

Star Matter

Successful people do with emphasis what most unknowingly choose not to do



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This month's issue of *KC Business* magazine profiles some of Kansas City's Rising Stars. Writing this article before the issue does not allow me to know who comprises this constellation. However, I wish to go out on a limb and share what I believe to be the essence of the process for becoming a Rising Star.

To begin, I would say that a Star's main priority when rising in the morning is to decide exactly what kind of day they want to have.

Most people think Stars are just lucky individuals who seem to consistently do the right thing, be in the right place and always at the right time.

They're the privileged few. In reality, the genesis of their privileges and all of those "right" places and times is directly related to hard work plus their attitude, experiences, behavior, choices and beliefs.

The life of a Star is cyclical as denoted by terms such as rising, setting, shining, falling and waning. Our own personal stars rise each morning and set each evening for us.

Therefore, to be a Star you must rise to the occasion, and in order to achieve the greatest happiness and accomplishments, you need to sequence your life cycle pattern in the proper order.

A Star becomes a Star by thinking and doing with emphasis or intention something

that average people unknowingly choose not to do. Stars welcome every morning with a smiling attitude. After all, the formula for success or failure in life can be explained in two simple words: attitude and choices.

The miraculous thing about life is that we are created with the ability to choose our own attitudes. Because attitude is the key ingredient to success and happiness in life, what a wonderfully creative gift we've been given.

If we give that gift away by believing that outside influences rule us, we doom our opportunity for happiness, success and Star status.

The next sequence of the cycle that molds a Star is how they use their experiences, both good and bad. These experiences become the lenses of the camera through which

they film and document their lives. The experiences that are then filtered through those lenses present options for forming behaviors of the Star on a daily basis.

These optional behaviors are then directly linked to the choices they make, which in turn helps formulate their beliefs by creating expectations that in turn contribute to molding their attitude.

When using positive efforts to develop the cycle, an average person becomes a Rising Star.

The primary facet of this cycle of life is the thought process. A Star chooses to consistently think about life with intention of possibility and fulfillment.

Earl Nightingale, considered to be the grandfather of motivation, in his 1959 recording "The Strangest Secret," said, "Men become what they think about." It was the first non-musical recording to sell more than a million copies.

If one thinks of accomplishment with emphasis and intention, the opportunity for success is increased multiplicatively. However, if one consistently thinks of impediments, hardship and fear, then that also is where their thoughts will succeed by leading them to failure.

As Henry Ford stated, "Whether you think you can or you think you can't, you're right." KCB

SHINE ON ►

Implementing the following steps may be a way for you to begin to attain "Star Matter" status:

1. Arise every day feeling grateful by counting your blessings. Fear disappears when you are grateful.
2. Search for the seed of good in every happening and adversity.
3. Today, and every day, deliver more than you are getting paid to do.
4. Forgive everyone for everything that has ever been done to you, and start by forgiving yourself.
5. Realize and accept that no one else can alter your thoughts and attitude—only you have the power to do that.
6. Where your attention goes your energy flows, so always direct your attention with positive energy.
7. Spend your time in the present. Neither the past nor the future really exists—only the present.

