

The recipe of success



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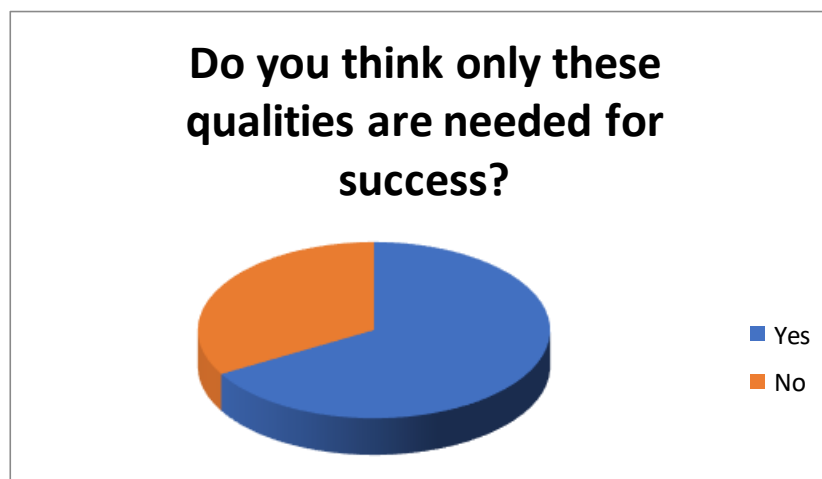
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INTRODUCTION

Bryan Tracy said, "Your true success in life begins only when you make commitment to become excellent at what you do." But is it the only thing we need to become successful in studying and work? Many different scientists suggest various ingredients to success. In my final project we want to stop on 3 of them: self-discipline, self-motivation and self-confidence.

Before our research I asked if you think these 3 qualities are the most important for success.



More than half, 67%, think that these 3 qualities are needed for success. And 33% don't agree with this and suggest to add different qualities to them, such as luck, hard work, being smart.

I think mastering at these 3 things will lead you to get better results at work, especially school, to achieve career success, and to have a meaningful, happy and healthy life.

Doing my final project I want to prove that exactly these qualities are basic.

To reach my goals I will:

- Find the meanings of qualities needed to be successful
- Explain how to develop these qualities
- Suggest the various models in order to balance the qualities to reach success.

INGREDIENTS OF SUCCESS

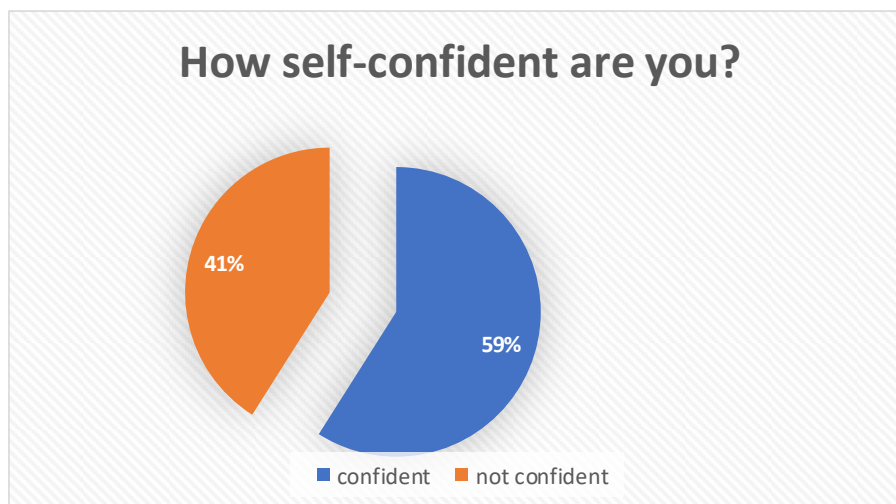
Self-confidence

Self-confidence is the key to success. A person with self-confidence can face his biggest problems or challenges in his life on his own. Such people rarely give up. They strive to achieve success even if it takes multiple tries. Have you seen this kind of people saying they will achieve something so surely? And actually they end up getting done all successfully. Believe it or not this skill is the ultimate key. So what is self-confidence?

Oxford dictionary defines self-confidence as “a feeling of trust in your abilities, qualities, and judgment.”

In my opinion self-confidence is emotional strength. Why? Because being able to stay calm and composed under pressure or under an emotional attack will not only make you appear more confident but will also make others to have respect for you and more importantly you will have respect for yourself. That’s why I think remaining calm while everyone is panicking is true self-confidence.

We asked Senior students how confident they feel. The pie chart shows that 59% of students are confident enough. But there are 41% of students who are not sure in it.



