



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

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!

(10-1-041) Tomorrow

Will tomorrow be a better day? If so, how?

What do you want?

What do you need to do to get where you want to be?

What are your strengths?

What are your weaknesses?

What is the next step you need to take?

What are the facts?

Most people have a lot of plans and ideas. But we so rarely turn our ideas into our plans, thus creating our future, because little of what we think about progresses beyond concepts and opinions.

Define your goals and define your plans to attain them.

“People who construct their goals in concrete terms are 50 percent more likely to feel confident they will attain their goals and 32 percent more likely to feel in control of their lives.”

Howatt (1999)

(10-1-042) Eat Right and Exercise

Healthy habits increase our energy and improve both our performance and our satisfaction on the job. It may take more time, but in the end, preserving your own health makes possible everything else you want to do.



“Comparing middle management employees, researchers have found that those whose careers continue to have momentum are 53 percent more likely to engage in healthy life habits than those whose careers are stalled.”

Roberts and Friend (1998)

(10-1-043) *If You are Not in Control, You Will Give up Faster*

What is the main difference between those that quit and keep going?

It is the person’s sense of self-control.

Those who persevere recognize that they are responsible, not just for pursuing their goals, but also for setting them. When you are in control, what you do matters and giving up never ever seems attractive!

“Research comparing students of similar ability finds that the distinguishing feature between those who maintain a strong work ethic in their studies and those who give up is a sense of control. Those who express a sense of control receive scores that are a full letter grade higher than those who do not.”

Medoza (1999)

(10-1-044) *The Difference between Everyone and You*

As you watch the news, listen to the radio, read the newspaper.... Don’t let your perspective be shaped by attention-grabbing events.

The news does not cover people who had a good day, succeeded, and enjoy a wonderful family.

Don’t let the negative picture of the world cloud your perspective.

“People are seven times more likely to be optimistic about their personal future than they are about the future of their generation.”

Arnett (two thousand)

(10-1-045) *Before it Gets Better it Might Get Worse*

The things you want the most are not the easiest to get. If this were not so, you would already have them.



We are faced with the daunting fact that to pursue our goals, to make our lives better, we must first endure and sacrifice.

You could minimize your efforts now, which would offer momentary comfort but leave you will be suited to achieve in the future, or you could maximize your effort now and create an ideal future.

“Among managers in upper-level positions, 84 percent report having had to deal with a ‘period of discomfort’ in their lives. Some took career risks, worked long hours, or acquired new skills, but they saw the sacrifice as necessary to pursue employment, promotion, and success.”

Atkinson (1999)

Apply these Scientific Success Steps for Your Greater Outcomes!

©ATS

30+ years growing people, procurement, and projects!