

# Dr. Mehmet Oz's 10 Tips to Success and Happiness

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## SUMMARY

*The speaker shares personal insights and ten essential tips for achieving success and happiness, emphasizing the importance of gratitude and understanding one's own definition of success. By reflecting on their experiences, they encourage graduates to embrace challenges, cultivate relationships, and prioritize love in their lives.*

- *Success is about moving towards understanding what is important in life.*
- *Gratitude is key to happiness and influences how we perceive our experiences.*
- *Tailor your daily routine to feel productive and challenged based on your strengths.*
- *Step outside your comfort zone to gain new perspectives and skills.*
- *Establish a daily system or routine to maintain awareness and focus.*
- *Seek mentors who can guide you and help you grow.*
- *Approach life with childlike passion to enhance enjoyment and success.*
- *Prioritize living in the present to avoid regrets about the past or future.*
- *Love should be the driving force in your life, as it fosters connection and fulfillment.*

it is truly an honor to speak at an institution where my family has had some involvement for close to 100 years now my grandmother-in-law graduated from the seizure sitting in in the 1920s she received her honorary doctorate where I am standing in the 1990s my mother-in-law is On The Board of Trustees of this wonderful University and I've seen its prosperous future as you have seen it evolve through you the graduating students of 2011 and all the folks who have gone before you and will follow you my mother-in-law is a very direct person warned me before I started that blessed are the brief for they shall be reinvites so I've been told by the president I've got 10 minutes I'm going to take

advantage of it I know how to finish on time usually and what I'm doing these days you go to commercial if you don't finish on time so I'm going to give you 10 tips 10 tips I wish I knew when I was sitting in your seats when I graduated from college these 10 tips I hope will come back to two fundamental issues the two questions that I suspect many of you are asking right now the first is am I headed for Success what does success really mean it's me in my opinion moving forward towards an understanding of what is important in life that's the first theme success the second theme is gratitude because gratitude drives happiness it is fundamentally what will make you happy for the rest of your life and the beliefs you have and take into the experiences you have in life will color that sense of gratitude so here it goes how do you become successful and happy in 10 Easy Steps step number one actually we'll do it backwards we'll do the letter them in style step number 10 every day feel productive and challenged in a tailor made system that works for you and what works in your life each of you have different strengths each of you has different weaknesses you might as well do the things you're good at and I have focused on that through many of teams that I've been blessed to be a part of throughout my life and it almost always works better there's very many ways we can find that experience but the best way in my opinion is to find out when you're having that Zen moment when you don't even see time passing by that's when you're doing what you truly crave and love and adore it will let you

put your creative energies to to flare  
and it will take you where you want to  
be in life step number nine generate an  
expertise in an area other than the  
profession that you choose to make your  
living now what do I mean by that I'm a  
heart surger as you heard earlier I'm on  
the faculty at Columbia University I've  
taken great pride in that background  
when I was asked by Oprah to start doing  
her show more often and ultimately to do  
a show called The Dr Ra show with her it  
took me and it will take you in your own  
lives a major break from the routine  
that you have created to accept that  
reality it ended up being one of the  
best things I could have done for myself  
and I passed along this advice to you  
having made these difficult decisions  
and you'll have to make them as well the  
the decisions that we make that take us  
out of our comfort zone are the ones  
that make us comfortable being  
uncomfortable which is a fundamental  
reality in life we don't triage well  
within medicine but you learn the triage  
when you get outside of the field and  
truly learn what it means to make those  
difficult decisions it taught me to move  
from being someone who was interested in  
only acting and doing and achieving to  
someone who's interested in validating  
and witnessing it taught me a different  
skill set which made me a better  
physician so that's step number nine to  
get outside your specialty area that you  
would have taken up in Step number 10  
step number eight develop a system for  
living your life every day when I was  
training as a resident and I trained at  
Columbia University I would take my bike  
and we live in New Jersey I'd ride

across the major bridge that goes into  
Manhattan  
at 5:30 in the morning rain or shine it  
was my system you couldn't get in touch  
with me while I was on my bike it gave  
me a moment to focus I could triage I  
could think about things that I needed  
to go through but having this system  
helped me avoid omitting the key steps  
for Success a mistake that many of us  
make if we don't have symptoms and if we  
don't have those symptoms it means  
sometimes you end up living without  
awareness because when you have a  
routine and you know how to be aware of  
the world around you as you live that  
routine you can achieve more it's  
similar unfortunately to what happens to  
many of us as we go through life not  
really knowing where we're headed  
analogously jumping off the Empire State  
Building right with seems pretty good  
while you're on your way down so good so  
far you'll say to yourself but when you  
hit that ultimate dead end that rock  
bottom that many of us will hit in our  
life it it takes that route Awakening to  
push you back into a system avoid those  
pains you can take advantage of some of  
these insights step number seven find a  
mentor I want you right now as you sit  
in your seats to think about who your  
mentors are identify one or two of them  
if you don't know them go meet them go  
find them find out who's doing what you  
want to be doing and find out how to get  
close to them and understand their  
strengths and their weaknesses my  
mother-in-law and father-in-law are here  
today they're watching from upstairs we  
you normally be telecasting this event  
and they have always insisted on me

