

ORIGINAL RESEARCH

# Navigating success: Unveiling the concept framework of “success-route” and its impact on achieving goals in career

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This paper presents a new conceptual framework known as the “success-route,” explaining its crucial function in attaining success. The authors examine the core elements of this framework, offering insights into goal definition, the “success-route” to achievement, potential distractions, and critical personality qualities that support achieving goals. To improve understanding, a thorough description of the process path is provided, covering everything from inspiration to achievement. The essential significance of the “success-route” in traversing this relationship is highlighted, emphasizing the fundamental link between motivation and effective goal setting. This approach not only improves comprehension of the relationship between motivation and achievement but also increases success rates by bringing individual passions into line. This meticulously crafted “success-route” serves as a guide, imparting valuable lessons on overcoming inadequacies and empowering individuals on their journey toward success.

**Keywords:** success-route, distractions, success, motivation, opportunity, learning

## 1. Introduction

Goals indeed serve as the destination or target that individuals aim to reach in various aspects of their lives. They serve as the foundation for achievement. Individuals set a variety of goals in different aspects of their lives, including career aspirations, educational pursuits, life objectives, financial targets, personal development aims, and travel aspirations. Setting clear and achievable goals can provide direction, motivation, and a sense of purpose (1). Setting goals creates a level of accountability. When people articulate their aspirations, either to themselves or others, they are more likely to feel responsible for taking action that leads to achievement. It's essential to periodically review and adjust goals as circumstances change and personal priorities evolve. For instance, broader objectives of life goals that

encompass various aspects of life, such as achieving a work-life balance, finding happiness, or making a positive impact on the community. Motivation is an essential aspect of human behavior and can be cultivated through effective goal-setting. In organizational settings, employee motivation plays a pivotal role in achieving success and reaching goals (2).

Numerous motivational theories exist, yet there is a gap in the literature regarding the formation of the success-route and the intricate relationship between motivation and the pathway to success. Steinmayr et al. (3) investigated the connection between students' achievement motives and goals. Their findings demonstrated that students who possess self-motivation tend to attain commendable academic records. As illustrated in **Figure 1**, individuals classified as normal can be segmented into four categories: (1) those lacking any specific goal, (2) individuals unaware of or

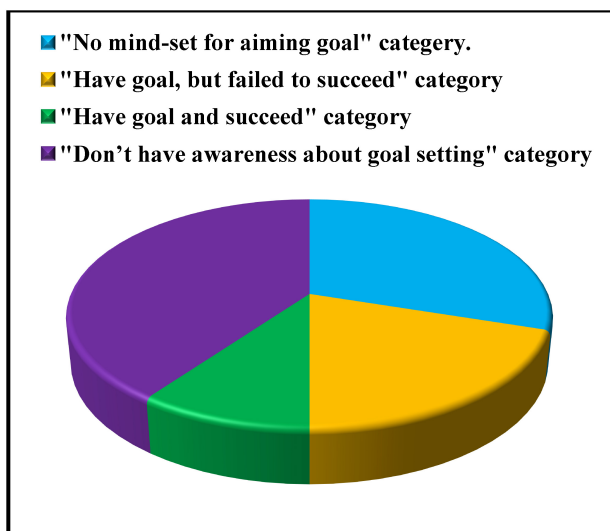


FIGURE 1 | Goal sorting pie-chart.

indifferent to a goal, (3) those who possess a goal but encounter difficulties in achieving it, and (4) individuals who have set a goal and ultimately succeeded in reaching it. Following the success-route enables personal development and achievement in life. To actualize your objectives, it is crucial to adhere to the “SMART” criteria, representing goals that are Specific, Measurable, Attainable, Relevant, and Time-bound (4). Contemplating a success-route is an ideal way to establish a solid foundation for professional achievement. This approach emphasizes the acquisition of knowledge and effective time management for individuals. Success is not an instantaneous process, often requiring an extended duration. However, the value of the accomplishment is determined by the individual’s goal-setting and diligent efforts. This paper succinctly communicates the focus on understanding the concept framework of the success-route and its influence on achieving success.

## 2. Methodology

This paper has been prepared based on the experience and knowledge obtained through empirical study, personal thinking, academic experience and the discussion with students.

## 3. Results and discussion

### 3.1. Goals framework and success-route strategy

Goals provide a sense of direction and focus. They serve as a roadmap, guiding individuals toward specific targets. Without clear goals, it’s easy to feel adrift without a sense of

purpose or progress. Goals are often part of a broader vision for the future. They contribute to the realization of long-term aspirations and can shape the trajectory of one’s life or career. Success-route acts as a motivator. When individuals set meaningful and attainable goals, they frequently have a feeling of direction and are more driven to pursue them. Setting and achieving objectives can inspire and motivate people to overcome obstacles. To achieve goals, one must frequently overcome obstacles and pick up new abilities. A framework for decision-making is provided by goals. When presented with options, people can evaluate if a given choice is in line with their objectives, which facilitates the process of making decisions that lead to success in the end. As people grow resilient and learn from their experiences, the pursuit of achievement promotes personal development. The term “success-route” describes the plan or approach people take to reach their objectives. Within the domain of professions, the presence of a delineated path to success can substantially influence the probability of accomplishing career objectives. It entails planning strategically and understanding the resources, abilities, skills, and time needed. This strategic tactic augments efficacy lessens wasted effort, and raises the prospects of attaining goals within a designated time limit. Figure 2 is the proposed “success-route” structure. The figure demonstrates the path beginning from the opportunity stage to “self-mastery”/success and summarizes each stage. It is worthwhile to gain insights into the current position along the path to success and to define the next stage in the journey. It permits every individual to trace their advancement and evaluate whether they are moving closer to their desired outcomes. This measurement aspect is crucial for understanding one’s achievements.