So the main question is "How do you build unstoppable self-confidence?" We want to suggest 7 psychological tricks for those who are not confident enough and to remind about them to those who are sure in themselves.



1. Set small goals first

While working to achieve your goals, you'll be tested, you will obviously feel stressed out and will start doubting yourself. You will definitely make some mistakes and will sometimes feel like you're failing. Well, sometimes you WILL fail. Not every goal gets achieved 100%.

Just because you'll experience these things it doesn't mean you won't go through stress and anxiety (worry or doubt). And it also doesn't mean that you need to fear these emotions.

It's also about the mindset that you bring to the table. Your mindset tells a lot about you and how you are going to achieve your goals. If you can't keep yourself motivated or if you are not confident enough to go through this, then it's just better for you to set small goals first. And by small goals I mean anything, like for instance it can be finishing your homework, or it can be getting enough sleep, it can even be taking a shower before going to school. But make sure that every time you achieve a goal the next one should be one step harder, and eventually you are going to start realizing that you're becoming much more confident with your career goals.

2.Do the right thing

Your actions and your decisions define your character. No matter what people say or do, if you think what they're doing is completely wrong just stand up for it and say that the thing you're doing is not the right thing. Making the right choices is an important part of our lives. By doing the right thing, it makes you gain more respect from others.

Most confident people live by a value system and make their decisions based on that value system, even when it's hard and not necessarily in their best interest, but in the interest of the greater good.

Even when it's really hard and it's the last thing you want to do, even if it's a short-term sacrifice on your part, in the long run you are going to like yourself more and be prouder of who you are.

3.Stand up for yourself

When your goal, project, etc. is in its early stages, and someone says that your goal is stupid, or that you cannot do it, it's tempting to believe them because they're joining the chorus of doubts inside your head. Logically you think, "How can I be right when this person and all these doubts in my head are telling me I can't do this? That this idea is stupid." And you have to tell those people, especially the voices in your head, that they're wrong. You have it in you, so tell them you believe in your goal, you believe in yourself, and you are going to accomplish it.

4.STOP caring about what others think

There are going to be so many people who will tell you that you cannot accomplish your goals. Whether is it rejection from employers, schools, or just negative feedback from friends or family, people will try to tell you your goal is too big, or that you're not ready, or that you can't do it, that it's never been done before, etc., and you absolutely cannot

listen to them. You must be resolute. While they tell you the odds are against you, etc., just remember most people are wrong about most things. People change the world every day, despite everyone around them telling them it can't be done. If you think you can do it, then **YOU CAN!** Don't listen to them, believe in yourself and keep going.

Many people might get this wrong but what exactly I'm trying to say is that don't care about the negative opinions of other people, but care about the positive ones. Because getting some advice from people especially from the successful ones might help you achieve your goals sooner than you would expect.

That's why stop that negative self-talk and concentrate at what you can do to achieve your most treasured life goals because at the end everyone is going to leave you, and you'll be all alone with what you've achieved.



5.Face your fears

According to science people who face their fears and overcome it tend to have higher self-esteem(confidence). Facing your fears when you have low self-esteem makes a big difference in how you view yourself. When you struggle with low self-esteem, you tend to hold particular self-limiting beliefs about yourself. You may, for example, believe that they are useless and incapable of doing certain things. If you are confronted with a situation that stirs up feelings of fear and anxiety, you can convince yourself that you are unable to deal with that scenario, that you're doomed to failure. This traps you in a vicious cycle. As you avoid these anxiety-inducing situations, you use this as further evidence of how useless you are.



Self-doubt, which holds you back in life, is not a burden you have to constantly carry around. Through consistent exposure to situations you fear, and which you habitually avoid, you can build self-respect and confidence. You may not always successfully face your anxiety, this is why maintaining a certain level of self-compassion is essential, but facing your fears in a forthright manner, accompanied by an attitude of kindness, is one of the most reliable ways you can build self-esteem.

6. Make sure your body language is on point

The ability to walk into a room and exude a self-confidence that communicates your commitment and trustworthiness is essential in social situations and business interactions. After all, each gesture can say a lot about who you represent, how you're feeling, and whether you even want to be in that room or in that meeting.

Barbara Patcher says, "I believe that if you project a confident, credible, composed image, people will respond to you as if you are all those things. Who cares what you are feeling on the inside?"



This is why making eye contact or staying up tall (having an erect posture) definitely will make you look more confident; it will also make you look much more trustworthy. People who shy away from eye contact and try to make themselves appear smaller tend to look more suspicious, which will apparently make you less trustworthy.

