

From the Editor*

The health and rehabilitation climate is changing. If we are to remain relevant, we must each recreate ourselves. We can do this by reassessing the value we bring to clients, by looking for new emerging markets to which our skills can be applied, and by realigning our goals.

I enjoy reading the “Leaders & Success” section of *Investor’s Business Daily*. Each day it analyzes a leader and highlights one of 10 secrets to success. I believe these are 10 traits which can assist each of us in recreating ourselves; and I’d like to share them with you now.

1. “How you think is everything. Always be positive. Think success, not failure. Beware of a negative environment.
2. Decide upon your true dream and goals. Write down your specific goals and develop a plan to reach them.
3. Take action. Goals are nothing without action. Don’t be afraid to get started now. Just do it!
4. Never stop learning. Go back to school or read books. Get training and acquire skills.
5. Be persistent and work hard. Success is a

marathon, not a sprint. Never give up.

6. Learn to analyze details. Get all the facts, all the input. Learn from you mistakes.
7. Focus your time and money. Don’t let other people or things distract you.
8. Don’t be afraid to innovate, be different. Following the herd is a sure way to mediocrity.
9. Deal and communicate with people effectively. No person is an island. Learn to understand and motivate others.
10. Be honest and dependable; Take responsibility. Otherwise, numbers 1–9 won’t matter” [1].

Please share how you have recreated yourself by writing for *WORK*. As always, I welcome receiving your manuscripts.

Reference

- [1] Leaders & Success, *Investor’s Business Daily*, May 19, 1999, p. A8.

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*Aspects of this column were part of this author’s Presidential Address presented at the AOTA annual conference in Indianapolis, IN, April, 1999.