

Success:

Easily Achievable

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Success for Teens

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An observation; an idea; a consideration; an exploration; a discovery; a dialogue; an action; a dream. This is the usual process of how a dream comes to be; in fact this is how many of my dreams came to be in my life. For example my dream of becoming an Olympic swimmer, even though 0.002% of swimmers become Olympians, started with an observation. The observation was: my friend's brother swims. Then came the idea: I could swim in high school. After that came the consideration: should I swim? Thus was when I searched the sport a little more. I also talked to his dad and the coach. This held the discovery: this sport could actually become MY sport. I talked about it with my parents and when they agreed, I took the action of trying out. I made the team and am now a pretty good swimmer that still has a dream of becoming an Olympian. This also helped me discover my other dreams: becoming a lawyer, having a good house, keeping in contact with my friends and family, and eventually handling a successful family. These five dreams came to me while I was reading the book Success for Teens written by The Success Foundation based off The Slight Edge technique. As I read the book it identified things in my life that I could work on, so that I could become a better person. This book straightens out people's lives if they are in turmoil, yet reinforces the choices made if your life is just fine.

I want to become a swimmer that likes to argue, a lawyer that likes to swim. This book helped me distinguish and strengthen the things that I was doing in order to aspire to become this person that focused on my wants and needs. Not my friends, parents, or relatives but who I wanted to be. This book opened up so many doors for me in regards to my dreams of becoming an attorney and swimmer. It also supported the decisions and

actions I had already made. The reason for this, the process of which kids have already taken based on this book. This process is accomplished by using key points in the book which are based off of the Slight Edge technique. Know that some of these key points are already taught or used at school, which is good if teachers apply them. If teachers don't teach this it is important to read this book because it will help you find and stay on the right path. For example, one of the illusions my past English teacher showed us as a defining point in our curriculum was used as an example in this book. "...tossing a rock into a pond – you'll see a splash and the ripples spreading out, but their ripples go far beyond what you see" (11). This encourages me because it means that I already have a successful start on my right path.

There are three underlying ideas in order to make your life successful. The first step is to understand that every decision you make in your life can affect you in the future. Even a little decision like eating breakfast or not. Eventually if you choose to do this similarly everyday then you will create a habit. These can either lead to disastrous or healthy lifestyles in the future. There are ways to avoid this, though. The easiest way is by reading this book and understanding that, "Whenever you face a choice, you can take a simple, positive decision" (3). I agree with this statement from the book. If you only make positive decisions then you can only have a positive lifestyle. If we as teens can assert this throughout our daily life we will have fewer complications. There might not be as many pregnant teenagers or teenagers that are addicted to drugs or alcohol. If everyone just made those simple yet positive decisions we could all be on the right path.

Unfortunately you have to continue to try after the first positive step because the second step is just as important. Anybody has the ability to take that second step,

specifically babies trying to walk, “You grabbed onto something above you and pulled yourself upright... You let go, took that first, amazing, bold step – and you fell right on your butt. So what did you do? ... You got back up and took that second step (59).” It is hard to accomplish that second step because once you get going it is hard to keep on rolling, but in the end it is worth it. Think of it this way: you can either make one positive decision and the rest negative or make all of your decisions positive. One road will lead to alcohol, drugs, and other negative things while the other road will lead to happiness, love, family, friends, and other positive things. Which road do you want to walk down?

The second key factor in this book is friends, but not what we think of as friends. According to this book failure should be your best friend while good habits are your next best friend. It is obvious that good habits in your life will lead to a positive lifestyle in the future. To start these habits may be hard though. To get them going you have to make a small positive decision one day, but continue to make that same positive decision everyday until it becomes normal. Then there is your good habit. For example eating breakfast, taking a walk, being active, and doing homework are all examples of what teens can do to have good habits.

Another best friend of ours is failure, but can it really help you? The answer to that is yes! I believe that when you fail you learn more about how not to fail. Thomas Watson Sr. from IBM came up with a good formula for this, “The formula for success is quite simple: double your rate of failure (67).” I think that this formula is one that teens should always follow especially in times where you can’t get anything right. Perfectionism can lead to a negative path, but if you fail once or twice it can do more for you. Great examples of this are provided in this book. Michael Jordan lost 300 games and

missed over 9,000 shots, baseball players miss a hit 70% of the time; Thomas Edison failed thousands of times before he succeeded, and Abraham Lincoln lost eight elections before he became president. So you can fail and you don't have to be afraid because maybe it will make you go farther than before.

The last major point is simple: you have to do all of these steps now in the present. This is 100% true because the longer you tell yourself I'll do it tomorrow the farther down the negative path you will be. I agree with the quote, "The only time you have is the present, because the past is gone and the future hasn't happened yet (37)." Don't worry about the past nothing's going to change, but don't worry about the future you can't control it. As teens we need to follow this. We always get caught up in what we need to do for school, college, jobs, and future life, but you're still a kid. Yes, you should prepare for the future, but if you let it control you then you're still commencing down that negative path. Do the things that need to be done today, today. You have the skills, time, and essential knowledge, so just do it. If you put it off now then you will just have to do it later with the rest of the things you have put off.

The good thing is that if you follow these steps "You stop blaming (43)." This allows for an understanding that you are the cause of your life. This is why you need to take small positive steps, have failure and good habits as friends, and why you need to do these things now. You can take control of your life! All of the things mentioned in this book will guide you down the positive road. This book will help you recognize your dreams, make them become reality, and how to deal with the little things in between. The only question left is will you take the first positive step, right now, knowing it will change your life? Will you follow the right path and achieve your dreams?