7. Fake it until you make it

While we're all green at some point in our careers or life, there's something to be said for faking it till you make it. Imitating knowledge, experience, confidence, and savvy can actually change your real-life behavior in a positive way. Pretend you know more than you do, and eventually you will.

The idea has even been studied by scientists, who collectively say that pretending you know what's up (to a degree, don't be a psycho), like dressing the part of the job you want, or acting confident and enthusiastic about something you feel bland about, can take you a long way. Psychology today says the term "fake it until you make it" was coined by sociologist Robert K. Merton, to describe the following concept: "That a

prediction about the outcome of a situation can invoke a new behavior that leads to the prediction coming true."

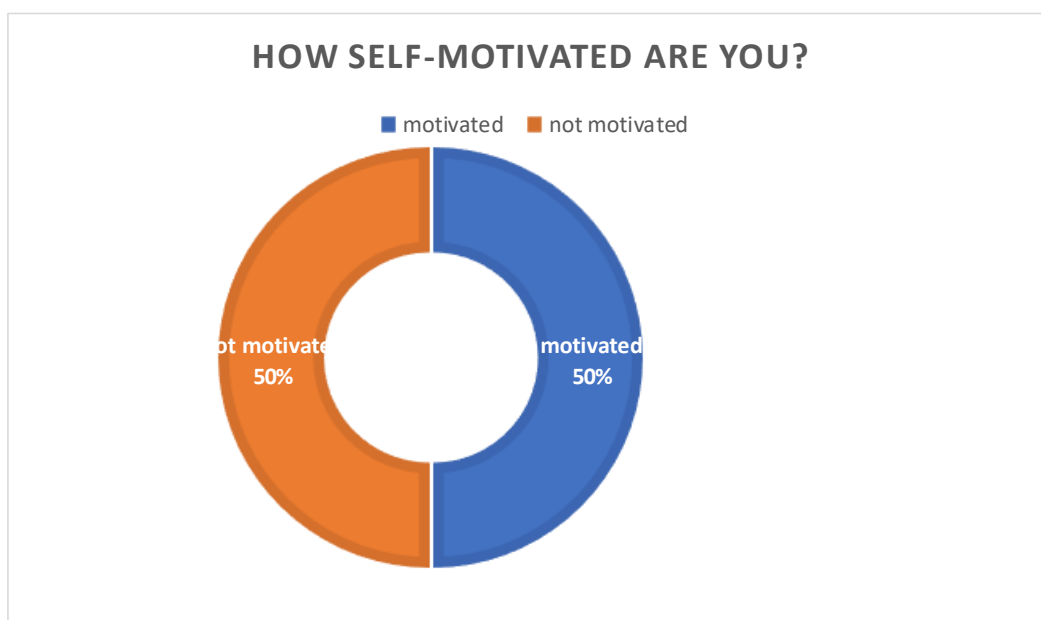
Self-motivation

When it comes to being successful self-motivation plays a huge role. People who are motivated are able to accomplish challenging tasks because they are strongly driven by their goals. Motivation also makes you happier with what you're doing. Without motivation it's harder for people to achieve their goals because there is nothing that really gets them interested.

Cambridge dictionary defines self-motivation as "able and willing to work without being what told to do."

What self-motivation really is, that there is always the force that keeps you pushing to go further-it's our internal that keeps us moving forward. When you think you are going to quit something, or you just don't know how to start, your self-motivation is what pushes you to go on. Self-motivation is an important aspect of your life-whether it's social life, relationship, personality development etc. The first toward understanding self-motivation is understanding what drives you to do things. If you are able to motivate yourself, there is no need to depend on external factors like praise, fame, or money. Self-motivation is the best inspirational technique.

In our survey we asked students how self-motivated they are. According to this chart only 50% of students are self-motivated.



We can come to the conclusion that our students lack motivation more than self-discipline and self-confidence.

So according to our results we would like to offer 6 steps for a continuous self-motivation even during the difficult times. And they are:

1. Manage your expectations

When you don't see progress as quickly as you expect, or you hit a snag in your plans, the feeling of frustration is the first step towards giving up. As obstacles pile up, frustration becomes despair, and you may tell yourself, "This goal is not attainable."

Your brain is constantly calculating whether or not it's worth the effort to keep going. In the book **BURNOUT**, authors Emily Nagoski, Ph.D., and Amelia Nagoski, DMA, call this concept "The Monitor." It's the process in your brain that keeps a running tally of the effort-to-progress ratio in any undertaking.

