

Session 2

A PROFILE OF SUCCESS: THE 10 CHARACTERISTICS OF SELF- DISCIPLINED ACHIEVERS

OBJECTIVES

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

- *Describe the ten dominant characteristics of the self-disciplined achiever.*
- *Compare your current behavior against the model to establish areas where you might desire change.*

BACKGROUND

People who have achieved their goals become inspirational examples or role models for others to follow. How they achieved their goals, the strategies, skills, thinking and behavioral patterns they used become blueprints for people who want to achieve what the model achieved.

Models of achievement blaze the trail of possibility for us — breaking down the barriers of impossibility. We think, “If he or she did it, then so can I.”

In this Session, we have identified the 10 dominant characteristics that mark self-disciplined high achievers. These are the behaviors others learned in order to accomplish their goals in all areas of life. They are deeply ingrained, positive acquired characteristics which are the product of continued success.

In developing the model, the criterion we used was excellence in their chosen field, whether sports, business, entertainment, law, architecture. The characteristics we note are not specific to any one profession or field of endeavor.

Once you become familiar with the characteristics of the self-disciplined high achiever, you'll be able to adapt your own life to include those positive values.

PRACTICE

1. Listen to audio Session 2, "A Profile of Success: Ten Characteristics of Self-Disciplined Achievers." On the form below, as you listen, list the ten dominant characteristics as they are described.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

2. The Personal Assessment Form below lists the 10 characteristics of the self-disciplined achiever. Each characteristic is presented in the same order as it is on the audio. Each is graded on a scale of one through seven. Read all the characteristics listed on the following worksheet first. Do not mark the form at this time, just review the characteristics listed.
3. Listen again to the 10 characteristics presented on audio Session 2. As you listen to the characteristics being described, contrast and compare where you currently stand in relation to the described characteristics, behaviors and habits. Use the rating table as a tool for personal measurement and insight. As you listen to each description, think in terms of "I am more like the positive description" or "I am more like the negative description." Determine the degree to which you currently exhibit the habit or behavior. Then type the appropriate number on the scale that corresponds to your response. Your score will be automatically computed.

PERSONAL ASSESSMENT FORM									
(-)	(+)							Score	
1. Weak sense of purpose	1	2	3	4	5	6	7	Strong sense of purpose	<u>0</u>
2. Negative role models	1	2	3	4	5	6	7	Seeks out positive mentors	<u>0</u>
3. Images of failure	1	2	3	4	5	6	7	Sensory-rich vision	<u>0</u>
4. Neg. Sensory Orientation	1	2	3	4	5	6	7	Positive sensory orientation	<u>0</u>
5. Crippling self-doubt	1	2	3	4	5	6	7	Strong belief in self	<u>0</u>
6. Sense of disorganization	1	2	3	4	5	6	7	Ability to plan, organize	<u>0</u>
7. Little value on education	1	2	3	4	5	6	7	Acquires learning, skills	<u>0</u>
8. Impatient - "quick fix"	1	2	3	4	5	6	7	Knows value of patience	<u>0</u>
9. Gives up easily, quitter	1	2	3	4	5	6	7	Perseverance	<u>0</u>
10. Work is burden/hardship	1	2	3	4	5	6	7	Work is pleasure/play	<u>0</u>
Total								0	

4. Once you have completed the Personal Assessment Form, your total score will be automatically calculated. If you scored between 10 and 45, you'll benefit greatly from this program and the attitudes it will help you develop. If you scored between 50 and 60, this program will help you sharpen your already strong self-discipline habits and attitudes. If you score above 60, you'll still benefit from the techniques we offer in this program.

POINTS TO REMEMBER

- The key to the Self-Assessment process is honesty.
- Developing the skill of self-discipline is a dynamic process of self-discovery and self-creation.

PROGRESS CHECK

When you have completed the Practice exercises, you'll have fulfilled the criteria of the state objectives for this Session.