



# Seven Steps to Success

Something stirs within you and you find yourself reaching for success in a particular area of your personal or professional life. Shortly, the doubts arise, "What makes me think I can do this? How can I conceive of doing this at my stage of life?"

Why, indeed? Because we are incredible beings of enormous resources, capable of much more than we have ever imagined. We recognize only a small fragment of the expansive essence of who we are as human beings.

Follow the energies stirring within and start the walk to success. The steps to success are encoded in the word itself.

## **S** = self-efficacy.

A strong self-efficacy, knowing that you can meet the challenge before you, beckons success. Build your self-efficacy by focusing on and using your strengths. This first-step constitutes the foundation underlying all the other steps, without it success will be elusive.

## **U** = uniqueness.

Bring your unique combination of qualities to the job at hand and make the contribution that only you can make. No one else can bring your particular combination of skills, talents, interests, passions and creativity to the world. Who are you to deprive the world of your genius?

## **C** = clear goals.

Envision the outcome, the goal itself and the milestones that allow you to assess progress toward the goal. As you understand your progress, you bring the goal within your reach. That which seems impossible unfolds step-by-step.

## **C** = commitment.

Having envisioned what will actually be involved in attaining a goal, now commit to the process and ensure success. This is the secret of those who complete projects and attain their goals.

## **E** = engage.

Engage others to help you on your road to success. Yes, ask! We can never do it completely alone. Our allies await our call. Do not hesitate. Invite others to participate in building your success. Create community!

## **S** = significance.

The meaning of attaining the goal is what sustains us throughout the process. Without meaning the process collapses or runs out of juice. Meaning resides at the core

of our being. Stories abound of individuals performing astounding superhuman tasks when propelled by significant meaning. A frail mother, lifts a car that is about to roll over her child's leg. Meaning activates hidden potential, sustains us through difficulties and challenges and matures our contribution.

## **S** = self-reflection.

Become acutely aware of your level of self-efficacy and how to build and strengthen it, acknowledge your uniqueness and bring it to the table, clarify your goals and envision the milestones on the road to attaining them, commit to the entire process, engage others and give them an opportunity to contribute. See the meaning and allow it to nurture you and draw forth the greatness within you. Conscious awareness resulting from self-reflection gives us the perspective to make decisions that are consistent with the essence of who we are and allows us to see the direction of our lives.

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