A well-thought-out success-route allows for adaptability, enabling individuals to navigate challenges and seize new opportunities. It typically comprises checkpoints and evaluations to assess progress. This feedback loop allows individuals to make informed adjustments, ensuring they stay on course and remain aligned with their professional goals. Beyond professional achievements, this route can facilitate personal growth to overcome challenges and acquire self-mastery. By following this success/goal route, individuals can navigate their professional journeys with purpose and increase their chances of success.

### 3.2. Effective of “success-route” and its factors

The proposed “success-route” (Figure 2) provides a structured path and strategic guidance for individuals striving to reach their objectives. It serves as a roadmap that outlines the necessary steps, milestones, and factors contributing to success. Several factors, such as opportunity, observation and inspiration, critical zone, motivation,



**FIGURE 2** | Success-route strategy for achieving success.

ambition, and desire, are involved to achieve goals through this route. An opportunity is a favorable set of circumstances that provides a chance for individuals to achieve something or pursue a particular goal. Success is often linked to being in the right place at the right time. Recognizing and seizing opportunities require a combination of preparation, readiness, and awareness of one's goals. Success often requires a deep understanding of one's environment, industry, or field, and observation is a fundamental tool for acquiring this knowledge. Inspiration refers to the process of being mentally stimulated to feel or do something, often through the influence of observation. It serves as a powerful motivator. It ignites a sense of purpose and determination, driving individuals to pursue their goals with passion and energy. Motivation is a key factor in overcoming obstacles and staying committed to the journey of success.

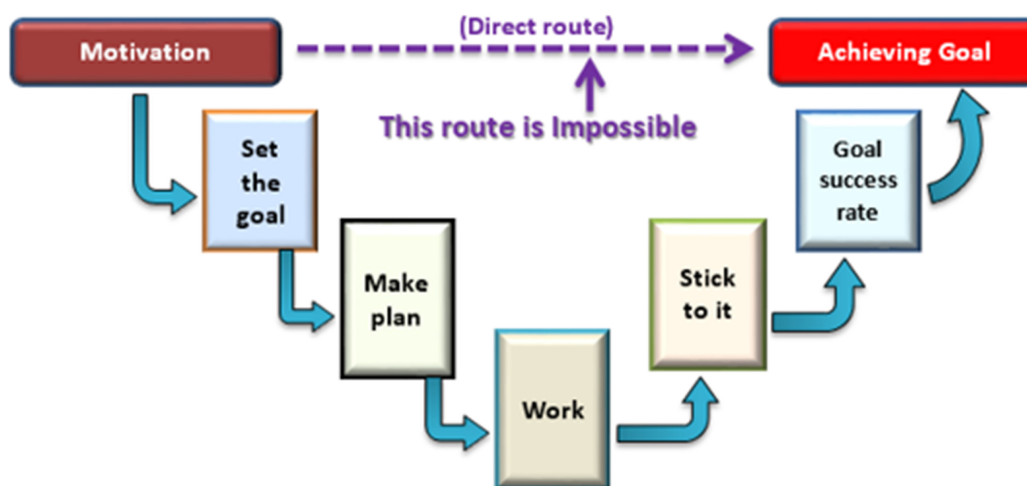
Motivation is influenced and always needs hard work and a positive attitude. In addition, motivation will yield the capability to work hard to attain goals. If one succeeds in the motivation stage, then it will be the footpath for ambition. Ambition is a strong determination to achieve success or a specific goal. It can be influenced by a strong desire of individuals and their hope. Ambition is a driving force that propels individuals to set challenging objectives and accomplish success. Motivation and ambition, collectively constituting a critical zone, play a pivotal role in shaping individual success. The alignment of these factors is crucial, as an erroneous direction can derail the entire journey to success, potentially compromising one's self-esteem. It becomes imperative for individuals to navigate through this critical zone successfully, ensuring that their motivation and ambition are appropriately directed to avoid undermining their self-esteem and overall attitude. Crossing this critical zone effectively becomes a necessary step for everyone aspiring to achieve genuine success. At the end of the success-route, the self-mastery of

individuals plays a vital role in governing and regulating their thoughts, emotions, and behaviors on success or goal achievement.