2. Surround yourself with supportive people

We must have people around us who help us stay in touch with our desired outcomes. People who have a significant support system or even one supportive person in their corner, fare better than those going it alone.

This is where the company you keep becomes critical. We must have people who can relate to us, see us, and support us to stay positive.

In her best-selling book, Conversational Intelligence, Judith E. Glazer explains how supportive people can step in to guide and motivate us like a coach during a football match. During the game of life, in which we pursue our goals, positive people can help you Reframe, Redirect and Refocus when it gets tough.

On the other hand, an unsupportive environment triggers psychological and physical distress that derail progress towards positive goals.

3. Ask for help-and offer it

When you're trying to stay motivated in your quest, the right help can be the difference between success and giving up. According to Professor Richard Boyatzis, who has studied motivation for decades, we can all benefit from becoming better at offering and receiving.

The default form of help we tend to offer is called "coaching for compliance." It involves trying to fix someone, or getting them to do what you want. Even if the advice is sound, this approach does not work to create lasting positive change. The person on the receiving end feels imposed upon, and they don't learn much that will help them grow.

4. Shift your motivation from getting to giving

Some people only focus on what they can get out of life and relationships. It's all about me, me, me.

However, if you come from a position of serving and helping, and being more consciously awake to the world around you, your mindset can shift from merely receiving to giving.

And when you create this shift, coming from a space of giving, your brain starts coming up with more and more creative ways to spread more and more abundance.

It's far more satisfying to focus on giving. If you really focus on this, it can become a true purpose and focus for you.

5. Celebrate your achievements

One of the things that reduces motivation and causes **procrastination** is that we measure our success not from how far we've come, but how far away we are from our dreams and ideals.

If we can change our mindset and become more conscious of how our brain is working, we can set ourselves up for a motivation boost.

We're often at our happiest when we use our brains to problem solve, visualize, achieve and measure our progress.

If you talk in specifics rather than generalities, there is an opportunity to feel happier and more energized.

One way to do this is to start training your brain to measure specifics, which grounds your feelings in reality and can increase motivation.

6. Create and repeat a new positive habit

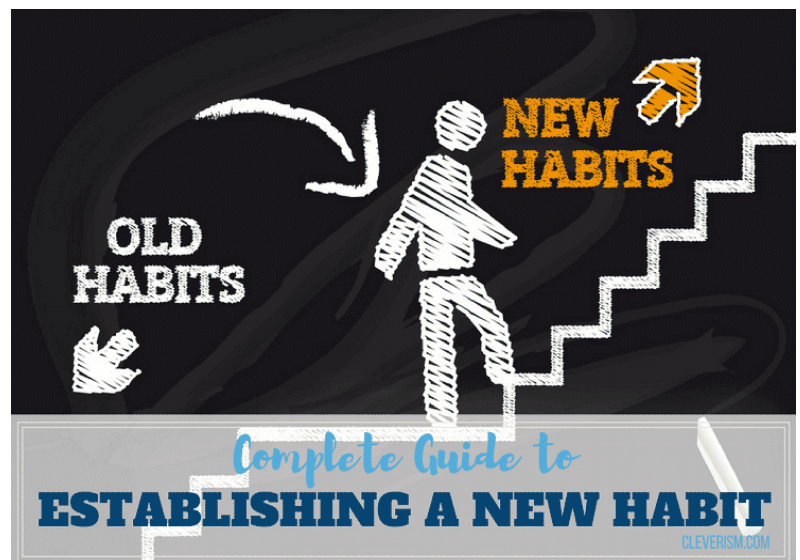
Sometimes, the smallest shifts create the biggest results. When you start a new habit, whether that's going to the gym, creating videos or improving your speaking the key is consistency and repetition.

By actually doing something new over and over again, your brain wires new pathways that help you create incremental improvements.

If you want to **start a new morning routine**, the key is repetition. If you want to **start meditating**, the key is to stay with it. If you're gearing up to run 5 kilometers, the key is to run every day and build that strength and stamina.

When you have a vision of yourself as someone who doesn't complete projects, then you think of yourself as that person.

But if you tell yourself every day you're a world class 'project completer,' you'll begin to think and act like that person.



If you're procrastinating on a big project, just start small and do something to move it forward, even if only five minutes. The next day work on that project again.

The key is deciding what you want to improve and then working on that thing every day. A 1% improvement every day can produce big results in the end.

