



## Scientific Success Steps – Greater Outcomes (10-01 D)

### 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!

#### **(10-1-016) Life is a Game**

Life is a game of odds. There is an element of chance in everything.

Every aspect of your education, career, and life has been affected by fate.

New opportunities are looked at or missed depending on who is paying attention to that day.

Realize that the more you play the game of life, the greater chance you have of winning. Some days will not be for you, and some will be for you.

*“Career analysts find that 83 percent of mid-career professionals believe chance played a significant role in their ultimate career path and that they highly value staying open for unexpected opportunities.”*

**Williams, Soeprapto, Like, Touradji, Hess, and Hill (1998)**

#### **(10-1-017) Goals**

Goals are living – they must evolve with you. Your goals will cause you to be motivated, or your goals will cause you to stall. This all depends on the usefulness of your goals.

Keep your goals far enough away that you need to keep trying but close enough that you can reach them someday.

*“Research on recent college graduates finds that 70 percent react to negative early experiences in the workplace by becoming defensive about their abilities. Because they shun feedback in the aftermath of a setback at work, they have trouble adapting their outlook and habits to help them succeed.”*

**Trope and Pomerantz (1998)**

#### **(10-1-018) Lessons Can’t Threaten**

When you try to teach anyone something new, you must make it clear from the outset that the destination is someplace we would all like to go.



*“Feelings of self-threat are the single biggest obstacle in gaining the willing participation of workers in new training programs. Moreover, feelings of self-threat tend to spread among co-workers as they share their concerns.”*

**Wisenfeld, Raghuram, and Raghu (1999)**

***(10-1-019) If You Feel Wanted, You Will Work Harder***

Money, prestige, and all the other aspects of work we benefit from will be compromised if we do not think that those we work for care about us.

*“Lower management workers who felt like they were appreciated by superiors were 52 percent less likely to look for a different job.*

**Jones (two thousand)**

***(10-1-020) Find Your Own Path***

Before you try to live up to someone else’s expectations, or reproduce someone else’s success, ask yourself whether that is what you were really made for.

*“Of people who feel they have failed to achieve success in their lives, 64 percent point to a specific standard set by others that they were unable to live up to.”*

**Arnold (1995)**

**Apply these Scientific Success Steps for Your Greater Outcomes!**

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