

The A-B-C's of Achievement

Adapted By Dan Conroy from a handout he received from Art Niemann, Consultant on Behavioural Assessment, at a seminar in Edmonton, Alberta, Canada in the 1980's.

For those SPECIAL persons who want to make it happen in their lives.

A	Attitude . . . the foundation, the Mark of You . . . keep yours POSITIVE.	N	Negatives . . . avoid them, keep them out of your environment, especially negative people.
B	Belief . . . in your UNIQUE, capable self . . . you're a WINNER.	O	Optimism . . . know your can . . . because <i>YOU CAN DO IT.</i>
C	Courage . . . to try, and to keep trying until you ACHIEVE YOUR GOALS.	P	Practice . . . to succeed, you must practice . . . practice . . . practice—correctly of course.
D	Discipline . . . It pays off in results, <i>you must have it</i> TO ACHIEVE	Q	Quality & Quantity . . . the twins of achievement, your calling cards as a person, as an ACHIEVER.
E	Enthusiasm . . . make it a part of you and share it with others	R	Responsibility . . . doing the right thing because IT'S THE RIGHT THING TO DO.
F	Fun . . . it has to be there for meaningful results . . . MAKE ACHIEVING FUN.	S	Self-esteem . . . a POSITIVE SELF-IMAGE is priceless . . . <i>work on yours.</i>
G	Goals . . . record your time dated success targets, look at them daily . . . aim HIGH and then HIGHER.	T	Toughness . . . mental and physical . . . an unbeatable combination . . . go for it.
H	Hope . . . the magic ingredient that sparks you into POSITIVE ACTION.	U	Understanding . . . know your strengths and weaknesses . . . ACCENTUATE YOUR POSITIVES.
I	Initiative . . . DO IT NOW! It pays off in RESULTS. IT'S DETERMINATION IN ACTION.	V	Fun . . . the quality of moral excellence . . . It must be "No. 1" in your LIVING PHILOSOPHY.
J	Just . . . Be Honourable and Fair in <i>all</i> your dealings and actions.	W	Winning . . . your reward for HARD WORK and a POSITIVE ATTITUDE.
K	Knowledge . . . work hard to acquire book smarts and street smarts, then USE THEM.	X	Xtra-mile . . . you cannot achieve without it . . . YOU HAVE TO WORK . . . WORK . . . WORK—smart.
L	Love . . . in all that you do . . . love <u>must</u> set the pace.	Y	You . . . THE MOST IMPORTANT INGREDIENT IN ACHIEVING YOUR SUCCESS.
M	Motivation . . . that which forces you into ACTION. It must be self-motivation for ACHIEVEMENT to occur.	Z	Zest . . . your GO-POWER, TURN IT ON AND LET IT FLOW.