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## Success is Not an Accident



By Judi Moreo, CSP

*Always remember, you are more than enough!*

**Successful people make themselves successful.** They have goals, dreams, desires, wants and needs. They develop an attitude that attracts success. When people ask them how they are, they say, "Wonderful! Marvelous! or Terrific!" They show interest in other people by replying, "And, how are you?" They show genuine interest in the other person by listening to that person's answer and commenting afterwards in a positive way.

When you ask negative people how they are, they say things like, "Oh, better than nothing," or "Not so good." Sometimes they even go into long, drawn out dissertations on all their problems. The most positive words that come out of their mouths are "Not bad," "Alright," or "Okay." These are almost always spoken in a tone that lets you know things really aren't okay at all.

When someone asks you about another person, say something positive about that person. If you don't know anything positive, keep your comments to yourself. Whenever you say bad things about another person, it reflects poorly on you – even more than it does on the person you are talking about. It also identifies you as a gossip.

There's an old saying, "Little people talk about other people. Average people talk about things. Great people talk about ideas and possibilities. Which of these do you want to be?"

Choose ideas. Choose success. It's just as easy...if not easier... than failure. Based on my experiences, I can tell you that success certainly feels the better of the two.

### Ways to Make Life Work

#### Give up blame

Blame shifts the responsibility of our lives and our happiness, making it someone else's responsibility. Your life is your responsibility and only yours.

#### Stop making excuses

Making excuses is another way we shift responsibility. Instead of blaming people, we blame things or circumstances. Remember, where there is a will there is a way.

#### Learn to live in the present

Instead of being passive, do something about your dream. The present is the only time we have. Start by doing the best you can at whatever you are doing.

#### Become a problem solver

Problem identifiers are a dime a dozen. Anyone can go around pointing out problems. On the other hand, problem solvers are worth their weight in gold.

#### Make every moment count

Today we do everything fast: talk fast, drive fast, even eat fast. Time is at a premium and most of us are afflicted with hurry sickness.

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### Set your priorities

Decide right now that you are going to start making every moment of your life count by doing what is important to you with those who are most important in your life. Do the most important things first.

### Make decisions quickly

Once you have all the available facts, make a decision. Rarely does delay improve the quality of choice.

### Delegate regularly

Whether in a corporate environment, or at home, delegate to others. If done right, delegation is a learning experience and a motivator.

Control interruptions, time wasters, and distractions. Interruptions and distractions can be treacherous. Look for patterns in interruptions.

### Take action!!!

Action is our only choice. Without it, we become stagnant, like a ship at anchor, we'll go nowhere. If we are to reach our destination, we must take specific and direct action.

**The year is half over. Are you keeping up with your New Year resolutions?** Have you done the things you promised yourself that you would do this year? Have you taken the first steps? Or have you gotten off track? For those of you who are moving forward toward your goals, congratulations! For those who may have gotten derailed, do not despair. Human behavior experts have told us it takes 21 days for a person to change a habit. So, if you still have desires for those original goals you wrote down, there is time to reach them this year. Whether your goal is to write a book, eat better, exercise more, save money, or quit smoking, there is still time. If you start right now, you can have your goal well under control before summer is over.

Life is an adventure to be lived. Today is a new beginning. Imagine the exciting things you can do, the wonderful relationships you can have, the places you can go, and who you can be when you decide to discipline yourself to go after your goals. Do them now! And be sure to pick some wild flowers along the way.

**You are more than enough!** LVN

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