Elements of Mindful Success

Objective: the goal or result you want. Set your intentions and define the objective as clearly as possible.

Attention: what you notice or pay attention to. Focus your attention on what will help you achieve your goal and ignore those that don’t.

Mindfulness: your awareness of the here and now. Distinguish between your perceptions and reality, become aware of what distracts your attention and causes misinterpretation.

Choice: how you choose to react or respond. Mindful awareness allows you to choose what you do, how you think and how you behave, leading to better decisions about the way you work.

Success: the result you achieve. Mindfulness helps you ensure all elements are aligned – the better the alignment, the more likely you are to turn your objectives into success. If the results are not as you expected, iterate.

Action: the way you perform your work. Through good choices, you perform the tasks and activities that relate to your objective ensuring your actions align to goals through clearer thinking.

Objectives drive attention; attention impacts awareness; awareness influences choices; choices determine right actions; actions lead to success.

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