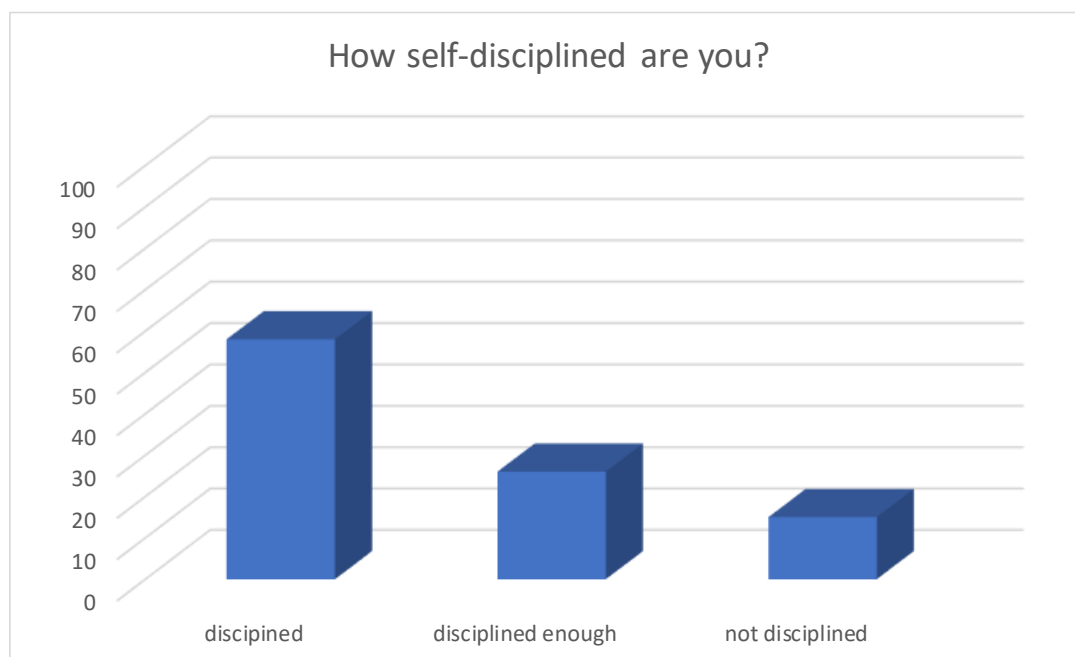


Self-discipline

Self-discipline is everything! The other character traits we have discussed about are maybe 10% of the formula. Yeah, sure! In the beginning these traits are going to be very useful, but the only thing that will force you to achieve your goals is your discipline. So what does self-discipline exactly mean?

Collins dictionary defines self-discipline as “the ability to control yourself and to make yourself work hard or behave in a particular way without needing anyone else to tell you what to do.”

The world today needs more determined people who run their dreams and goals into reality. No matter what your goal is, being disciplined will help you reach there. It refers to the practice of training your mind and body so that you control your actions and obey rules. It is the only process that is going to guide you for your entire life.



When we asked the students about self-discipline we found out that 58% of them are self-disciplined. 26% said that they are so-so disciplined. And what makes us to worry is that 15% are not self-disciplined.

I think self-discipline is one of the most important qualities needed for success. That's why we suggest 5 powerful ways to develop self-discipline, which are:



1.Acknowledge your strengths and weaknesses

We all have weaknesses. Whether they're the desire for alcohol, tobacco, unhealthy food, obsession over social media, or the video game, they have a similar effect on us. Weaknesses don't just come in the form of areas where we lack self-control either. We all have our strong suits and the stuff we kind of stink at.

Self-awareness is a powerful tool for comfort zone expansion, but it requires constant focus and acknowledging your shortcomings, whatever they may be.

2.Set clear goals

If you hope to achieve greater degrees of self-discipline, you must have a clear vision of what you hope to accomplish, just like any goal. You must also have an understanding of what success means to you. After all,



if you don't know where you are going, it's easy to lose your way or get sidetracked. Remember to prioritize.

A clear plan outlines each time-bound step you must take to reach your goals. Create a mantra to keep yourself focused. Successful people use this technique to stay on track, emotionally connect to their mission, and establish a clear finish line.

3.Remove temptations

You won't gain self-discipline to lose weight if you keep your house stocked with junk food. Instead, you'll wear yourself out trying to resist every cookie, brownie, and chip.

Limiting temptations can help you slowly build more self-discipline over time. If your weakness involves checking social media every two minutes, find an app that blocks access to Facebook. Or, if you can't resist overspending when you go to the store, leave your credit card at home and carry cash only.

4.Practice tolerating discomfort

It's natural to try to avoid pain. But avoiding short-term discomfort often leads to long term problems. And every time you give in, you'll reinforce to yourself that you can't handle distress.

