

# Successes

When working toward change, focusing on successes helps you stay motivated, even during challenges.

## Stages of success

### 1. Awareness

You become more conscious about your behavior and recognize a pattern.

"Ah, this is happening (again)."  
"I notice this happens a lot."

### 2. Taking ownership

- *Action without result:* Have tried something new, even if it didn't work.
- *Action with result:* Tried something new and saw results.

### Note

Personal success isn't about others' satisfaction with you. It's about you taking action and making a difference for yourself.