

Five Steps for Getting the Results You Want

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Principles

1. Discomfort = progress
2. Little steps add up
3. Shift happens
4. Celebrate progress
5. Relax to get ahead

why?
why?
why?
why?

why?





IRONMAN Florida 2011

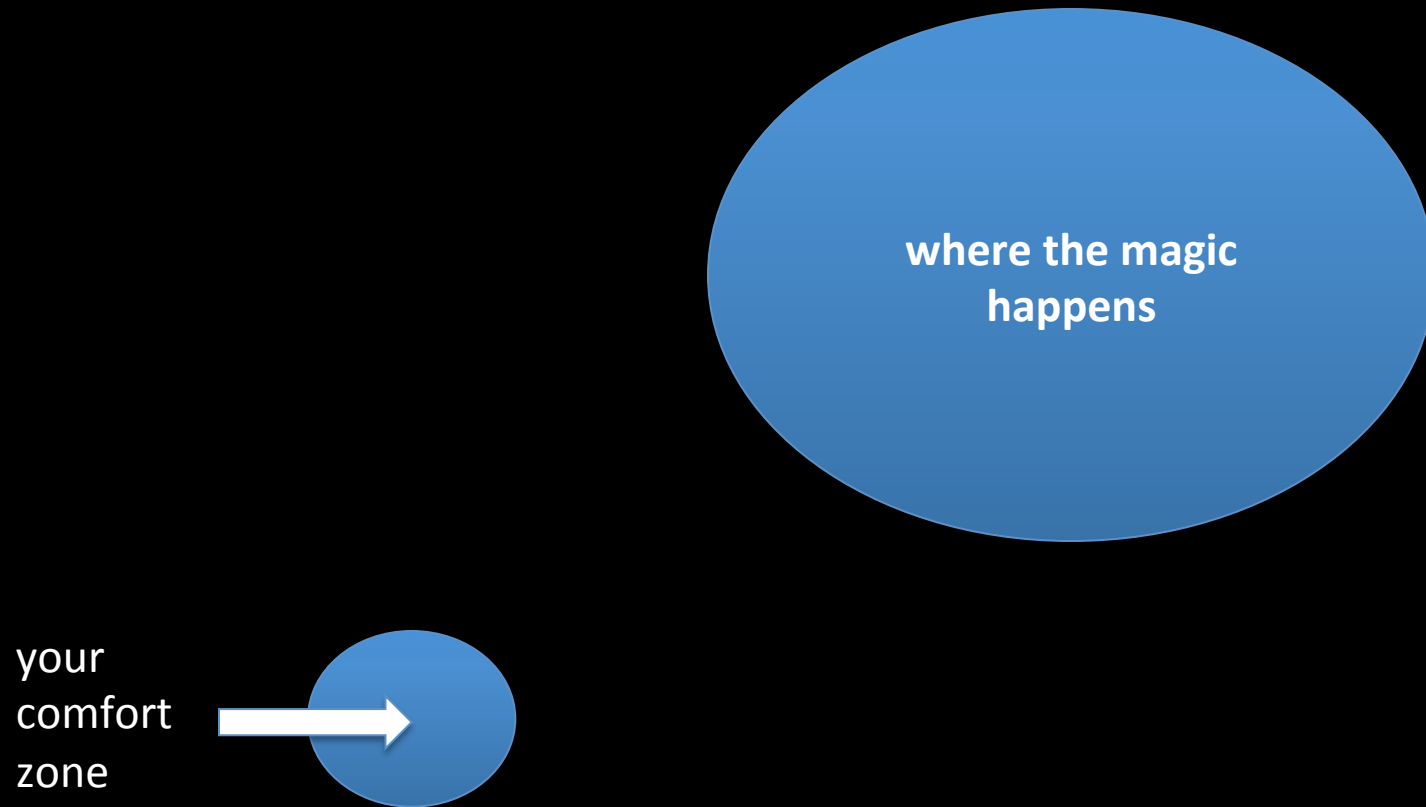
2014 USA Triathlon

- 60% men
- 6% government workers
- 75% more than \$150K
- 3% Latino

2014 Ironman Championship

- 72% men
- 75% post-secondary degree
- 77% professional or executive occupation

1. Discomfort = Progress



2. Little Steps Add Up

"I've found that small wins, small projects, small differences often make huge differences."

- Rosabeth Moss Kanter

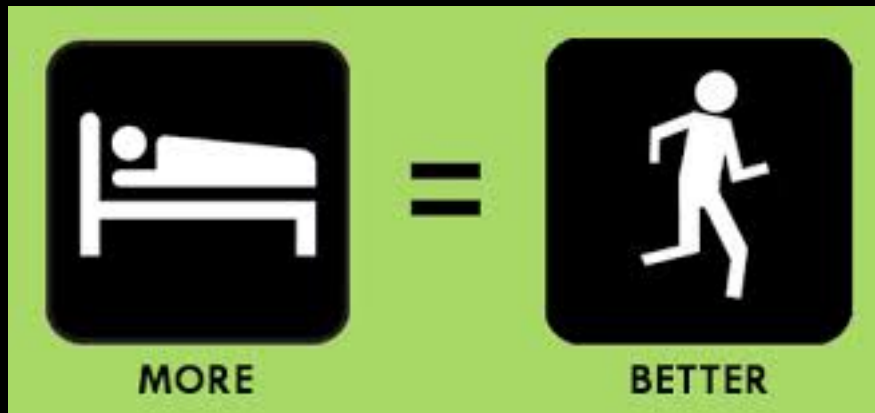
3. Shift Happens



4. Celebrate Progress



5. Relax to Get Ahead



**"Do what you can, where you are,
with what you have."**

--Theodore Roosevelt