Practice allowing yourself to feel uncomfortable and prove to yourself that you can stand it. Whether that means running on the treadmill for one more minute than you thought you could or resisting the urge to pick up a cigarette, train your brain to see that pain isn't the enemy.



5.Recover from your mistakes

If you're stressed about a big presentation, you may talk yourself into skipping your workout. Or, if you're excited about a big deal you closed, you may convince yourself to let your good habits slide.

Progress doesn't usually come in a straight line. And just because you make a mistake doesn't mean you're

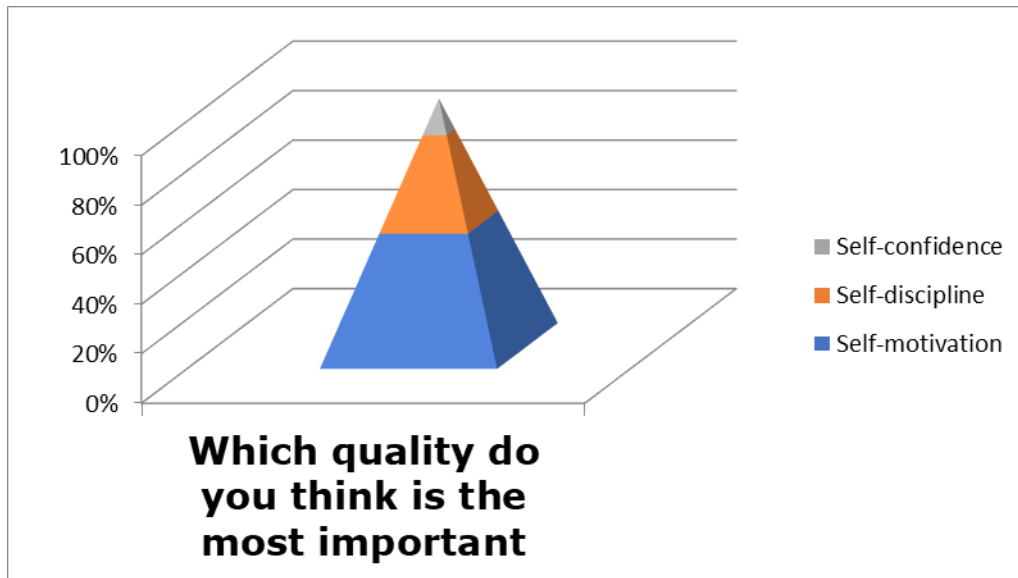
a failure. Making mistakes is part of the process to become better.

The way you recover from those mistakes is what matters most.



BALANCING ALL INGREDIENTS TO BE SUCCESSFUL

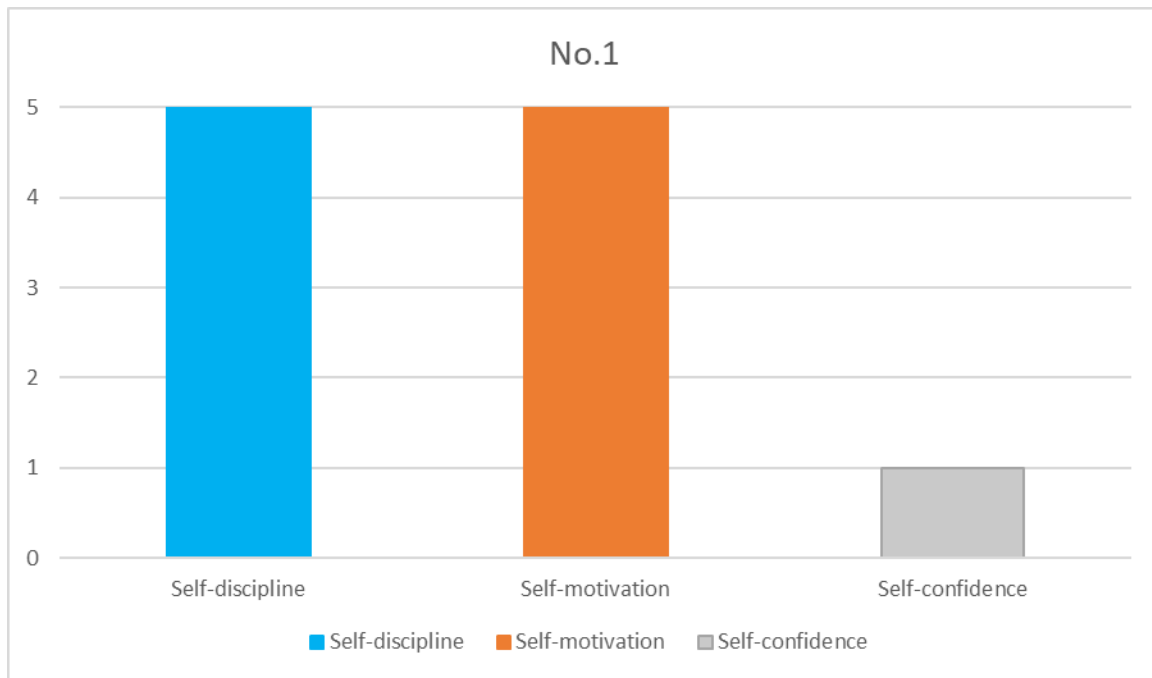
During our research we ask which of these 3 qualities is the most important.



