



Bella's Guidebook to Success

**Access to good information and helpful resources
can open doors for aspiring students.**

**We have collected resources that we believe can
help you addressing a range of needs including
physical, mental, and financial.**

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Message from the Bella Charitable Foundation – dedicated to life-long learning, education, social justice, and building a better and more peaceful world by helping youths reach their maximum potential.

BELIEFS AND OTHER “PROOFS”

1) *No one person succeeds in life or reaches their full potential without the help of countless people.*

2) *College success, or success in life has nothing to do with inherent intelligence or talent.*

Success in college has to do with knowing how you learn, working extra hard to correct habits when outcomes are not optimal. Perseverance and resilience will be one of your most important assets to achieve your goals in life. Success is about acknowledging both your strengths and your weaknesses and learning from your failures.

Thomas Edison, the inventor of the light bulb said, “I never once failed at making a light bulb, I just found 10,000 ways that didn’t work.”

3) *Where you are today does not determine where you will be in a year or in ten years.*

During the course of your college career, the choices you make every day will determine where you will be in 4 years. Choices like: turning down a dorm party for a trip to the library, taking those opportunities that have been given to you – like a professor’s office hours and having the courage to try new things.

4) *Getting out of your comfort zone usually results in growth.*

Taking chances or opportunities every day with an open mind, especially if that experience makes you uncomfortable or makes you feel you’re unprepared or not up to the job. Believing in your ability to learn new skills is crucial to personal growth.

5) *“The things [study habits] that worked for you in high school may not serve you as well in college.” Dr. Ofori-Mensa*

6) *Writing well is a skill that will serve you your whole life no matter what profession or job you choose. In the workplace, you will be judged by how well you write.*

If a professor, or teacher gives you constructive criticism, don't take it personally. It's not an attack on you as a person, but rather a critique on the skill sets that you have.

Be proactive:

For example, if writing is not your forte, take an extra class or two at a community college during the summer. Join a writing group. The only way to get better at writing is writing and have other people critique your writing. Use campus resources and NEVER turn in a paper that has not been proofread and re-written multiple times. Misspellings, incomplete sentences, poor grammar and/or undeveloped ideas will not be acceptable at a college level.

7) *“Our biggest regrets are not our actions; they're our inactions.” Amy Grant*

We all worry about embarrassing ourselves if we fail, reporter, Amy Grant writes. So she decided to speak with some of the most successful entrepreneurs of our times, like Mark Cuban, Eilon Musck, & Larry Paige to see what motivates them to try knew ideas, or champion ideas that were new. These entrepreneurs all said they've feared failure, or that their ideas wouldn't work. But they all felt they would ***rather fail trying, than fail to try.***

8) *Fast forward to 10 years or 20 years in your future.*

What is your dream job? Would you rather have a concrete idea such as, “I am my own boss, running a business I enjoy, and making lots of money” or would you rather be able to say, “I did the best job possible, I learned from my mistakes even more than my successes, I learned something new every day, and I made the world a better place.”

9) *“Until you make the unconscious conscious, it will direct your life and you will call it fate.”*

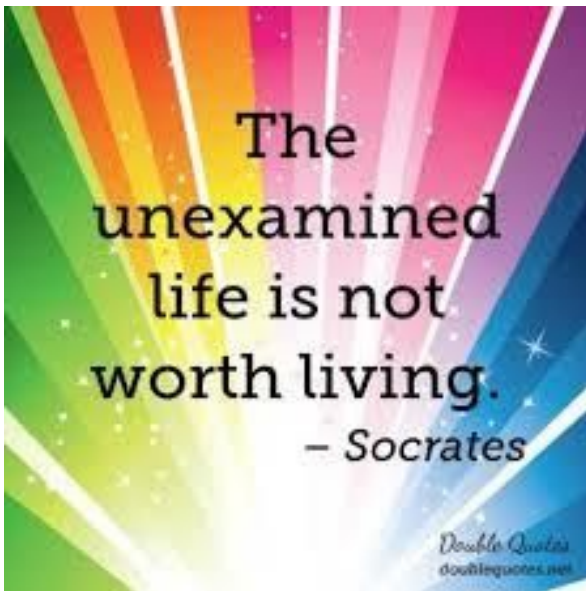
Carl Jung – Swiss psychiatrist who founded analytical psychology.

In other words, unless you understand how your beliefs work in your life, through reflection and increased awareness, you will move through life being driven by a “mystery master” - that which is unconscious.

10) *BELIEFS – We're not born with them.*

We are all born with certain traits: the color of our eyes, the color of our skin, how tall we are going to be, but beliefs are learned. We learn beliefs through constant interactions with our parents, family, religious leaders, teachers, by attending school, watching television, friends and other people we may admire. Beliefs are not in our DNA, so they can and probably should change or evolve.

