

# Elements of Success

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*Below is a list of qualities that may help define success when applied to an athlete, a coach or a businessman. I feel that they help to define an individual in any endeavor they may undertake. The level to which you employ each of these qualities helps to define who you are and what your motivations may be in all walks of life. All actions are derived from motivation and motivation is derived from thought based on values. This may not be a comprehensive list but it is starting point as food for thought.*

- 1. Industriousness**  
The willingness to work hard
- 2. Respect**  
Esteem for others. The ability to function under authority
- 3. Commitment**  
The willingness to commit to the sport, your personal goals and the goals of the team. Loyalty to the team or to others depending on you
- 4. Cooperation**  
Interest in finding the best way rather than having your own way
- 5. Enthusiasm**  
A passion for what you are doing
- 6. Self Discipline**  
The ability to keep your thought, emotions and actions under control
- 7. Awareness**  
An alertness and eagerness to observe, learn, and improve
- 8. Self Determination**  
The courage to make good decisions and take appropriate actions for yourself
- 9. Resolve**  
An unwavering determination to stay the course while focused on the objective
- 10. Skill**  
The ability to execute all aspects of your job with precision
- 11. Poise**  
The ability to think under pressure while controlling emotions
- 12. Confidence**  
Belief in your ability based on training
- 13. Competitiveness**  
A love for the tough battle
- 14. Condition**  
Optimizing of your mental, moral, and physical state in order to be the best you can be

*Note: I researched this topic and began with the list of elements of success as found in the book Wooden on Leadership by John Wooden and Steve Jamison. This is not an exact quote from that book in that I have modified the list and definitions.*

*Tina Odle Nov 2008*