

## Determinants for Achieving Success and become a High Achiever

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**Abstract:** *Success is defined as liking who you are, what you do, and how you do it. Each of us is given a unique hand of challenges and opportunities in life. For many, achieving a goal, finishing a task, or otherwise completing what they set out to do constitutes success. In essence, anything is a success when the result is positive, desirable, or desired. High achievers confront the same difficulties as everyone else, but they approach them with a growth-oriented perspective. This paper focuses on the foundation of success and how to achieve success. This study looks into the characteristics of high achievers, the qualities of successful individuals, and the suggestions provided to become a high achiever in life.*

**Key Words:** *Success, High achiever, Emotional Intelligence, Positive attitude, Openness, conscientiousness.*

### 1. INTRODUCTION :

**Success** is defined by Merriam-Webster in a manner that is largely consistent with how dictionaries describe it. It is an illustration of the concept's rich—but unsolvable—complexity since it shows how arbitrary the idea is. Beyond that, one's personal notion of success will vary. Take note of Merriam-hedging Webster's by using the word "or" twice. Its meaning is widened by the statement that "many" individuals perceive it in one of three ways by discussing how it might "turn out" in one of those three ways. Also take note of the fact that Merriam-Webster avoids mentioning the ethical aspects of success, despite the fact that most authors do so. This is likely because defining what is meant by "ethical" in this context is subjective and individualized. Meaning that one's moral system may not be compatible with others' since they adhere to various standards and ideals. Additionally, dictionaries lack the authority to express moral opinions that are not based on common usage. Being successful needs us to wake up, be present in our life, align with our highest potential, and create a plan for getting there.

**High achievers** are motivated inside and like finding solutions to issues that others won't touch. We must actively choose a course that promotes the awakening of our awareness on a personal and societal level. We are all dealt the exact cards we need to understand the lessons of our individual, psycho-spiritual journeys. Observe that many people simply follow the flow of life, letting external factors dictate their course. Furthermore, until we make a better choice, we all automatically repeat what is familiar. High performers are more afraid of not trying than of failing. Although goals are arbitrary, it is nonetheless possible to consider a lifestyle that one chooses and finds fulfilling and successful. Our particular standards of success will be directly related to our ideologies—that is, our social, political, educational, and religious ideals. When discussing success, the majority of authors use a business model that prioritizes material achievement above everything else. Doing your best at all times is the most common criterion for success;

Success is having a place to call home, knowing the difference between need and want, and believing in your ability (the reality that, realistically, no one can accomplish or be everything they wish); Success is realizing that there are moments when you need to say "no," and it's realizing that your life is abundant. Achievement writers avoid talking about different levels of success. They see it as either being present or not (as they do failure).

### 2. The Objectives of Study :

- To study the foundation of success and achieving success.
- To study the Characteristics of high achievers and the qualities of successful individuals.
- To provide tips for achieving success and becoming a high achiever in life.

### 3. Achieving Success :

Success means, it required having a name known and having a lot of money, or enough to purchase an infinite supply of luxury purses and expensive vehicles. It wasn't a description to choose, but one that was ingrained since a little child through movies, and magazines about famous people, and our educational system. And completely ingested it. But in order to be true to yourself rather than just following social conventions, you need to figure out what you want your life to be focused on in light of your innate preferences, passions, and talents. Then, you may gauge your success by looking at how successfully you've executed the priorities.

People, such as Olympic athletes and Nobel Prize winners, are just a different species. High achievers have problems, opportunities, concerns, and stressors just like everyone else, according to Dr. Ruth Gotian, who studies them. Their distinctive thinking and strategy, which set them apart, are also the reason behind their success. Gotian shares the attitude of top achievers in *The Success Factor* so that everyone can adopt it. High achievers apply a strong work ethic, a firm foundation that is continually reinforced, and a dedication to continuous learning through informal means to something they are really good at and interested in. In other words, successful people are aware of their three skill sets:

- They manage themselves first, especially during stressful and transitional times.
- Second, they motivate themselves to set and attain goals and develop resiliency in the face of setbacks.
- Third, they manage others to assist those around them in achieving their goals.

