

# THE PYRAMID OF SUCCESS

Hi, I'm Sharon Fried Buchalter, Ph.D., a Board Certified Clinical Psychologist, and Diplomate-Fellow in Advanced Child and Adolescent Psychology.

I help people transform into leaders and manifest their full potential, with my unique multi-level POS method.

This method which includes the eight steps towards the top of the Pyramid of Success, will help you achieve the ultimate goal of reaching your full success potential and become your own life coach and mentor .

The following is an illustration of the Pyramid of Success.



## **STEP 1: PLANNING YOUR SUCCESS**

During this step, I will walk you through devising a plan that will begin with learning who you really are as an individual.

## **STEP 2: ORGANIZING A PATH TO CHANGE**

In this step, you will discover innovative ways of doing things and begin to develop new behavior patterns.

## **STEP 3: PUTTING YOUR GOALS INTO OBSERVABLE MEASURES**

In this step, you will document your goals. By writing them down on paper, you are putting your goals into observable measures, making you more likely to achieve them. When people write things down, it serves as an affirmation or declaration of those goals.

## **STEP 4: TURNING YOUR GOALS INTO ACTION**

When you determine realistic goals and write down ways to achieve them, you'll find ease in turning goals into realities. You start this work with each other, as mates, and also individually. You'll become your own life-long coach in mastering your life plans.

## **STEP 5: INTEGRATING SOCIAL INTERACTION SKILLS**

You will discover 8 secrets of empowering skills which are crucial for your happiness and success as a person as well as a couple and a parent. These include a strong foundation in self-esteem, motivation, and learning the amazing effects of clear communication and effective conflict resolution.

## **STEP 6: COMBINING EMOTIONAL AND SOCIAL HEALTH TO PROMOTE SUCCESS**

In this step, you will see how emotional, social and spiritual well-being helps you on your path towards personal and parenting success.

## **STEP 7: MONITORING YOUR BEHAVIOR AND HOW IT AFFECTS YOU AND THOSE AROUND YOU**

Through observation, I show you how to monitor your newly acquired behavior so that you have awareness of how it affects your life and the lives of those around you.

## **STEP 8: MODIFYING YOUR GOALS AND BEHAVIORS**

During this step, you will learn how to modify your goals and behaviors based on the principles you have learned thus far in the pyramid. As you achieve your goals, you will develop and work toward new goals. This will help you achieve the ultimate goal of reaching your full success potential.

## **STEP 9: FULL SUCCESS POTENTIAL**

When you and your children reach this step, you will feel educated, enlightened and empowered to achieve your greatest happiness and success in life.

<http://www.drsharonb.com>