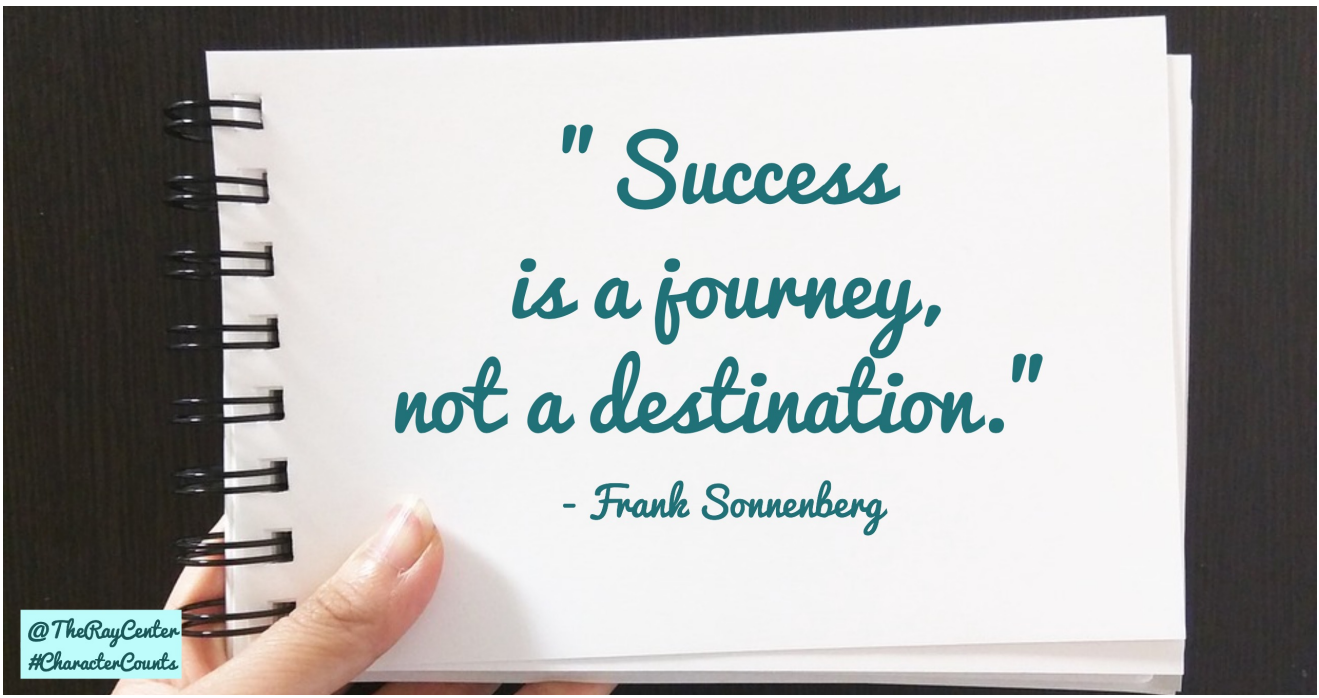


# Are you humble?

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A hand is holding a spiral-bound notebook. The notebook is open to a white page. On the page, a quote is written in a teal, cursive font. The quote is: "Success is a journey, not a destination." Below the quote, it says "- Frank Sonnenberg". In the bottom left corner of the page, there is a small teal box with white text that reads "@TheRayCenter" and "#CharacterCounts".

"Success  
is a journey,  
not a destination."  
- Frank Sonnenberg

@TheRayCenter  
#CharacterCounts

Contributor Frank Sonnenberg.

The simple truth is that not everyone treats success the same. Some people who achieve success remain humble, never forgetting who they are and from whence they came. The others? Well, we can learn from their mistakes.

**Success is temporary.** Success is a journey, not a destination. When you become successful, don't rest on your laurels. As soon as you take your eye off the ball, you risk losing your edge.

**Stop feeding your ego.** Don't isolate yourself from reality by building relationships with people who stroke your ego. Surrounding yourself with "yes people" is just like talking to yourself.

**Compete against yourself.** When you compete against others, it's easy to emphasize winning over self-improvement. However, when you compete against yourself, you both win.

**Even experts have room to learn.** Never stop growing. Know your limitations and admit when you don't know something. It'll help to keep you grounded.

**Listen up.** Discover what others have to offer and ask for their opinions before opening your mouth. It shows that you value their opinions as well as their insight.

**No one's perfect.** Be quick to apologize for your mistakes. You'll never learn anything or impress anyone by making excuses and diverting blame. And a little humility will remind you that you're human.

**Share your success.** You may be successful, but there's a good chance others helped you along the way. Find creative ways to share the credit and pull people up the ladder of success along with you.

**Remember your roots.** Remember where you came from and what you've learned along the way. Help others by mentoring them.

**Get off your high horse.** Treat everyone with dignity and respect. You may be successful, but that doesn't make you better than anyone else.

**Bragging is ugly.** There's a difference between excitement and bragging. We know you're thrilled about your new "toy," but others may be cutting back on their basic needs – be sensitive. As John Wooden, the legendary basketball coach, said, "Talent is God-given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful."

**Trust me.** Money and success can't buy a person's trust or guarantee a good reputation. You earn these through your words AND actions. There's nothing more valuable in life than integrity. Trust me.

This is adapted from *Follow Your Conscience: Make a Difference*

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Frank is an award-winning author. He has written six books and over 300 articles. Frank was recently named one of “America’s Top 100 Thought Leaders” and one of America’s Most Influential Small Business Experts. Frank has served on several boards and has consulted to some of the largest and most respected companies in the world. Additionally, *FrankSonnenbergOnline* was named among the “Best 21st Century Leadership Blogs,” among the “Top 100 Socially-Shared Leadership Blogs,” and one of the “Best Inspirational Blogs On the Planet.” Frank’s new book, *BookSmart: Hundreds of real-world lessons for success and happiness* was released November 2016. © 2017 Frank Sonnenberg. All rights reserved.