

Striving to do the most you are capable of is very important in sports as well. So is proper goal setting. In most sports, you are not only competing with others, you are also competing with yourself. If you keep the proper perspective, you'll remember that—more important than winning every time—the truest goal is about doing the best you're capable of every time.

Pursuing Excellence

Being self-reliant overlaps with pursuing excellence. Just as responsible people work to best of their ability, they also always strive to be their best.



How do you strive to do your best? There's no substitute for hard work and patience. The first thing to remember is perseverance. That means "sticking with it." Most people cannot achieve their best all the time—or the first time out. People who do succeed are always the ones who keep at it until the best is done.

A responsible person always tries to do her personal best.

Another part of pursuing excellence is developing a strong "work ethic." A good work ethic means working hard, being prepared, organized, and paying attention to details. It means you stick with a job until it's done. It also means that, when your done, your job is worthy of pride.

A good work ethic—and good time management skills—are some of the most important things you can develop for yourself. They are critical to success in all aspects of life. They are keys that unlock many doors as you grow older.

Being Proactive

Being proactive means taking initiative. It means not waiting around for someone else to tell you to take action. It means being a self-starter.

There are lots of ways to be proactive. Some are large and complicated. Some are small and simple. Helping to clear the table after dinner without being asked is a simple way to be proactive. Starting your own web site to help stop global warming is a more complicated way to be responsible and proactive.



A strong "work ethic" is one of the most important skills you can develop.