### 4. The foundation of success :

According to psychological and social studies, one of the main factors is emotional intelligence. That is, those who are successful both personally and professionally excel at managing themselves, motivating themselves, and managing others. Devote a lot of time to each of these Three M's of Success in the keynote and lecture on the subject. It focuses on an introduction to the first performance pillar of managing ourselves. Learning to control ourselves as adults is one of the most difficult things we will ever have to do, especially when faced with stress, change, and frustration. Suffering carries immense wisdom that leads us to enlightenment if we are willing to engage in the process of learning. Third, face challenges in life, accept their talents and abilities and progress toward self-actualization. Being successful needs us to wake up, be present in our life, align with our highest potential, and create a plan for getting there. We must actively choose a course that promotes the awakening of our awareness on a personal and societal level. Life is a network of connections. Our lives, careers, and relationships flourish as we grow.

- **Be Aware of the Actions**

Become aware of the motivations for your actions. We all enter our occupations or positions in life for a reason. We pick up our roles from our families of origin, and we frequently repeat patterns until we figure them out. Give yourself permission to let go of old habits that don't serve your needs any longer.

- **Give a chance to flourish.**

According to cognitive psychology, thoughts come before feelings and actions. Be careful not to limit yourself to false beliefs. According to Dr. Joyce Brothers, "Success is a mentality. Start seeing yourself as successful if you want success." Believe in the law of abundance, and let positive things into your life.

- **Mindfulness**

Bring your focus to the here and now. Respect the past, take lessons from it, and move forward. Never dwell on or worry about the future. Learn the value of mindfulness techniques that keep you rooted in the present moment, such as deep breathing and meditation.

- **Positive Visualization**

Learn how to use intention. "Our intentions construct our reality," claims Wayne Dyer. Decide what your main goals are, put them in writing, then follow through on them. Become more visionary. Positive vision enhances the likelihood of achievement, just like in sports psychology. What would you like if you had a magic wand, you might ask.

- **Target high.**

Find ways to help others using your talents and skills to create "win-win" situations that the universe will support. Think about forming a vision board. Put a stop to your inner critic. Be mindful of your inner dialogue and look for any unfavorable ideas that may have their origins in the past. Zoom out and view circumstances from a detached, neutral perspective to free yourself from negative beliefs.

- **Think uplifting thoughts.**

Recognize that the laws of attraction work in favour of good. Keep an appreciation diary. Rather than being your greatest critic, decide to be your best supporter.

- **Develop Acceptance.**

Spend less time and effort battling or fighting what you cannot change (other people, their feelings, their behaviors, etc.). Instead, take control of your life and make the changes you can (your thinking, your behaviors, your boundaries, etc.). Forgive others and let go of grudges if only to set yourself free.

- **Move Forward**

Recognize that growth in both your personal and professional life is not linear. We all have setbacks. The way we handle these failures will determine whether we continue in an endless circle, become stagnant, or advance and advance. Give yourself some grace and remember that we are all still developing as people. Be resilient, learn lessons from mistakes, and move forward.

- **Respect yourself.**

Exercise self-care and compassion for yourself. Create a supportive network and a work-life balance. Make a commitment to achieve your best successes in life to show that you love and respect yourself. Living your life to the fullest degree feasible in a way that is in line with your highest good and the good of others is the definition of success. Figure 1 shows the foundation of success.

