

# Chapter 2 Success Secrets

**Self-honesty helps you get in touch with your dreams, values, and interests. (p. 44)**

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**Too much self-consciousness can produce anxiety. (p. 46)**

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**Develop the courage to face painful emotions. (p. 46)**

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**Look for the exact words to express what you feel. (p. 49)**

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**Dreams give your life purpose. (p. 49)**

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**Life asks something of everyone. (p. 51)**

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**A dream can be anything you want it to be. (p. 51)**

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**Aim to satisfy yourself, not someone else. (p. 51)**

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**It's important to determine your own values. (p. 52)**

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**Values are beliefs, not absolutes. (p. 55)**

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**Values guide your choices in life. (p. 55)**

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**Look for opportunities to express your values in a positive way. (p. 58)**

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**Use your personality traits to help you succeed. (p. 59)**

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**Find a variety of ways to describe yourself. (p. 60)**

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**Transferable skills are the foundation of job-specific skills. (p. 64)**

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**Pinpointing your strongest intelligences helps you discover what you do best. (p. 65)**

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**You can strengthen your intelligences through learning and practice. (p. 69)**

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**Skills and interests go hand in hand. (p. 73)**

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**Let your skills and interests guide your career choices. (p. 75)**

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**Work can and should be something you enjoy. (p. 75)**

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**Consider your personality when choosing a career. (p. 76)**

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