lying to ourselves about our goals is like paying off a loan by taking out an even bigger loan. It makes today easier, but it makes tomorrow much more difficult.

“People who consider their careers to have been successful are 81 percent less likely to have exaggerated their career plans when they were younger.”

Ingram (1998)

(10-1-049) Not a Victory

A victory at all costs is not a victory.



In your efforts to be successful, the emphasis must be on winning with a purpose, not merely on winning.

Our focus needs to be the big picture and what you really want.

“The will to succeed comes in two distinct forms. Hyper-competitive people (60 percent) focus on winning all the time, regardless of the importance of the matter. Self-oriented competitive people (40 percent) focus on doing well but with an emphasis on improving themselves so that they can do even better in the future.”

Glaman (1999)

(10-1-050) What is The Point?

While many of us chase money, fame, prestige, recognition, and other things – the single most important thing you can chase is meaning.

When you have a purpose in all that you do, every day becomes valuable and every outcome, good or bad, worthwhile.

“Feeling there is meaning in your life is eight times more likely to produce satisfaction than is a high income.”

King and Napa (1998)

Apply these Scientific Success Steps for Your Greater Outcomes!

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