

Simplifying Success

"True genius is making the complex simple" Albert Einstein

**Nothing ventured,
Nothing gained.**

**How to thrive
(not just survive) the
adventure of
life.**

Adventure defined: A difficult endeavour in which the outcome is unknown, but the possibility of great reward exists.

1. Make a choice to Straighten Up & Fly Right! Do you want your life to be a great adventure or do you want to want to 'survive' the adventure of your life and look back and ask yourself "What if?" The choice is yours.
2. Grow up emotionally. Thriving involves not only matters of the head but also matters of the heart. Get in touch with your emotional intelligence*, aim for emotional maturity as well as intellectual maturity and thrive.
3. Raise your self -awareness. Stop ignoring your self. Know your emotions and their effects. Know your preferences, resources and intuition.
4. Manage your emotions. Handle and manage your feelings, impulses and resources appropriately.
5. Motivate your self. Gather together your emotions to pay attention, delay gratification, impulsive, and stifle impulsiveness. Use your emotions to guide and facilitate you to reach your goals.
6. Feel empathy. Understand others and recognise their feelings, needs and concerns.
7. Handle relationships. Develop your social skills. Build and maintain meaningful relationships. Collaborate and cooperate.
8. Grow up spiritually. Hand in hand with emotional maturity is spiritual maturity. This means having the courage to accept the truth that our adventure is competed by the certainty of our death and using that truth to propel us toward our reason for being here.
9. Learn to serve. Shift your perspective from "Me to We"**. Stop coming from a position of "life is about me" to seeing your self as part of a whole. Then you will be less fearful and enjoy the fulfilment of serving others.
10. Reflect on what you hope for the future but this year, instead of writing resolutions, write down your most private aspirations. Only dreams give birth to change.

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* Working with Emotional Intelligence, Daniel Goleman

** Fritz Kunkel, Psychotherapist