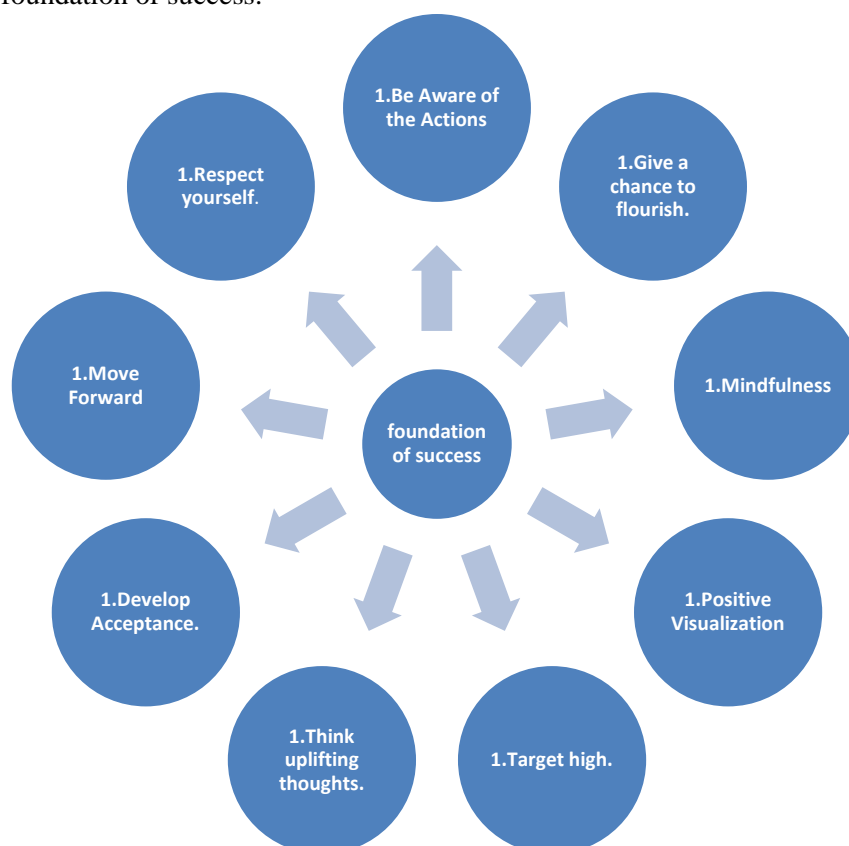


Figure-1

## 5. High Achiever :

High achievement, in Gotian's words, "indicates you've done activities others find difficult or avoid performing. You work to fill a knowledge or achievement gap that you notice. It is unthinkable to wait for someone else to solve a problem that you are capable of handling. If doing the task will help you find the best solution, you won't hesitate to do it. The knowledge that is already being used will frequently be used differently. Consider the delight that motivates achievers if that sounds difficult. Finding a solution that has evaded others is one of the few things that truly motivate exceptional achievers. The more intricate the problem, the more delighted people become, continues Gotian.

The book is filled with inspiring tales of individuals including Tony Award-winning actress Victoria Clark, Olympians like Apollo Ohno, Bonnie Blair, and Devon Harris of the renowned 1988 Jamaican bobsled team, as well as award-winning medical researchers and astronauts. The anecdotes not only make Gotian's assertions more approachable, but they also support her view that the world requires more people with Gotian's level of achievement. She contends that by participating in the solution rather than waiting for someone else to fix the problem, role models like these can teach individuals how to take charge of their own future. However, Gotian, the Chief Learning Officer at Weill Cornell Medicine, finds that all exceptional achievers begin from the same place: desire.

## 6. Characteristics of High Achievers

Intrinsic motivation is the foundation of what propels accomplishment. They are motivated and enthusiastic in what they do, therefore they do it. Simply said, such interest makes the work enjoyable. "An enduring enthusiasm that reminds you of why you do what you do, even when times are rough and things do not go as planned," according to Gotian, is what constitutes intuitive motivation. It gives you great joy, and that gives you motivation. For Gotian, the first step in maximizing your success is discovering that motivation.

### ❖ Strong work ethic

High achievers apply a strong work ethic to the tasks they are driven to complete. On the contrary, challenge and change are what energize you. High achievers fail just as frequently as everyone else, but it's not simple. The approach each takes to that failure differs. No, can't, and won't the words that high performers hear. Instead, they have not heard, according to Gotian. Dr. Bob Lefkowitz, a Nobel Prize laureate, experienced a time when none of his studies were successful. Bob, do you know the difference between a genuinely top-flight scientist and the average guy? his mentor said. "No." Well, for the typical guy, maybe 1% of what he does is effective. However, for the superstar, it may be as high as 2%. High achievers fear failure more than they fear not trying, the opinion to Gotian. High achievers don't have the choice of giving up. The main distinction between individuals who excel above all others and everyone else may be their fear of failure.

### ❖ A solid foundation

Going back to the fundamentals is one method top achievers assure their success or overcome disappointment. They not only ensure that they study everything there is to know about their subject at the outset, but they also continue to practice the early exercises that helped them develop their expertise in the first place. This serves as the book's firm foundation, which is continually reinforced. For instance, Tony Award-winning Broadway actress Victoria Clark still performs the same warm-up activities she did when she first started acting.

