

Chapter 1 Success Secrets

Money and fame don't equal success. (p. 4)

Success is a journey, not a destination. (p. 4)

Use positive thinking to reach your goals. (p. 7)

Always make time for relationships. (p. 8)

Adults need role models, too. (p. 8)

Create your own opportunities for happiness. (p. 10)

Try new ways of thinking and doing. (p. 16)

Psychology helps you understand yourself. (p. 17)

Thoughts, feelings, and actions are all connected. (p. 19)

Pay attention to what is happening inside you and why. (p. 22)

A sense of self helps you understand the world and make plans and decisions. (p. 24)

A healthy self-image is positive but realistic. (p. 25)

It's healthy to find balance in your life. (p. 25)

No one sees you the way you see yourself. (p. 30)

Don't put limits on what you can become. (p. 38)
