How to Make a Habit of Success

Overview/Description
As we move through life, our needs, priorities and situations change, as well as our skills, competencies, interests and values. How often do we take the time to assess our current situations to see if it aligns with our work/life goals? When attempting to achieve these goals, are work or personal habits working for us or against us? Developing new success habits that move us toward our goals will help us achieve better results in our work and personal lives.

Target Audience
Anyone wishing to gain insight and skill into achieving their goals

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

Identify the meaning of “success”
› Identify your personal values and describe how they impact your ideas of success
› Describe how to use the two specific criteria to measure success
› Identify the areas where you achieved success within the last year

Identify 12 steps to a successful life
› Describe the role of prioritization in achieving success
› Identify methods for accepting mistakes and remaining motivated
› Describe the importance of sacrifice and persistence in successful endeavors
› Describe ways to cultivate belief in your capabilities
› Describe how to maintain responsibility and accountability for your success
› Identify the daily habits which will make success possible