



ULTIMATE SUCCESS

"The health of the people is really the foundation upon which all their happiness and all their powers as a state depend."

- Benjamin Disraeli

The ability to reach ultimate success in life starts within you. Successful relationships, empowering careers, zestful health, and true happiness are all products of one ability. That is the ability to being honest to yourself by going through a process of self-assessment. When an individual can see the positive characteristic traits inside themselves as well as the disempowering traits, only then can they lay down a foundation for success.

Identify Core Values

"Here are the principles by which we operate and make decisions."

- George W. Bush

The first step to success is figuring out what you stand for and ultimately what you will absolutely not stand for. Core values will define the way in which you think, act, and judge the results you received. In an ever-changing world your core values remain the constant. Your ability to unwaver from your values in the face of adversity defines you as a person. Values will guide you and motivate you. If you have not done the work to identify your core values there is no better time then now. In table 1 you will find a list of values, begin by circling ten values, then take that list and begin to prioritize that list until you can narrow down to three to five core values.

Table 1

1. Accountability	21. Diversity	41. Learning
2. Achievement	22. Efficiency	42. Long term planning
3. Adaptability	23. Employee fulfillment	43. Loyalty
4. Balance	24. Empowerment	44. Openness
5. Being the best	25. Enthusiasm	45. Passion
6. Blame	26. Entrepreneurship	46. Personal Growth
7. Caring for others	27. Environment	47. Power
8. Challenge	28. Ethics	48. Productivity
9. Clear precise goals	29. Family	49. Professionalism
10. Client satisfaction	30. Financial stability	50. Profit
11. Coaching	31. Friendship	51. Quality
12. Collaboration	32. Generosity	52. Respect
13. Commitment	33. Honesty	53. Risk-taking
14. Community	34. Humor	54. Service
15. Compassion	35. Independence	55. Spirituality
16. Competence	36. Innovation	56. Teamwork
17. Control	37. Integrity	57. Tradition
18. Cooperation	38. Job security	58. Trust
19. Cost reduction	39. Knowledge	59. Vision
20. Creativity	40. Leadership	60. Wisdom

It is important to remember that you can have different values for the different roles in your life. The most obvious is your personal and professional values. In tables 1.2 and 1.3 I will illustrate examples of my values and why.

Table 1.2 Personal Values

<u>Beliefs</u>	<u>Values</u>	<u>Behaviors</u>
1. If you do not lie to yourself you have infinite power	Honesty	Always speak from the heart
2. In life a strong foundation is needed	Family	Spend time w/family
3. Live life in the 10 inches in front of you	Passion	Enjoy what I have in present
4. Trust that someone is watching you from above	Faith	Pray, believe & trust in one

Table 1.3 Professional Values

<u>Beliefs</u>	<u>Values</u>	<u>Behaviors</u>
1. Have a focused destination	Vision	Team process in building ultimate vision
2. In face of adversity stay the course	Commitment	Never buy into myths, false marketing. Take the road less traveled
3. A team is only as strong as the players	Loyalty	Weekly meetings, daily communication

Creating A Vision

"I have a single focus. I am seeing in front of me always what I want to accomplish. And I'm relentless. I will continue until I get it, whatever "it" is."

- Arnold Schwarzeneger

Powerful values aren't much use if you do not have a good idea what to use them for. Everyday when you wake up, what gets you excited to live? What do you really want? Imagine upon wake you immediately become excited to start your day and to be able to move closer to your ultimate vision.

"People are not lazy. They simply have impotent goals - that is, goals that do not inspire them."

- Tony Robbins

Before starting a creation I must warn you, there are no limitations on what you can achieve. Creating a vision, a new possibility is one of the most powerful and fulfilling things in life. So enjoy the process! To get started on your vision lets look at five simple rules to follow.

1. *State your outcome.* What do you want to achieve in positive terms.
2. *Specificity.* Close your eyes, how does your outcome look, what do you feel like, what does it sound like, smell like. Utilize all of your senses to move closer to your vision.
3. *Have measurable results.* What will you look like, how will you feel, how will the external world see and hear you.
4. *Be in control.* Your vision is yours; your initiative and persistence is you.
5. *Verify your outcome.* How will your vision benefit others, not just yourself.

Once you establish your vision begin to look at the similarities between your values and your vision. Table 1.4 begins to put things together. Tables can be utilized for both professional and personal.

"I continued upward, and the mountain grew steeper. As I churned upward, I reflected on my life, my childhood, my early races, my illness, and how it changes me. Maybe it was the primitive act of climbing that made me confront the issues I'd been evading. It was time to quit stalling. Move, I told myself."

- Lance Armstrong

I believe the above scenario in which Lance Armstrong talks about summarizes this article perfectly. **Self-Assess, Set an Action Plan, and Ultimately Move.**