Success is different for every person. It depends mostly on what you expect of yourself and what your goals are. Do your goals address what you really want out of life? Do you always try your best? Do you live each day to your full potential? Though there are many ways to fill the glass of success, here are a few foundations to get you started on understanding just how to achieve your goals.

Helpfulness
When you've fulfilled all the other steps, you'll be able to help yourself and help others. Helping others with what you've been through helps you practice what you've learned and make your path to success more meaningful.

Self-Esteem
Self-esteem is one of the basic building blocks needed before starting each day's journey. Taking the time to work on improving your self-esteem and building confidence in yourself can make or break your ability to appreciate success even when you do achieve it.

Positive Attitude
Always maintain a positive attitude. Remind yourself of how each step you take leads you closer to your overall goal to motivate yourself into doing even the most difficult tasks. If you remember why you're doing something, it's much easier to tell yourself that you can do it. Negative thoughts become self-fulfilling prophecies if you aren't careful, but so do positive ones! Keep a positive attitude and the future is open to you and your success!

Responsibility, Commitment, Persistence
Creating success requires you to learn to be independent and responsible. When you become a responsible person, you become dependable to others and yourself. Part of being responsible is also being responsible for seeking help when you need it. If you stay persistent and committed you're sure to find the success you deserve.

Vision & Courage
Vision and courage are the twin beacons that illuminate the path of success. Having a vision means having your goals and direction planned out. Know your end game and don't be afraid to take risks, change, and become a better person every day to reach it.

Good Health
If you've taken psychology, you may have heard of Maslow's Hierarchy of Needs. It's a psychological theory of motivation. At the base of this hierarchy are the physical needs of the human body. Motivation and success are tied together inextricably, so it stands to reason that one of the foundations of success is good physical health. Eat well, exercise, and get plenty of sleep if you want to succeed.

Now that you understand what personal attributes go into measuring success, it's time to increase your skills. The emotional, physical, and psychological portions of success are detrimental, but you might not get far without learning great skills like time management, organization, memory tricks, note-taking and test-taking strategies, and other learning skills. If you want to learn how to be a successful learner, take a LEARN 11 class at Long Beach City College.