

Teaching For Success Faculty Success Center

Success Insights

The X Factor

What is it? It's the special factor successful people all seem to share. It could be described as the measure of core energy inside a person or a quantitative measure of the tenacity and boldness they use to innovate and direct their actions to achieving desired outcomes.

The X Factor of success is the degree of self-confidence and personal power each person maintains. You can't teach, administrate, or do anything else well without high X Factor intensities. Therefore, it's smart to know how you can develop it and maintain it especially during demanding and arduous times.

I'm talking about the kind of self-confidence and personal power that demands respect, and admiration. It's evident in the person who exudes a warm fusion of personal likability, reliability, dependability, and compassionate energy.

But how can you grow higher levels of self-confidence? The simplest approach is to build your self-confidence with carefully chosen self-talk affirmations. Start by monitoring your self-talk for a day. What do you notice? Is your internal conversation optimistic, energetic, hopeful, creative, and action-oriented? How's your emotional climate? Does it tend toward warm and sunny or cold and rainy? If your predominate self-talk messages are negative, you might have some work to do. The tone of your internal conversation can significantly effect the outcome of what you do everyday.

Successful individuals have problems too; the difference is in their response to problems. The most successful people train their minds to see a personal benefit being derived from minor and major daily setbacks and difficult personal and professional problems. Their self-talk is dominated by thoughts of overcoming difficulties and feeling confident in creating successful outcomes.

If your self-talk is not ideal, decide from this moment forward that you will make a concerted effort to add positive affirmations to your internal dialogue such as, "I love to teach!" or "I achieve my goals no matter what!" Effectiveness is directly proportional to the frequency of repetition. The more you use it the better it works. When you find your mind in idle for few seconds, fill the space with a positive affirmation before any worrisome or anxious thoughts steal your attention. Serious X Factor builders pick a weekly message and repeat it internally with feeling many times a day. Have fun with it.

Affirmations should be positive, personal, and stated in the present tense. Experiment with self-talk messages along the lines of "I:

- Feel healthy and energetic!"
- Can effectively teach the toughest concepts to my students!"
- Teach for success!"

Why not try your own X-Factor-Builder, and see what happens?

*~John H. (Jack) Shrawder, Exec. Director,
TFS Faculty Success Center*