

The Four A's of Progress

How do we apply them?

Here's an example. Assume that you have failed in an exam. How do you approach this situation using the Awareness, Acceptance, Assessment and Accomplishment as tools to improve?

1. Awareness: Getting to know about your failure itself is a part of Awareness. Look out for the mistakes that you did in your exam.
2. Acceptance: This includes accepting that you went wrong in places or your efforts were not enough. Also accept that now the situation cannot be reversed, what has happened has happened. It also means not blaming other people for your failure in the exams like your teacher, parents, friends etc. Take responsibility for your actions and hold yourself accountable for them. Now you know that the problem exists and you were responsible for it. If you can cause a problem then you can definitely solve it.
3. Assessment: Open your eyes and mind to see where you went wrong. Rather than justifying your mistakes, get to their roots and learn from them. Work on the parts that you know need improvement. Look at mistakes as an opportunity and a lesson. Once you actually learn from them, they will not happen again.
4. Accomplishment: Apply what you learned and put in your efforts. Practice hard and give your next exam.



1. Back to awareness: You might've made new mistakes this time. Start working on them.

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This was an example about problems that are present outside. What about the ones on the inside? Consider this example. Imagine that you are a person with anger management issues.. Here's what you can do.

1. Awareness: Look out for expressions of your anger. Notice how many times you are under its control. Notice how it's affecting your decision making abilities and your life in general. How often are you feeling overwhelmed by it?
2. Acceptance: Make a note of your observation. Accept that you have you have problems managing your anger. You get angry often and it's causing stress in your relationships. It often makes you take wrong decisions. Once you accept these issues caused by your anger, you're ready to find a solution and understand it.
3. Assessment: Look at the triggers that cause your anger. What makes them a trigger? Is there a reason behind why that specific thing/person triggers you? Learn from it. Don't justify your anger, understand its roots. Once you know what causes it, you can take necessary steps to work on it.
4. Accomplishment: Use your learning to manage your anger. You can avoid your triggers or make peace with them. Everyone has unique ways to do this. Find out your way.



1. Awareness: See how your new methods are working. If they aren't start working on new ones.

Try out this approach in your life and see how it works! All the best! You can share your observation/questions/queries at teameleos24@gmail.com.