

# Five “SEEDS” of Success

From Shawn Achor’s

## *Big Potential*

**S** urround Yourself with Excellence. Collaborate with people who are skilled, motivated and who have a positive outlook. It’s good to include people who think differently while sharing your values and dreams.

**E** xpand by Empowering Others to Excel. You can expand and maximize your potential by having a leader in every seat. Empower others to take ownership of their work and the efforts of the larger group.

**E** nhance through Praising Others. We maximize our potential by praising success in collaboration, rather than individual success. Don’t just praise the end result; praise the process of working together.

**D** efend Against Negativity. Give up wanting a perfect world (and noting all of its imperfections) and defend all the goodness that exists now. Show gratitude for all of God’s gracious Good.

**S** ustain Gains Via the “Virtuous Cycle.” As projects and efforts cycle in and out, maintain the momentum by emphasizing what you stand for, where you’ve been and where you’re going. Create group rituals and acknowledgments.