

# The Pathway To Success - In Work and in Life (Part Three)

By Craig Lock

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We hope that the following short extract from my new manuscript on sport psychology, called THE WINNING MIND may be informative and helpful to your e-zine readers, or on your web site. You have permission to publish this piece (formatted to 60 characters, approx) electronically or in print.

"We share what we know, so that others may grow"

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THE FORMULA TO SUCCESS:

As I see it...

CONCEIVE + BELIEVE = ACHIEVE

VISUALIZE + INTERNALIZE = REALIZE

SUMMARY:

THE STEPS TO SUCCESS

There are a number of important factors that make people successful in achieving their personal goals ... and I believe goal-setting is the key ingredient to success. These, I believe, are the crucial ingredients:

- \* Have a VISION of what you'd like to be. What thoughts would you like to change? Where do you want to go?
- \* Belief in oneself and the ability to succeed.
- \* Good self esteem, ie. a healthy self image - being comfortable with

who you are.

- \* Self confidence.
- \* Self discipline.
- \* A burning desire to achieve your pre-set goals.
- \* NB: Personal integrity and good ethics. This is of absolute importance ... because once you lose your integrity, you've lost everything.
- \* A desire to give something back to society and to invest in people - a very worthwhile life mission. If you help people get what they want and achieve their full potential in life, so will you.
- \* Having worthy goals which benefit oneself and others.
- \* Consistency and commitment.
- \* An ability to avoid distractions.
- \* Affirming oneself daily.
- \* An ability to take calculated risks.
- \* An ability to learn from your mistakes and overcome the fear of making them.
- \* An ability to handle stress well. Most important in today's fast-paced and ever-changing world.
- \* Exercise.
- \* Relaxation.
- \* Self motivation.
- \* Try looking at yourself through other's eyes.
- \* Talk yourself and others up (through self-affirmations).

Project a positive self image as often as you can. It's not always possible though, as we all feel discouraged from time to time. It's perfectly natural. The difference is that winners can pick themselves up when down.

Remember always: the only limits to your accomplishments in life are SELF-IMPOSED.

- \* NB: Have a winning focus and a positive attitude.  
At least as often as you can.

Stay positive and determined, even when "the chips are down".

Concentrate and contemplate.

Practice and be patient.

Keep pen and paper handy (to write down new and better thoughts and ideas). I keep them by my bedside. Not the thoughts, but pen and paper; then try to decipher my atrocious scrawl, when I wake up in the morning!

Try to understand your unique personality make-up. God created you as a unique individual with SPECIAL talents to make the world a little bit better in some way (should you so CHOOSE). I believe that we ALL have something to offer, to contribute, to make a bit of a difference - to give and share something of ourselves, "to be a light, a torch to the world". TRUST your intuition. BELIEVE in your unique pathway - that it is the right way to success for YOU.

Be COMMITTED and PERSEVERE.

("Nothing can take the place of persistence", etc... Calvin Coolidge)  
Draw on and develop the courage that is within every one of us.

Finally, continually keep your eyes fixed on your ultimate goal, your grand purpose in life. What are you trying to do with it? You can yet achieve it, no matter how far you are down the track of life. I sincerely believe that.

"But one thing I do: Forgetting what is behind and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me..."

- Phillipians 3:14

\* \* \*

To end off, I'll share a few of my favourite quotations, which help inspire me down the often tortuous path of my personal journey...

"Be bold and unseen and mighty forces come to your aid."

"The greatest risk in life is to risk NOTHING ...

The person who risks nothing, does nothing, has nothing, is nothing, and becomes nothing ..."

- Norman Vincent Peale.

"Only the person who risks is truly free. A man's conquest of himself dwarfs the conquest of Mount Everest."

- N.V.Peale (again).

"Do not go where the path may lead, go instead where there is no path and leave a trail."

- Ralph Waldo Emerson

"No vision and you perish; No Ideal, and you're lost; Your heart must ever cherish Some faith at any cost.  
Some hope, some dream to cling to,  
Some rainbow in the sky, Some melody to sing to,  
Some service that is high."

- Harriet Du Autermont

Oh man! There is no planet sun or star could hold you, if you but knew what you are.

- Ralph Waldo Emerson

Always bear in mind that our own resolution to succeed is more important than any one thing.

- Abraham Lincoln

The key lies in FINDING YOUR PASSION: what drives you and presses your "hot buttons" ...

"A passion for anything will ensure success, for the desire of the end will point out the means."

- William Hazlitt

"Whatever you do, or dream you can do, begin it.  
Boldness has genius, power and magic in it."

- Johann Wolfgang Von Goethe

Finally,

Whatever you want or desire in life, remember Hamlet's words written by the great English playwright, William Shakespeare:

"To thine own self be true."

(my dear mom, Hazel's favourite quotation, that she instilled in me)

Just remember,

You are launched on a great journey

and ...

"Make no little plans, they have no magic to stir the blood to action, make big plans, aim high in work and hope."

- D. Burnham

Then have absolute FAITH in yourself and in a Higher Power ... and His (or Her) plan for your life (which is God, the "Great Designer of the Universe" speaking to you through imagination\* and inspiration). ANYTHING is possible, if you just BELIEVE - in yourself and in God...TRUST that things will somehow work out for you and your life.

In time they always do.

Craig Lock

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\* The human imagination is "the workshop, the mirror of the soul".

The "original" Online Creative Writing Course

[">http://www.nzenterprise.com/writer/creative.html](http://www.nzenterprise.com/writer/creative.html)

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This "short" extract is from my new manuscript on sport psychology.

THE WINNING MIND and Craig's other books are available at:

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It wasn't too much about the psychology of sport, was it?

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