



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

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!

(10-1-011) You Are Out if You Doubt

Confidence spreads with successes, and lack of confidence multiplies with failures. If your confidence falters, turn to what you do best, and then take on more challenging tasks.

“People who feel less talented than those around them actually believe they will be outperformed in any task they might be asked to complete, ranging from knowledge tests to creativity exercises and even games.”

Mayo and Christenfeld (1999)

(10-1-012) Keep Your Goals in Front of You

Keep your goals where you can see them every day.

Your goals should offer you direction, hope, and encouragement.

Create your goals, use them, follow them, update them, and live by them every day.

“Successful people spend at least fifteen minutes every day thinking about what they are doing and can do to improve their lives.”

Sigmund (1999)

(10-1-013) The future is Not Your Past

Your behavior steers your success – not where you grew up, not where you went to school, not ... whether your path so far has been easy or difficult.

Opportunity lies ahead – it is a matter of whether you choose to pursue it.

“The current pattern of behavior employees engages in (both inside and outside the office) is six times more likely to predict job performance than is their background and job history.”

Arrison (1998)



(10-1-014) Losses Can Be Good

Learn from your losses. The setbacks you experience are wonderful opportunities to gain experience. Not only can you learn what you have done wrong, but you can come to understand what has led you to make the choices you have made.

Practice gaining something every time things do not go your way.

“A majority of students who failed in college and later returned for their degree report that the biggest difference in their second chance was better knowledge of themselves and their capabilities and commitments.”

Robeson (1998)

(10-1-015) Want Less

Do not make the mistake of wanting everything.

Success in life is not a matter of getting everything. This is an impossible thing. Success is a matter of getting what you need.

“What success means is not universal. Studies of people who have attained nearly identical achievements in the workplace, for example, find great variation in their level of satisfaction, with some considering themselves tremendously successful and others considering themselves average or even failures.”

Maasen and Landsheer (two thousand)

Apply these Scientific Success Steps for Your Greater Outcomes!

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