

SUCCESS IN DIFFICULT TIMES

**The Honorable
Judge G. Helen Whitener
Pierce County Superior Court**

How To Be Successful In Difficult Times

The goal of this session is to assist women in overcoming BARRIERS by making concrete GOALS, creating a game PLAN and putting the plan into ACTION in order to achieve SUCCESS.

DEFINE SUCCESS

To achieve success it must be DEFINED

- It is not the same for every person
 - What does it mean to you
- Be clear about what you want

Steps To Success - DREAMS

*A succession of images, IDEAS,
emotions and sensations
that usually occur
involuntarily in the mind*

ACKNOWLEDGE YOUR DREAMS

DREAMS

DREAMING allows us to let go of
*what we think is supposed to
happen*

DREAMS STAY IN OUR HEAD

SELF KNOWLEDGE
Is The First Step To
Enlightenment

The 5 Ws of WORTH

WHO am I ?

WHY Does it matter

WHAT can I do

WHEN do you take control

WHERE do you go from here

DREAMS vs GOALS

A GOAL is something you enact with a PLAN (a course of ACTION to achieve a Result)

Create Concrete GOALS

Short Term vs Long Term

Be Flexible

HOW TO REACH YOUR GOAL

CREATE A PLAN

- ❑ LIMIT IT TO 3 BIG GOALS OR 5 SMALLER GOALS

- ❑ CONTINUOUSLY UPDATE YOUR PLAN

- ❑ BE FLEXIBLE

BARRIERS TO SUCCESS

Barriers To Success

☐ YOU

☐ FEAR OF FAILURE

Whether you
THINK YOU CAN

or

THINK YOU CAN'T

Either way,

YOU ARE RIGHT

SUCCESSFUL TRAITS

INTEGRITY

SUCCESSFUL
PEOPLE



They Talk About
Ideas

UNSUCCESSFUL
PEOPLE



They Talk About
People

DRIVE

❖ WILL POWER

❖ PASSIONATE

❖ STAY FOCUSED

SUCCESSFUL
PEOPLE



They Want Others
To Succeed

UNSUCCESSFUL
PEOPLE



They Want Others
To Fail

SELF-RELIANT

❖ SELF CONFIDENT

FLEXIBLE

❖ PATIENT

SUCCESS IS A CYCLE

SUCCESSFUL PEOPLE



They Continuously
Learn New Things

UNSUCCESSFUL PEOPLE



They Think They
Know It All

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