



Giving Yourself the Best Chance to Succeed

Sometimes things go wrong in spite of our best intentions. Still, we can minimize failure in our lives by being proactive now, thinking and planning ahead - *before we face trouble*. Below is a list of things each of us can do now in order to give ourselves the best chance to succeed.

A good way to use this list to your advantage is to first think about an area in your life where you have goals for positive change. It could be in the area of family, work, education, emotional development, addiction, or any other relevant life area. Think about each point below with regard to your goal and assess your progress

My goal: _____

- **Develop a support system** – Having a network of good people we can trust can be so valuable for problem solving. Often this involves a give and take in which we must be there for others when they need us but in turn, others will be available for us in our time of need. Learn when to **delegate** and do your best to have your support system work together with you as a **team**
- **Knowledge** - Knowing what you are getting yourself into in life is so much better than “flying blind” by getting into something without first **doing your homework**. You can anticipate many problems with knowledge and experience instead of reacting before it is too late. Be careful to select good sources of knowledge as there is a lot of misleading information out there.
- **Preparation** – When you know a storm might be on the horizon, doesn't it make much more sense to prepare when the weather is nice instead of slapping things together last second when it is pouring rain outside? Think ahead – “Be prepared!”
- **Shared Experience** – Listen to others – Successful people build on the mistakes of others. You do not have to put your hand in the fire to know it will burn you as long as you are smart enough to listen to the guy who already burned himself.
- **Resilience and Adaptability**- Develop the mental and physical toughness to be able to get up when knocked down and keep fighting in a figurative sense. Learn to overcome discouragement. Adapt to changes in your circumstances instead of giving up too easily
- **Learn to do a good risk analysis**- There are times to take risks but there are other times when taking risks is stupid and not worth it. Successful people know how to analyze risk so as to know when to jump forward full speed with an idea, when to take it slow and when to walk away.
- **Strategize**- When an obstacle gets in your way use your resources to plan a way to get around it and keep moving forward. Learn to think outside the box as a problem solver.
- **Know your priorities** – When times get tough and resources get low it is critical to know and understand what takes precedence in life. Understand what a need vs. what is just a want is. Know your values and what is most important. Manage and focus your time and other resources according to your priorities
- **Focus on your strengths but know your limitations** - Successful people use their gifts, talents and abilities to their advantage but also know when to ask for help. Foolish pride can be extremely self-destructive
- **Insight and Motivation** – Do your best to remain self-aware so you don't slip into denial. Feed your motivation like a fire that needs fuel to keep burning so your desire for positive change doesn't burn out