Some people meander through life without even thinking about what they are doing. They have no concept of making decisions. Some people look only at the result as a measure of achievement. I think success in life is a process. By paying attention to the process, I can learn more than just by focusing on the result. Making red sauce and sailing are two things that have a process to them and the result can vary each time, changing the level of success.

Life is a process of steps to achieve success, like following a recipe. In making red sauce, the first step is to gather the ingredients. In life, it is gathering information. The fresher the ingredients the better taste. Taking care in selecting what looks like the best choice in produce is the same as making choices in life. Basing decisions on the most current and the best information leads to success. Take this information and make preparations. Preparing the ingredients is like preparing the information. Chop up the onions and garlic. Peel the tomatoes and chop. Add spices. All of this preparation makes for a good sauce. It is also hard work. Achievement, not just obtained, but also learned from the situation, can be beneficial in the future. Stirring the sauce often as it cooks all day is the same as paying close attention in life. Cooking homemade red sauce is an accomplishment. The process of cooking fills my home with delicious smells. When I eat the sauce, it tastes so good.

Life is so much easier when following a process, like following a recipe. I can achieve better success in life when I gather information, work hard, and pay attention to the situation. This same process found in sailing is applicable to life.

Gather the rigging and sails in preparation to sail. In life, I gather information to prepare for decisions. Make sure all the sails are free of holes. Before making a decision, I consider all aspects of the situation. Rig the mast, and make sure it is secure to the boat. The mast is the counter weight for the keel and helps to balance the boat. I explore my heart to be sure that I am secure in my knowledge and my motives are correct. Launch the boat on the water. I act on my decision. Raise the main sail. Adjust to the wind. Raise the jib. Adjust to the wind. I hold onto the rudder, always looking into the horizon to see where I am going. Always adjust to the wind because it constantly changes. I do not know what will happen in the future, but going through the processes, I can be successful.

Success in life does not always mean that I get what I want out of situations. It can mean that I have gained more knowledge that will help me in the future. I do not have to make the same mistake again. The success is in the process of trying.