

Resources for Living[®]

Who's your secret to success?



“Remember that no one succeeds alone.”¹

— Supreme Court Justice Sonya Sotomayor

She believes that few people reach their full potential without the help of others. The stories of high achievers like Albert Einstein, Richard Branson and Oprah Winfrey also show that support is critical to success.²

We need each other

The most accomplished people will tell you we all need people in our lives to promote and encourage our dreams. For example, we need:

- **Inspiration** — People we admire and model ourselves after
- **Mentorship** — Teachers or others who have valuable experience to share
- **Peer support** — Friends, family and loved ones to care and cheer us on

Getting by with a little help

Even Ringo Starr of The Beatles sang about needing “a little help from my friends.” So how can you make sure you get support?

- **Be proactive in your relationships.** Instead of waiting for others to call you, reach out and get the ball rolling yourself. When you make efforts to engage and include others, they're more likely to reciprocate.³

- **Look to different people to get your needs met.** Everyone plays a unique role in your life. There are people you may cry to, laugh with, listen to or confer with. Try to stick with positive people rather than those who bring you down.
- **Use your interests to connect.** Want to enlarge your social circle? Volunteer, join a group or take a class. Follow your interests and talents to meet others with similar concerns and values.³
- **Make use of technology.** There are benefits to socializing via social media. It's easy, convenient and available at all times. Just be sure you're not relying on “virtual” friends for all your social needs.³
- **Give support.** When you help others, it's a win-win. Every time you give of yourself, you learn and grow. When you feel most needy, see if you can help someone else.

Be persistent and optimistic as you pursue your goals. And always remember the benefits of helping — and being helped — to reach them.

¹<http://www.azquotes.com/quote/1369685>

²<https://medium.com/the-mission/no-one-succeeds-alone-no-one-8428b244f1ab#.8yi446kpc>

³<http://www.apa.org/helpcenter/emotional-support.aspx>

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