

– THE COACHING CONNECTION –

Connecting You With All That You Can Be Personally and Professionally

Defining Success for Your Life

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Have you ever worked really hard to be successful at something yet once you achieved your goal you weren't as happy as you thought you were going to be? This often happens when we are operating under someone else's definition of success. By beginning with defining success for yourself you then become empowered to make the decisions and take the actions that are best suited for who you are and what is important in your life.

A typical American dream of a nice house, a new car and a couple of well-behaved children is a definition of success that may be familiar to many of us. It is the definition of success we see repeatedly featured on television and in magazines.

How many of us find ourselves spending time in our busy lives trying to make this or other images we see around us become a reality in our lives to find when we achieve some or all these dreams that we still are not satisfied. In reflecting we often find that we have let others define success for us using an external measure.

External measures often involve a comparison to others. As others become more successful you feel you

become less successful and therefore work harder to maintain the status quo. Since these external measures rely on others to validate your success they drain your power.

The goals we are seeking may or may not be fulfilling in our lives. In order to determine what is important to each of us we need to ask ourselves what will these external things we are seeking give us. What do they mean to us? A home, for example, might mean something different to each of us, it may provide some of us with protection, safety, security, or maybe a place you feel free in. Deciding what is important to you by seeking the essence of the material things in our lives is one way to define internal more satisfying measures of success in your life.

Defining success for yourself will allow you to set self-empowering goals. By using internal measures in your definition of success you will find your achievements more satisfying. A simple, yet effective way to define success for you is to complete this sentence: "I know how successful I am by how ...". Following are some examples of internal measures of success that you might find helpful.

I know how successful I am by:

- how grateful I am when I wake up every morning.
- how much my work feels like play.
- how well I take care of myself.
- how my career is aligned with my natural gifts and talents.
- how rarely I feel the need to rush.
- how proactive I am in reactive environments.
- how joyfully I contribute to others.
- how peaceful I feel about my relationship with money.
- how easily I can say NO when I need to.
- how meaningful my relationships are.
- how much I laugh each day.
- how I have all the support I need to succeed surround me.

It is important to note that these definitions of success help you focus on the journey not the destination or end goal. They help keep your goals focused in the present thereby providing you with more of what is important in your life. These definitions also provide you with a way to empower yourself to make every day a success in your life. What a great gift it is to wake up everyday knowing that you have the power to make that day and every day a success.

By having your own personal definition of success, decision-making becomes easier since you have a clear standard to help you determine what is

important to you. You can ask yourself “does this support my success”? The answers you seek will become more obvious as you determine what your definition of success looks like for you. By developing your own definition of success you take control of your own success.

Take a moment now and do this simple exercise for yourself. Create three to five empowering success definitions for your life by completing the same sentence: “I know how successful I am by how . . .” Start by writing whatever comes to mind for you. Once you have some ideas then go back and play with them until you are comfortable with each of them.

Remember that this is your own personal definition of success so be sure that it suits you perfectly. Try to keep your success statements short and to the point. Once you have three to five measures of success for yourself memorize them or post them where you will see them everyday. You can then use them as a guide and tool when you are making decisions. By defining success for you, you have taken the first step in achieving success. Create a Great Day for yourself today and everyday. Only **you** can.

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The Coaching Connection is a community-based service connecting you with all that you can be personally and professionally. This service is provided by our local Mount Washington Valley Professional Coaches, Cathy Nealon and Angela Zakon. For further information about coaching or how to define success for yourself contact Cathy at 383-3639, www.amazingpossibilities.com or Angela at 447-4337, www.ZakonGroup.com.