

# 4 Reasons Success Breeds Success

(Or why everything some people touch turns to gold)

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## Expectations

In a 2014 study, researchers found that early success might help people achieve more later by raising future success expectations.

Raise your expectations by:

- Celebrating Early Wins
- Visualizing Success
- Creating Positive Feedback Loops

## Self-Belief

A recent study found that early success improves beliefs about our abilities. This self-confidence influences future performance.

Boost your self-belief by:

- Reflecting on Past Successes
- Challenging Negative Beliefs
- Pushing Outside the Comfort Zone

## Status

As success grows, so does one's network and reputation. This leads to more opportunities for success.

Make your status work for you by:

- Leveraging Success for Networking
- Sharing Knowledge to Help Others
- Seeking Constructive Recognition

## Optimism

Failure is not what inhibits success. A person's outlook after that failure does.

Successful people use these tactics to maintain an optimistic outlook:

- Practicing Positive Self-Talk
- Viewing Failures as Learning Opportunities
- Maintaining a Growth Mindset

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