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# Did You Know!

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## SECRETS TO SUCCESSFUL LIVING

How many of these 5 secrets of success do you practice?

### 1. Positive thinking increases longevity . . . how you think is everything

- Think positive thoughts whenever you have the opportunity.
- Always visualize yourself as being successful at all that you endeavor.
- Avoid or eliminate, when possible, negative people and environments.

### 2. Develop dreams and goals

- Create a plan to reach your goals; try not to deviate from the plan.
- The more specific you can be about your goals the better.  
For example: I **am taking** a defense class this semester instead of I **would like** to take a defense class this semester.

### 3. Action, Action, Action

- Action must be taken for a goal to be achieved. Remember the adage, "**Nothing Ventured, Nothing Gained.**"
- **Just Do It** . . . do not let fear stop you from achieving your goals.

### 4. Be a life long learner

- Learning doesn't stop with graduation from Saint Mary's College. Read, just for the fun of it; take a class in a subject you didn't have time for during college; attend community lecture series.
- Learn a new skill; take a cooking class or computer class, attend a class on auto care and repair. The list of learning opportunities is endless.

### 5. Develop effective communication skills

- We are one in a group of many. Communicate your thoughts and desires honestly and encourage others to communicate honestly with you.
- Practice understanding and motivating other people.