making connections to others in my life  
that actually is my big weakness I'm  
good at achieving things I'm not good at  
slowing down to to understand what's  
really happening in the life around me  
and they have pushed me to be  
comfortable being uncomfortable because  
they are my mentors and your Mentor  
should do the same for you you can stand  
on their shoulders that way and see much  
further step number six whatever you  
choose to do do it with a childlike  
passion that childlike passion will make  
it a ton more fun and if you don't do it  
that way if you go through the motions  
you won't have fun and you won't succeed  
probably either my father immigrated to  
this country in the 1950s from Turkey  
that's why my name is so  
strange it actually has a real meaning  
in Turkish it means Pure or strength my  
father when he got on that plane to come  
to this country was stopped by his  
mother my grandmother who said wait a  
minute you're getting on this big bulky  
plane I'm not going to let you go on  
there until I speak to the captain so  
highly unusually for at Turkish culture  
they were willing to bring the captain  
down my mother-in my grandmother dressed  
in a burka greeted the captain as he  
came to the tarmat and he said you have  
my boy on your plane take this bag it's  
his  
lunch I want you to fly This Plane  
really really slowly and stay low to the  
ground it is what many of us seek to do  
when we engage in life especially in  
troubling moments but going slow doesn't  
take you where you want to go in life  
you have to make that bungee core jump  
and if you don't have the childlike

enthusiasm and passion to do it you  
won't be willing to take the risks  
number five this is a big one no one and  
I mean no one is a jerk on  
purpose people are jerks because they  
don't realize they're being jerks as you  
look around your classmates some of you  
have taken humility to a new low level  
at that State we have complex emotions  
that govern what we do in life many of  
us are having difficult times recovering  
from the challenges that we Face along  
the Route let people surprise you it is  
one of the most valuable lessons that I  
ever learned on the Oprah show it was I  
think an imperative to learn in our  
lifetimes if you let people surprise you  
they almost always will and if you serve  
their higher good while you do that it  
will take you both to a better place  
number four recognize that relationships  
have to keep growing I'm going to give  
you one number that's important seven  
the average relationship lasts about  
seven years unless you reinvent it so my  
lovely wife Lisa who I've been married  
to for 26 years is actually four  
different  
women I can attest to that it is  
absolutely the truth but what ends up  
happening is I want you know and this is  
a male female thing and you'll get this  
immediately but men marry the women they  
want to marry and then those women  
change and Women Marry the men they  
think he can become  
come and he doesn't want to  
change the same is true in most of the  
important relationships you have in your  
life remember to reinvent your  
relationship with your workplace with  
your hobes the people you love with your

parents the people you end up forming  
long-term relationships with will  
benefit from that otherwise you'll be  
like two ships moving away from each  
other number three never forget that the  
body is a temple of the Soul this is not  
a thinly veiled desire to push you away  
from drugs or cigarettes although that's  
involved too but those of you those of  
you who have seen the show know how  
passionate I am about getting folks to  
realize how sacred the human body is the  
more you understand how cool it is the  
more you can understand how you take  
care of it the more you'll be able to  
look the way you look now when you come  
back for your 25th  
reunion because that is unfortunately  
when many people look up and say my  
goodness what the heck happened to me so  
take advantage of that live in the  
moment and you'll enjoy it all the more  
number  
two the important things to do if you're  
going to be happy and successful is to  
live in the present like the old adage  
yesterday is history tomorrow is mystery  
today is a gift that's why they call the  
present you've heard that but think  
about it for a moment because too often  
we ignore it most people are unhappy in  
their lives because they're thinking  
about the past or the future it is  
really hard to be unhappy thinking about  
the present if you live in the bag in  
the present you avoid that baggage that  
so many of us carry around and if I give  
you one important clue to this the most  
dangerous wording in the English  
language is if only if only I had done  
that don't let that be part of who you  
are you will almost never regret the

things you do and if you're like me and many of us who are now I'm turned 50 this year you will regret the things you did not do so throw off those ball lines as Mark Twain said and sail to open Waters take those chances do those things it's okay to make the mistakes it's how you cope with the mistakes that Define who you are as a human being and ultimately what you'll look back on and take joy on many years from now and number number one the number one most important way to be happy and successful in life is to remember that you must make the driving force in your life love I cannot emphasize how important that is it's more important than wisdom it's more important than anything else you may think to be important humans die not of the darkness they die of the cold when I graduated from my medical school class in 1982 another guest there mentioned that half of what we had learned read medical school would during the course of our careers be proven wrong the problem of course is we didn't know which half but it is probably true for you too that the world will evolve so rapidly that you will not be able to rely on what you learned here what you were taught here was how to learn not a specific facts those around you have to know that love is your governing influence and if you look at what children take into adulthood the definition generally speaking of being a happy adult is a child who felt loved not a child who was loved but a child who felt loved it is imperative that you demonstrate that glow that beam around

you as you touch the lives of others  
around you they have to know that you  
care for them they have to know that you  
love them that love has to be  
transparent you got that from the people  
in your love and is Our obligation to  
pass it along the analogy is often  
made that we have to be like individuals  
as individuals like drops falling into  
the ocean of  
humanity that means many things it means  
you'll have deep sorrows great Sorrows  
that will touch you in many ways but  
those are part of the joy you will feel  
in life as you make sense of them  
because hope is not about a good outcome  
hope is being able to make sense of the  
things that have happened around you I  
plead to you to not take yourselves too  
seriously but always be extremely proud  
of who you are because you deserve it  
God bless you and congratulations