

Five Practices of Success

PERSEVERANCE – is about not giving up. It’s more about stamina than intensity. It’s not just about working incredibly hard but staying the course, resisting temptation and recognizing there are no shortcuts in life. It’s being tough, strong, determined, courageous, and resolved. It’s realizing that life is not about going undefeated, but about learning from setbacks and bouncing back. ***Perseverance comes from your gut.***

PASSION – is a steady feeling of enthusiasm in doing something. It’s waking up thinking of questions you fell asleep thinking about. You stay pointed in the same direction, eager to move forward and devoting your limited time and efforts toward it. ***Passion comes from your heart.***

PASSION + PERSEVERANCE = GRIT = The key attribute for being a part of Handshake America.

POSITIVITY – is a wide range of positive emotions – not just being happy. It’s an optimistic attitude that triggers positive emotions, open minds, and relaxed limbs. Like negativity, it has a long-term impact on your character, relationships, communities, environment, and personal trajectory – and it shapes our souls. ***Positivity comes from your mind.***

PEOPLE – is knowing that you’re significantly influenced by the people around you. Good people bring you up and bad people bring you down. It includes who you choose to admire, read, watch, and listen to. It’s knowing the difference between ‘real’ friends and ‘counterfeit’ ones. It’s also being a good friend, family member, and teammate. ***People are those who surround you.***

PRESENCE – is the poise and confidence that is the natural result of the other Practices. It’s being comfortable in your own skin and not trying to be someone else. It comes from knowing that you’re doing the right things and you’re prepared. It includes a firm handshake, combed hair, speaking clearly, good posture, arriving early, making conversation and sending ‘thank you’ notes. It’s also being respected by others. ***Presence is the total package.***

*Doug Probst – Founder & Chairman,
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