### ❖ Lifelong learning

The fact that exceptional achievers never stop learning is another crucial strategy. Additionally, they pick up knowledge from whomever they can. Nobel laureates pick up knowledge from mentors, peers, pupils, and even experts in different subjects.

High achievers "tend to be more self-directed in their learning, reaching out to suitable resources such as people or programs to fill in any gaps in their knowledge," according to Gotian. They don't hesitate to admit their ignorance or if something is unclear to them. They feel they still have more to learn, so being open to learning more and asking for advice comes naturally to them.

### ❖ Openness

Being open to new experiences is essential for success. Are you receptive to fresh perspectives or do you believe you already know everything? Are you open to the idea that what you already know to be true might not be? Figure 2 represents the characteristics of high achievers.

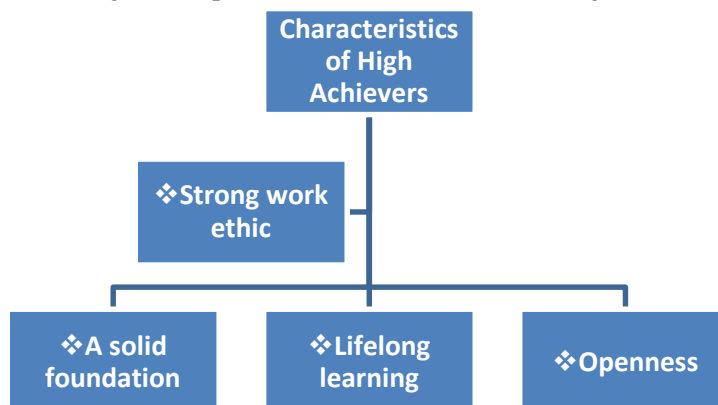


Figure-2

## 7. Qualities of Successful individuals.

### • Internal Locus of Control

This indicates that you think your efforts are what led to the outcomes in your life and that any faults you suffer are your own. You are prevented from succumbing to the notion that you are just a helpless victim and nothing is your fault by having an internal locus of control. It pays off to accept responsibility for your actions when it comes to achievement.

Although it can be a difficult pill to take, this is an excellent medication. The good news is that you have control because of this way of thinking. People like you, with comparable backgrounds, difficulties, levels of education, and challenges, are making amazing things in the world.

- **Conscientiousness**

Conscientiousness is a personality quality that entails being reliable, meticulous, and self-controlled. Being laid-back may make you fun to hang out with, but it may not be the best thing for your financial situation. Have pride in your work and a dedication to excellence.

- **Hard Work**

Being diligent is an excellent quality. All labor is honorable. Worship is work. Working hard is the secret to success. Work hard and we can advance. The nations with the most diligent citizenry advance the most. A slacker relies too heavily on luck. He believes that a miracle will occur, making him wealthy and successful. But without a lot of effort, this is not possible. The world's great men were all incredibly diligent workers. Man advances through hard labour, and the nation advances as well. In seventy years, Japan was a developing nation. Japan is currently one of the richest nations in the world. Hard labour made it feasible for this affluence. Therefore, we should all put forth a lot of effort to succeed.

- **Money Vigilance**

According to studies, having positive money attitudes is related to having a greater income and net worth. People who are successful financially often watch their money carefully. They don't spend; they save. Start immediately, even if you have to start small. Figure 3 illustrates the qualities of successful individuals.

