


4 Secrets to Becoming a S.T.A.R.
How to attain success in your personal and professional life
with Neil Ihde, MA
Life IQ



4 Secrets to Becoming a S.T.A.R.


S.elf
• Self-Awareness



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S.elf
• Self-Awareness


- *Who am I?*
- **What are my strengths? Weaknesses?**
- *What are my natural gifts and talents?*
- *What are my passions? My preferences?*
- *What kind of personality do I have?*
- *What are my goals?*
- *What do I want out of life?*



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S.elf


- Self-Awareness
 - Self-Awareness gives one the opportunity to be proactive with one's strengths, preferences, and optimal environments.



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S.elf

- Self-Awareness
 - Self aware individuals are much more in tune with what they are feeling and the origin of those feelings




4 Secrets to Becoming a S.T.A.R.

S.elf

- Self-Awareness
- Self-Regulation
 - Marshmallow Test



4 Secrets to Becoming a S.T.A.R.




Our thoughts are like a train...

- The engine is our thinking
- Car of emotions
- Car of behavior
- Car of consequences

Wrong thinking → Negative emotions → Unwise behavior → Devastating consequences


Right thinking → Positive emotions → Wise behavior → Fruitful consequences



4 Secrets to Becoming a S.T.A.R.

Self


- Self-Awareness
- Self-Regulation
 - Sow a **thought**, reap an **action**.
 - Sow an **action**, reap a **habit**.
 - Sow a **habit**, reap a **character**.
 - Sow a **character**, reap a **destiny**.



4 Secrets to Becoming a S.T.A.R.

S.elf

- Self-Awareness
- Self-Regulation
- Self-Confidence




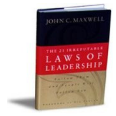
4 Secrets to Becoming a S.T.A.R.

Self

- Self-Awareness
- Self-Regulation
- Self-Confidence
 - Self confident people are less needy.
 - Self confident people are not threatened by others' gifts, talents and abilities.


Why?

- John Maxwell's "Law of the Lid"




4 Secrets to Becoming a S.T.A.R.

Self-Awareness
↓
Self-Regulation
↓
Self-Confidence
↓
Trust



4 Secrets to Becoming a S.T.A.R.


S.elf
T.eachable



4 Secrets to Becoming a S.T.A.R.

T.eachable


- *Why is it hard to become teachable?*
- We don't like being vulnerable.
- If you don't have a strong sense of self, a strong self-worth, you will equate needing to be taught as a personal deficiency.



4 Secrets to Becoming a S.T.A.R.

T.eachable

- Being teachable implies two things...
 - You don't know something
 - You have been wrong before
 - *How do you make things right when you've been wrong?*




4 Secrets to Becoming a S.T.A.R.

S.elf

T.eachable

A.mbitious



4 Secrets to Becoming a S.T.A.R.

A.mbitious


- Competencies
 - Internally motivated
 - Initiative
 - Optimistic
 - Enthusiastic
 - Energetic



4 Secrets to Becoming a S.T.A.R.

A.mbitious


- **Sustained success** – making the greatest possible impact over the longest period of time



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A.mbitious

- Ambitious people have a realistic understanding of their strengths, weaknesses, and present challenges, but **believe** they have what it takes (ego, audacity) to overcome these challenges and forge ahead.



4 Secrets to Becoming a S.T.A.R.


S.elf
T.eachable
A.mbitious
R.esilient



4 Secrets to Becoming a S.T.A.R.

R.esilient


- Resiliency is the ability to spring back from and successfully adapt to adversity.



4 Secrets to Becoming a S.T.A.R.

R.esilient


- Resiliency is about **who you are** while stress management is about **what you do**.
- Resiliency is related to a person's overall growth and development.
- Resiliency is directly related to our self-concept and overall optimism.



4 Secrets to Becoming a S.T.A.R.

R.esilient


- Resilient individuals see a setback as a result of factors they have the power to do something about, not some flaw or deficiency in themselves.



4 Secrets to Becoming a S.T.A.R.

R.esilient

- Some of our life's greatest achievements come through struggle, failure, and persistence.





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