

SESSION 3

A MODEL FOR SUCCESS: THE 21 DOMINANT HABITS OF HIGH-ACHIEVERS

OBJECTIVES

At the end of this session you'll be able to:

- *Describe the twenty-one habits of a high-achiever as described in the following five categories:*

(1). *MENTAL*

(2). *EMOTIONAL*

(3). *PHYSICAL*

(4). *FINANCIAL*

(5). *SPIRITUAL*

BACKGROUND

Modeling is a phenomenon common to all cultures of the world. Everything from language, mores, attitudes, behaviors, familiar customs to religious practices is gradually learned through modeling. We become like those whom we choose to model. If we choose to emulate models of success, we will acquire the attitudes, values, beliefs and habits of those models. And, we'll probably be successful. If we pattern our lives after those who fail, or have been exposed to only failure-prone models, we will probably live lives of great disappointment and failure, lives that reflect the characteristics and attitudes of the models we use for our life's blueprint.

Through research conducted at Harvard, Yale, Stanford and the University of California, we've identified a pattern of attitudes and habits associated with high-achievers. Condensing this research, we've created the ideal model of the high-achiever.

We have identified 21 dominant habits common to all high-achievers. These habits have been broken down into five categories: Mental, Emotional, Physical, Financial and Spiritual.

In developing this model, the criterion we used to define a high-achiever was an individual who achieves his or her goals while at the same time enriching his or her own life as well as the lives of others, including his or her family, co-workers and subordinates.

Once you become familiar with the characteristics of the high-achiever model, you'll be able to pattern yourself after those positive habits you deem desirable and valuable. The high-achiever model will serve as a nervous system blueprint for your personal success.

PRACTICE

1. Listen to Audio Session 3 "A Model for Success: The 21 Dominant Habits of High-Achievers." As you listen, list the 21 desirable habits of a high-achiever.

Mental

- 1.
- 2.
- 3.
- 4.

Emotional

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Physical

- 1.
- 2.
- 3.
- 4.
- 5.

Financial

- 1.
- 2.
- 3.
- 4.

Spiritual

- 1.
- 2.

POINTS TO REMEMBER

- We acquire the attitudes, characteristics, and habits of those whom we choose to model.
- The key to achievement is the consistent execution of positive, life-enriching behaviors that, over time, become habits.
- High achievers are creatures of good habits. Underachievers are creatures of bad habits.
- Because you may have a few characteristics in common with the underachiever, doesn't mean that you are an underachiever. It indicates you have some self-defeating behaviors which are holding you back from experiencing an ultimate level of success.
- Your weaknesses can become your strengths. From your strengths you can draw succor and power to overcome your weaknesses.

PROGRESS CHECK

Answer each question by filling in the blank space below with the correct answer.

From recall, list the 21 habits of the high-achiever as they were described in Audio Session 3.

Mental

- 1.

2.

3.

4.

Emotional

1.

2.

3.

4.

5.

6.

Physical

1.

2.

3.

4.

5.

Financial

1.

2.

3.

4.

Spiritual

1.

2.