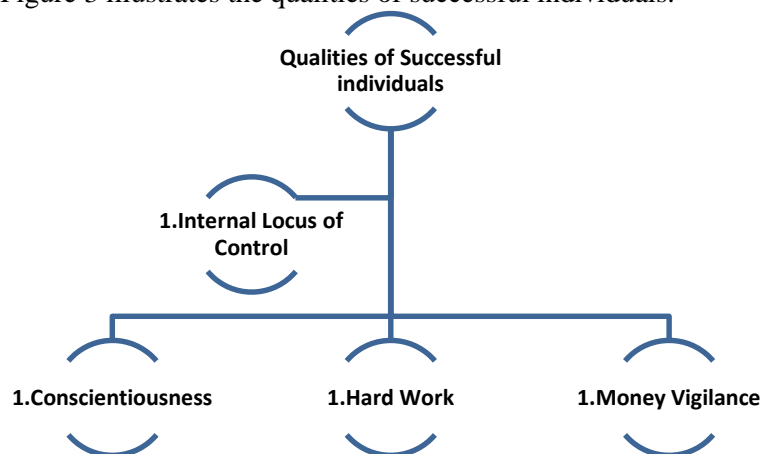


Figure -3

## 8. Discussions :

Hard workers, however, could be susceptible to workaholicism, which can ruin their life. Maintaining a healthy work-life balance is essential. Without your health and enduring relationships, success and money are useless. Successful people appear to perceive money with a more nuanced perspective. Extreme ideas regarding money, such as "money is evil" or "money will solve all my problems," may be more prevalent in less successful people. Only a tool, money. Being poor or wealthy does not automatically equate to virtue. All money is equal. Decide how to use it. Successful people have a strong desire to succeed. They have a psychological need to achieve success and value status highly.

## 9. Conclusion :

Success depends on having critical thinking skills. Curiosity entails watching other people and picking up fresh information. There is humility in being open, which provides the chance to develop. Your ability to succeed will be hampered if you close yourself up to fresh perspectives and refuse to analyze your presumptions. Be able to let go of ideas and approaches that aren't serving you and have an open mind.

## 10. Tips to become a High Achiever :

- **Positive attitude**

An optimistic outlook (toward work). One of the most crucial elements, in my view. We frequently witness inexperienced individuals with a positive mindset outperform more seasoned individuals with a pessimistic outlook.

- **Proficiency in the field of study**

Expertise in the topic of study You can "play the game" with this, but you won't necessarily win. One of the list's few "challenging" skills.

- **Communication skills**

Capability to communicate (oral and written). You will fall behind if you are unable to concisely and accurately communicate your ideas. A productive team with high morale and a confident, motivated person can be distinguished by effective communication. It creates strong relationships and provides employees with the knowledge they require to contribute to the business's success.

- **Interpersonal skills**

Social abilities. If you have trouble interacting with people, both your personal and professional lives will suffer. Interpersonal skills include both verbal and nonverbal communication, the ability to manage conflicts, teamwork, empathy, listening, and a positive approach. Being adaptable and upbeat, able to listen, and having effective communication skills are crucial for success at work.

- **Confidence**

A belief in your capacity for success that motivates action is confidence. Your opinion of yourself, how highly you regard yourself, and the amount of control you give yourself are all examples of your self-esteem (Murphy, 2016). Self-assurance Who is capable of knowing every solution? No one! So trust in who you are and what you do know. Give it your all and you will be rewarded.

- **Critical Thinking and problem-solving**

Identification of a problem, generation of potential solutions, selection of an appropriate solution, and implementation of that solution are all part of problem-solving skills. Ability to analyze critically and solve problems. You will probably be in a better position than those around you if you have the ability **to analyze a situation, weigh your options, plan an action plan, and carry it out effectively.**

- **Flexibility**

Success requires flexibility for a number of reasons. Most significantly, flexibility enables you to overcome obstacles. It may provide you access to opportunities you never imagined you'd have. You may appreciate the flavors of life by being flexible, which makes life more enjoyable and meaningful.

- **Adaptability.**

Always crucial to success, but now even more so because of the economy. It is one of the qualities that individuals value most in other people. Able to handle adversity better as you get more adaptive. Additionally, this will foster a mindset of resiliency and endurance for the experimentation required to find better answers.

- **Self-Motivation**

The ability to motivate oneself to take initiative and action in pursuit of goals and task completion is referred to as self-motivation. It's a natural impulse to take action, to create, and to make things happen. It is what motivates you to continue working on projects, especially those that you are pursuing for personal reasons rather than because someone else ordered you to. Internal motivation Who would constantly push themselves if not you?

- **Leadership**

Since the effectiveness of a leader ultimately rests on the people they are in charge of, it is imperative that they exhibit important leadership traits like concern, gratitude, and respect for each team member. All successful relationships are built on open and honest communication. Management. To various people, it has varied meanings. To me, leadership entails being able to accomplish goals both personally and professionally.

- **Teamwork**

Cooperation. People who get along well with others make for great co-workers. Regardless of the amount of effort put forward, or how well it was planned or funded, the level of teamwork may make or break the achieving a goal. Our college and university systems, as well as the business sector, place the lion's share of their time, resources, and emphasis on "hard" skills. The "soft" talents, however, have consistently been shown to be just as crucial to success, if not more so.

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