



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

### 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!

#### **(10-1-026) Be Realistic**

The best self-confidence is based on a realistic assessment of all your abilities, and it highlights the path to all your dreams.

*“Confidence, in combination with a realistic self-appraisal, produces a 30 percent increase in life satisfaction.”*

**Sedlacek (1999)**

#### **(10-1-027) Efficiency**

Be efficient in everything you do.

An organization that wastes important resources, like the efforts of its workers, is an organization that will waste motivation.

*“Corporate inefficiency reduces job satisfaction by 21 percent and increases employees’ desire to find new employment.”*

**Melnarik (1999)**

#### **(10-1-028) Work and Home Must Fit Together**

Successful living is not a matter of success in the workplace or success at home – it is the combination of both.

*“People at the peak of their careers report that reaching their goals in work increases their commitment to their home life because they feel a deep sense of security, which improves their time outside of work.”*

**Persley (1998)**

#### **(10-1-029) From Within Comes Creativity**

Creativity is different from challenging work and effort – creativity in one’s life requires genuine inspiration. It is the product of a mind thoroughly intrigued by a question, a situation, and a possibility.



Creativity comes when we focus on something we really want and when we are doing something we want to!

*“Experiments offering money in exchange for creative solutions to problems find that monetary rewards are unrelated to the capacity of people to offer original ideas. Instead, creativity is most frequently the product of genuine interest in the problem and a belief that creativity will be personally appreciated by superiors.”*

**Cooper, Clasen, Silva-Jalonen, and Butler (1999)**

### **(10-1-030) Small Successes Are the Key**

A jigsaw puzzle is the best word picture for pursuing your goals. The ultimate outcome for that goal (goals) is the outcome, but to get there, you must put the puzzle together piece by piece.

Since you will spend most of your time trying to make progress, you must enjoy what you are doing to finish. If you are not enjoying the process, you must figure out a way to so that you can accomplish what it is you are trying to succeed at.

Take joy from the process every day and use the small successes to fuel your continued efforts.

*“Life satisfaction is 22 percent more likely for those with a steady stream of minor accomplishments than those who express interest only in major accomplishments.”*

**Orlick (1998)**

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

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