50% of students said that self-motivation is the most important. Self-discipline is important for 36.36% of students. And only 13.64% think that it is self-confidence.

Those opinions have right for life, but we always need to remember that all these traits need to be in balance. Because lacking one of these can influence on overall progress.

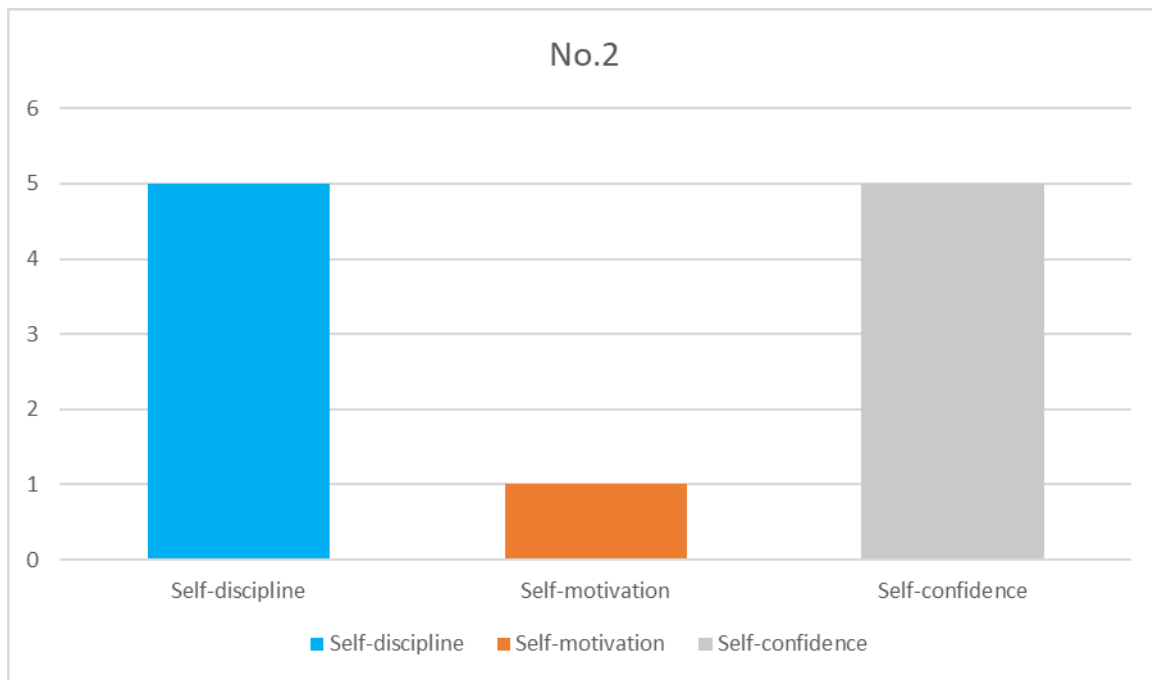
Let's look at the Model #1 where the student has high self-discipline, high self-motivation and low self-confidence.



Once a limiting belief is triggered and activated, your outlook changes. You see everything through a new filter. You look for validation daily that you aren't smart enough. And of course you will always find something that confirms this belief. For example, someone offers a different opinion than yours in a meeting. Instead of acknowledging the comment or being open to discussing it, you remain silent, or immediately get defensive and start beating yourself up. 'Why didn't I think of that? Obviously, I'm not smart enough!'

The good news is that we can rewire our brain with focus and intention. And although our fears and limiting beliefs won't completely disappear, over time they lose their power over our daily thoughts and actions. Practicing mindfulness and meditation supports building new neural pathways, and consistently reciting positive mantras supports more positive thinking and self-talk.

Let's look at the Model #2 where the student has high self-discipline, low self-motivation and high self-confidence.



