



The Starfish Key Messages

Why should you take any notice?

People spend a lot of time telling us what to do so we must learn to tell the difference between those people who want the best for us and those who really want the best for themselves and, of course, this is sometimes hard to do.

As we get older we begin to realise what we want from life such as a family, a home of our own, a car, holidays, clothes and other nice things. We will also begin to realise that whilst other people may be a great help to us it is our responsibility to earn the money we will need to make our dreams come true so remember the Starfish Golden Rule:-

“It is all about you so put yourself first”

That's right. You are the one that has to build your own future so start making the decisions that matter to you and don't pay much attention to any advice that is clearly not in your best interests!

So what are the other messages then?

The Starfish Programme is run over 6 weeks with one key message per week and here they are:-

1. When it comes to exams your best is good enough.

Nobody can do better than their best. If you have tried as hard as you can it really doesn't matter what the outcome is. You might get an "A" or you might get a "D" but you have done as well as you can so relax, be pleased with yourself and press on. Just because others do better at exams than you does not mean that they will be more successful in their lives.

2. Don't be afraid to dream.

If there is one thing that all successful people have in common it is that they are dreamers. They tend to have a very clear idea of what their world will look like in the future. Well so can you. Nobody need know your dreams and you don't need any special qualifications to have them so go on dream on – it might just come true.

3. Failure is a friend not an enemy.

Some people are afraid to fail. It makes them feel bad and they think it makes them look bad so they don't do things where they might fail. This is a great pity because failure helps us to learn. Were you born being able to walk? No. Could you have learnt to walk without falling over? No. So have a go and don't be afraid of failure – it can be your friend.

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'making the difference.'

4. It is not what you know but who you know that matters.

It is a fact that the more people you know the better you will get on in life but why is this. Well, imagine one of your friends happens to mention that there is a job going where they work and it sounds perfect for you. With your friend to put a good word in you stand a great chance of getting it but if you had not been talking to them you would not even have learned about the job. The more people you know and talk to the more opportunities you will get so meet as many people as you can and give yourself an easy life.

5. Attitude is better than ability.

There are very many talented people out there who sadly have bad attitudes; they are lazy, slapdash in their work and are always thinking of reasons why they can't do things. Think how great it would be if you were different. Always on time and hardworking, your pride makes you do an exceptional job whatever the task you're given and you are up for anything. Who do you think will be first in line for promotion and a pay rise?

6. Take control and make a start now.

Many people tell stories about how they nearly did something adding loads of reasons why they didn't. I wonder if they regret not taking action now; I suspect they do but of course it's too late. So, when it is time for you to make a decision that's best for you don't waste time; make it and then make a start. Losers give excuses, winners take action.

