



## **How Do Successful People Who Believe in Themselves & Others Act??**

- **Express appreciation and gratitude daily for all the blessings of life.**
- **Have clarified their values and what they stand for.**
- **Have laid out a flexible time plan for all the important dimensions of their life.**
- **Walk their talk. Ideals are expressed in actions.**
- **Follow through on their goals and priorities on a daily basis.**
- **Regularly nourish their mind with good literature, inspirational & motivational messages.**
- **Focus on how best to serve others.**
- **Offer support and encouragement to others when needed.**
- **Keep their agreements. Respect others time and their commitments to others.**
- **Complete their projects.**
- **Keep their perspective when things go wrong. Able to shift their focus to the larger picture. Do not place blame (to themselves or others).**
- **When make a mistake, make amends whenever possible and move on.**
- **Concern themselves with their own choices, do not waste energy worrying about others choices and actions.**
- **Reward and reinforce themselves regularly for their accomplishments (small and large).**
- **When feeling discouraged or have doubts, accept the mood and do what they can.**
- **Regularly update their vision/mission statement.**
- **Don't beat themselves up for shortcomings and mistakes. Have unconditional self-acceptance.**
- **Celebrate and enjoy life!**

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