A lack of motivation can be the biggest obstacle to reaching your goals. It's a common symptom of depression. It can also be linked to other mental illnesses, like anxiety. So it's important to consider whether your mental health may be affecting your motivation level.

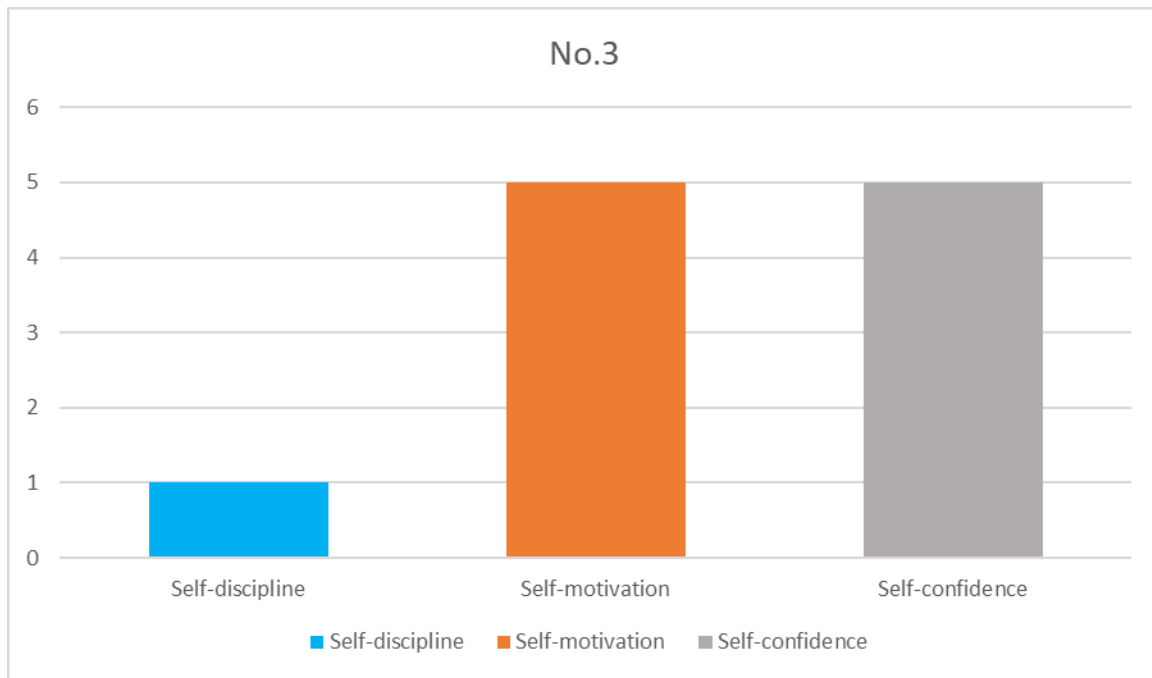
One of the most important elements that drives us to achieve is motivation, and motivational speakers know this all too well.



Without it, our ability to get going, to stay focused and to keep on pushing ourselves even in the face of challenges is hampered.

Motivation is important to a business and its employees. It helps an individual achieve personal goals. A motivated individual will have greater job satisfaction, heightened performance and a willingness to succeed. This is enjoyed by the wider team and the overall organization.

Let's look at the Model #3 where the student has low self-discipline, high self-motivation and high self-confidence.



Lack of self-discipline is often linked to a fear of failure, to a deep-seated feeling that you couldn't get what you want even if you tried. If you feel worthless, you might forgo showering or working out or eating well.

In line with this, research has shown that self-control failures may lead to various behavioral problems that can be harmful to people and to social collectives, such as depression, aggression, the inability to manage finances, and theft.



CONCLUSION

In my Final Project I suggested 3 main traits which will help a person to succeed at any place – school, university or job. These traits are self-discipline, self-motivation and self-confidence.

Making a research we found some tips or steps that make us to develop these traits.

These traits can also be called “Personal Development”. It focuses on the growth and progression of a person over time. Personal development allows people to explore their mind and discover ways to improve themselves and their quality of life. And this will definitely help you to improve yourself.

One of the most important lessons I learnt is that success is earned day-by-day through small wins – small achievable actions – that together can help you to achieve your goals sooner and exceed your own expectations. Therefore, you will have an opportunity to complete a detailed action plan through which you can turn what you learned into specific steps for achieving your most treasured life goals.

I came to a conclusion that you can develop various traits in order to succeed. But you must remember that without HARD WORK nothing is possible, even if you have detailed instructions.

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