### 3.3. Motivation framework and goal achievement

Knowing the route to achieving professional goals can enhance motivation. Motivation inherently consists of challenge, development, support, opportunity, determination, and incentives. The main purpose of the motivation is to obtain self-mastery and goal attainment. As depicted in **Figure 2**, motivation and aspiration emerge as primary factors, yet they persist in the critical stage. The challenge lies in invigorating these elements through the infusion of hope, fostering a positive attitude, and dedicated hard work. Individuals in the normal category often grapple with this phase, initially seeking opportunities akin to those enjoyed by successful individuals. In my perspective, success unfolds in different ways for different people. While some individuals seem to encounter opportunities effortlessly, others proactively create their chances. Therefore, I believe that the initial step toward success is often rooted in the presence or creation of opportunities. **Figure 3** elucidates the "Motivation-framework" for goal achievement. During this stage, it is crucial to minimize distractions. Distractions, defined as anything diverting attention from the task at hand, should be avoided to maintain focus and progress toward the goal.

Generally, motivation is divided into extrinsic and intrinsic motivation (5). Extrinsic motivation arises from external factors or rewards. Examples of extrinsic motivators include salary, bonuses, praise, recognition, or grades. It can be effective in encouraging goals, but it may not always lead to long-term satisfaction. Whereas, intrinsic



**FIGURE 3** | Framework for achieving goal after attaining Motivation.

motivation, on the other hand, comes from within the individual. It involves engaging in an activity for the inherent satisfaction, enjoyment, or interest it provides. People intrinsically motivated are driven by personal values, curiosity, a sense of accomplishment, or a genuine interest in the task itself. Intrinsic motivation is often associated with sustained effort and a higher level of well-being. **Figure 3** has been constructed with a focus on intrinsic motivation attitudes. As per the findings by Manganelli et al. (6), higher levels of controlled motivation are associated with diminished academic performance and a tendency to resist learning among students in educational settings (7, 8). Hence, it is crucial to explore the connection between motivation and achieving goals using the “Motivation-Success Pathway.” Numerous individuals aspire to succeed in life, yet they may lack the knowledge of the effective “how-to” despite being willing to exert significant effort. The straightforward and common path from the “motivation” stage to “goal achievement” is shown in **Figure 3**. However, this study emphasizes that attaining success solely from motivation is implausible. The study proposes that achievement can be realized by leveraging the five levels (set – Level 1, make – Level 2, work – Level 3, stick – Level 4, and goal success rate/feedback – Level 5) situated between the motivation and goal achievement stages.

### 3.4. Distractions and personality traits

It is related to the influence of personal characteristics on one’s susceptibility to distractions. Distractions can vary widely, ranging from external stimuli to internal thoughts and emotions. Usually, people’s minds get diverted from their regular activities due to distractions. Certain distractions can fully capture attention, thereby intensifying mental effort. Personality traits, on the other hand, encompass enduring patterns of thoughts, feelings, and behaviors

that shape an individual’s overall character. Exploring the interplay between distractions and personality traits could involve investigating how specific traits may either increase or decrease an individual’s vulnerability to distractions in various situations. Understanding these dynamics can have implications for areas such as productivity, attention management, and overall well-being.

**Table 1** outlines specific personality traits associated with success, contingent upon both physical and mental exertion. These traits are deemed essential for anyone aspiring to achieve goals in their life. It is essential to master the art of balancing physical and mental efforts, as mental work tends to be more susceptible to diversion. Major distractions such as YouTube, mobile devices, Facebook, the internet, WhatsApp, Instagram, TV programs, games, and apps can significantly widen the gap between success and our endeavors. In this context, cultivating essential personality traits becomes crucial as they serve as the bridge to pave the way for achieving our goals and success. Adhering to these traits enables us

**TABLE 1** | Different traits and their narrative for success.

Traits	Description
1. Determination	Capacity to fight against indifferent minds without withdrawing accomplishment of the goal
2. Grit	Ability to be strong in spirit, courageous, and brave.
3. Reflective	Ability to look back at a point in the past and draw lessons from it according to the experience.
4. Responsible	Capability to be answerable for deeds and to do tasks that have been allocated on the dot.
5. Conscientious	Carrying out a task precisely, i.e. carefully and correctly, with utmost excellence.
6. Adaptability	Ability to handle a sudden change without making it a distraction.

to navigate away from distractions, ultimately leading to successful accomplishments.

## 4. Conclusion

Success in life hinges on several critical factors: motivation, a positive attitude, and unwavering hard work. In this paper, we introduced a novel concept called the “Success-route Strategy,” which serves as a navigational map toward achieving success and gaining a deeper understanding of one’s progress in various life pursuits. The journey to success is riddled with distractions that often deter individuals from pursuing their ambitions with unwavering confidence. To combat these distractions, we advocate the cultivation of specific personality traits that can shield us from these external impediments. Moreover, engaging in activities related to goal-setting and motivation, such as reading, writing, listening, and speaking, can fortify our confidence, both in our hearts and minds. Additionally, a valuable lesson can be gleaned from the achievements and setbacks of others, offering invaluable insights for our own journeys. Ultimately, the cornerstone of success lies in setting clear and precise goals. By doing so, individuals can chart a purposeful course toward their desired outcomes, ensuring a higher probability of realizing their aspirations.

## Author contributions

SS: Design of work, literature study, writing of the paper, corrections of the paper.

## Conflict of interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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