Often the seeds of new beliefs sprout when we experience a major change in our life, like: attending college, meeting a new influential person, or making a new friend, reading an inspiring book, moving to a new city, or falling in love. Exploring your own beliefs and being curious about where they came from and how they shape your decisions is something we should all examine regularly.



“.....On the other hand, the examined life sucks too.”

Ari Weinzweig said, *“Perhaps the biggest form of privilege may be growing up surrounded by people who believe in themselves, who believe in you,and who believe that if you stick with things, you can push past obstacles others have put in your path—often unfairly or inappropriately—may put in your path.”*

FIND THOSE PEOPLE WHO BELIEVE IN YOU, RAISE YOU UP, BRING YOU JOY, AND MAKE YOU FEEL VALUED OR LOVED.

Exercise: Pick a belief that you hold and trace it back to the beginning. Who planted the belief? What things or people reinforced that belief? What impact does that belief have on your life? Do you know anyone who holds an opposite view? Is there something that you would do differently if you held the opposite belief? Examples: I will be happy when(insert -when I am wealthy, when I meet the right person, when I get the new iPhone X, when I can drive, when I have my own home, when I graduate from college, when I am famous.....)

11) *“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” RUMI*

This quote also works if you insert, “success” for “love”. Bringing to consciousness your value and belief systems will help you understand why you behave or act in a certain way. This is an extreme example, but what if you have been told throughout your life, especially by a parent, that you will never amount to anything and you don’t understand that this belief system was asserted by a negative, and fearful person, trapped by their own pain? It is unlikely that you will believe you can succeed, at least subconsciously. You may say, “I will show him/her.” However, all too often people self-sabotage their goals, especially in times of severe stress or obstacles. We may recognize this behavior in other family members or close friends, but it’s much harder to recognize in ourselves.

The remedy for acting unconsciously on these deep rooted beliefs, which can make us feel insecure, scared, or hold false beliefs about ourselves, is to learn how to pay attention to these thoughts. If someone else’s voice is talking in your head saying, “You’re not worthy of help, no one cares what happens to you, you’re just another dumb kid from nowhere, or you’re going to end up with a lousy job, so why study.” An alarm should go off in your brain; recognize those thoughts as soon as possible and replace them with a positive one. “I am worthy of help because I am willing to work hard and I’m doing the best I can. My teachers and/or mentors care about me and want me to succeed. If I gain new skills and a college education I can use those skills to succeed and make the world a better place.”

You can’t control what other people think, feel, or do; but you can control your own thoughts and actions.

List of Emotions

Amazed	Foolish	Overwhelmed
Angry	Frustrated	Peaceful
Annoyed	Furious	Proud
Anxious	Grieving	Relieved
Ashamed	Happy	Resentful
Bitter	Hopeful	Sad
Bored	Hurt	Satisfied
Comfortable	Inadequate	Scared
Confused	Insecure	Self-conscious
Content	Inspired	Shocked
Depressed	Irritated	Silly
Determined	Jealous	Stupid
Disdain	Joy	Suspicious
Disgusted	Lonely	Tense
Eager	Lost	Terrified
Embarrassed	Loving	Trapped
Energetic	Miserable	Uncomfortable
Envious	Motivated	Worried
	Nervous	Worthless

Preview

People frequently say, “You make me so angry.” It’s either someone or something that makes a person either happy, angry, anxious, or sad. (Pick any emotion on the chart.) Do those emotions really come from someone else? External? Can someone really make you feel foolish? Or is it a thought that actually comes from a belief deep inside of us? Does the emotion come from something we fear? Does the emotion come from someone or something attacking our belief system? These are all really good questions to ask when you’re experiencing highly charged emotions or feelings.

12) *WHAT IS A COLLEGE EDUCATION, WHAT IT'S NOT*

College is an amazing opportunity to learn about yourselves, your passions, and who you are. The greatest gifts to yourself can be self discovery, self growth, and incorporating new beliefs. Finding the courage to follow your dreams through is the goal.

Does college prepare for a career? The answer is, not always. Most jobs you will learn by doing. Also most people will have multiple jobs in a lifetime. Most people will lose their job at some point or change jobs for a variety of reasons. Jobs often become obsolete. The good news is that new jobs are constantly being created, which is why learning new skills throughout one's life is so important. Add as many skills as possible while working at any career. Be creative, share ideas and find the courage to follow through with them.

According to JAMES RYAN, the Dean of Harvard, there are 5 essential questions a person should regularly ask through life:

Wait What?

(This gets to the root of all understanding, ask for clarification, ask before making a decision, or advocating for something)

I Wonder Why?

(Curiosity, helps maintain your curiosity of the world)

I Wonder If?

(Ideas to change the world)

Couldn't We All At Least Agree On....?

(Helps build consensus, beginning of progress.)

How Can I Help?

(Asks for humility in direction, the base of good relationships)

What Truly Matter to Me?

(Gets to the heart of what matters in life.)