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.

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