

Wellness from Within - April 2006

Revisiting Success - By Jennifer Powers

There are many ways to measure success. Most often success is defined by a full bank account, a good-paying job, and a luxury car. Yet some people feel very successful with a simple and frugal lifestyle, a job they love, and a bus pass. To generalize what makes a person a success is an impossible task since each of us has our own ideas and philosophies.

Our original thoughts around success come straight from our upbringing. Our parents instill in us *their* perspective during childhood and oftentimes it stays with us well into our adulthood. This is fine, however, occasionally we need to check-in with that perspective to be sure it supports the way we wish to live now.

Consider taking a moment to write down how you would personally define success at this point in your life. Understand that this is a working definition and one that will be ever-changing over time. As our culture evolves, and as you age and enter into different phases of your life, feel free to change and build upon it accordingly.

Recognizing and honoring this definition as your own is very important. Once you fully embrace what it means to be successful, stay true to following that path and resist the temptation to go down the path of someone else's ideals. You only have yourself to answer to, so keep things honest. Stand by your definition with conviction whether it is considered mainstream or radical. It is yours and no one can take away your right to be successful in your own eyes.

I encourage you to revisit your definition of success as often as necessary to keep it fresh and present in all you do. When you are faced with making important decisions that will affect your future or goal setting, refer to it for answers and clarity. By following your own lead you will always be on your path to a happy, successful life.

Here's wishing you success.

Quotable Quote: "There is only one success - to be able to spend your life in your own way. ~Christopher Morley