

# **The Top 10 Steps in Becoming A Successful Human Being**



# 1. Self Belief and Sense of Purpose



You need to believe in yourself before anyone else can believe in you.

Take the time to do the personal growth work that you need to heal any old wounds that are still driving you. Heal your inner child. That child is not longer in charge you are.

Know what your dreams are and what your purpose is here on earth.

Why were you born?

Know your strengths and your talents.

## 2. Integrity



Know your core values and beliefs.

Honor and respect yourself and others.

Practice being honest and straightforward.

Be known for being dependable.

Conduct yourself in a way that makes you feel proud to be you.

Walk your talk.

When you say your going to do something, do it.

Follow through.

Respect yourself enough to treat yourself right.

### 3. Continuing Education



Be a proactive learner.

Always be willing to learn in classes, workshops and from others.

Accept criticism with grace and learning.

Welcome help and guidance.

Even if you have done it before, do it with a learners mind.

Don't let the "I don't know how" stop you. Learn how.

Anyone can be your teacher, even a small child.

Try different ways of doing things.

Be humble and willing to learn.

## 4. Have Passion



Follow your passion in life.

Take time to discover what excites you.

Do something because it makes you happy.

What takes your breath away?

Live life from the heart.

What causes strong emotion inside of you?

Find the delight in everything that you do.

If you come from a place of passion, then what you do in the world will be much bigger than just you alone.

Dream and follow your dreams.

## 5. Be a Good Communicator



The best gift you can give someone is the gift of listening. Don't interrupt, plan what you are going to say next or look away. Quietly sit, look and listen.

Explain things so that others can understand them.

Use "I" statements. When ... Happens, I feel....

Take full responsibility for how your words are going to impact the other person.

Mean what you say. Don't double talk.

Follow up after a conversation so that there are no loose ends.

Take a time out if you are upset or angry. Once you have calmed down then gently have the conversation without hurting the other person.

Tell the truth and keep it simple.

## 6. Be Flexible



There are many different perspectives, take time to see the other ones.

Doing the same thing over and over and expecting change is insanity.

New ideas come up at unexpected times.

You might miss out of something amazing by not being flexible.

You are not an island; you need others to co-create with.

Trying new ways of doing things can inspire you to make the changes you want to make.

You might like it.

This is a big world with many different cultures and so many different ways of being and of doing.

## 7. Motivate and Be of Service



It is difficult to be sad and depressed when you are being of service.

Your story can help someone else.

You must give in order to receive.

There are always others, who are in more need than ourselves, give to them your time or your resources.

We have one life, treat it with respect.

Take the time to encourage someone who has lost his or her way.

Make someone willing to try harder.

Give someone incentive to give back also.



## 8. Work Well with Others



Many things are much easier when they are done with others.

Ideas grow when there are three or more people involved.

Being part of a team can cause great change.

Treat others with the same respect that you want to be treated with.

Be accommodating to new ideas or ways of doing things.

By joining in you lighten the workload for the whole group.

Laughter is always better with more than one person!

Everyone needs help from time to time.

## 9. Have Persistence



Don't give up when it gets hard.

You may have to try more than once to get it right.

Even if you are doing it slowly, keep going, you will get there.

Good things don't always come easy to you.

When you have determination you will get results.

Don't let someone tell you that you are not capable, keep going.

Stick to one thing at a time and you will have the desired outcome.

Have a strong sense of purpose and follow through.

You are so much stronger than you think you are.

Ask for help and support if you need it, but don't give up.

## 10. Practice Kindness



We are all here having the human experience, be kind to others.

Notice the meaning behind your words so that you don't hurt others.

Reach out and give comfort to another.

Small things can make a big difference to someone else.

Take a moment and let someone else go first this time.

Pay it forward for the person behind you.

Ask your waitperson their name and treat them as a human.

Offer a blanket to the homeless man on the street.

Donate your time or your resources to help those less fortunate.

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**Michelle DeBerge is an international Professional Empowerment Coach, Motivational speaker and Cookbook Author.**

She is a graduate of The Coaches Training Institute in San

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Michelle has over ten years experience coaching and leading workshops.

She has been recognized both locally and nationally for her work. Michelle takes a holistic look at her clients and offers customized coaching sessions tailored to the individual.

After working with Michelle, clients feel empowered, hopeful, happier, and stronger. They have a new belief in themselves, have more friends, are more productive, have better connections with family and are more excited about life.

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