

Defining Success...

Introduction

What does Defining Success mean?

It means that you have identified the 3 key relationships, things, or other elements of life that are most important to you in your life at this time. These 3 items can be things like “The love I experience from my wife.” to “How creative I’m being.” The idea of defining success may sound pretty obvious to you, but there is a subtlety to this process that you’ll learn about in just a moment.

What seems to be true about the notion of defining success?

Until you take the time to define success for yourself, it is most likely being defined by others, your culture, the past, hope or advertising.

Only you can truly define success for yourself. And, you can use feedback from others to help you articulate your 3 success definitions.

These success definitions set you free to enjoy life completely. They do not define you or box you in. Rather, they release you from priorities that are not relevant or that meaningful to you.

Why is it beneficial for me to define success?

Given the number of influences, past and present, that one is subjected to, it’s very helpful to know what’s most important to you. This, so that you don’t get seduced or distracted by the demands of others, your job, advertising or other sources which will tend to define what’s important to you if you haven’t taken the opportunity to define it for yourself first.

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Defining Success...

Worksheet

I know how successful I am by how...

I know I am successful when...

I know how successful I am by how...

I know I am successful when...

I know how successful I am by how...

I know I am successful when...

Defining Success...

The 3 Steps

How do I define success for myself? There are 3 steps...

Step 1. Ask yourself one of these questions.

I know how successful I am by how [fill in the blank here] or
I know I'm being successful when [fill in the blank here]

It's very important that you use one of these exact sentence structures and the words that you see above (and on the attached worksheet) because this sets you up to articulate more clearly how you not only define success but how you know you're being successful at any given moment.

Step 2. Tweak your 3 responses until they resonate.

You'll know that a success definition is phrased well when you feel a tingle in your body, or the light bulb goes on, or you feel otherwise excited. Not feeling that way yet? Not to worry. This exercise is new for most people and it may take a couple days of tinkering with your success definitions before they zing. And they will. You will also find yourself thinking about success as you are redefining it; that is good! If you are truly stuck and just can't find resonating definitions, then simply start over and pick totally different ones. This, because sometimes people confuse what they should or could want for their success definitions with what they really, really want.

Step 3. Notice the tugs you feel.

As you feel your success definitions resonating over the coming weeks, notice the way it tugs at you to make small, or perhaps significant, changes in your life. You'll catch yourself fairly quickly when you feel pulled away from your definitions. You'll find it easier to say no to people or situations that just don't fit anymore with what is most important to you. It's up to you if you want to make these changes right now, but at least you'll know what your body and heart are suggesting.

Defining Success...

Examples

I know I am successful when...

- I have a feeling I am giving my very best effort to everything I do.
- I can wake up every morning of every day and decide "What will I do today?"
- I can live anywhere in the world I choose, at any time.
- I have no deadlines to meet.
- I can look at my calendar and see nothing but open spaces.
- I no longer depend on "time for money" arrangements.
- my stomach is "knot free" at all times.
- there are no whiny people in my life.
- I can enjoy a full range of emotions—even the ones I don't like.
- I don't have to worry about my checkbook balance.
- I watch my kids becoming positive, compassionate, loving adults.
- I'm happy most of the time.
- I have thrown away my alarm clock because it's unnecessary.
- I am following one of my dreams without worrying about all of the things that can go wrong.
- people come to me and to brainstorm new ideas.
- my husband can't wait to be home together.
- I no longer have to work for money.

I know how successful I am by how...

- many whims I am chasing.
- much passive income I have.
- easily my ideas convert to revenue streams.
- much energy I have throughout the day.
- well I treat my body.
- often I feel at peace.
- rich my life is without being an expensive consumer.
- little I react to unimportant situations that used to make me blow up.
- many times I laugh each day.
- often I feel the presence of God in my life during the day.
- seldom I have to hold back in what I say or do.