



TODAY I DEFINE MY SUCCESS.

DAY.21

“Success is liking yourself, liking what you do, and liking how you do it.”

– Dr. Maya Angelou

In our society, success is measured by the level of education, job, salary, fame, buildings, cars, luxuries etc. It is focused on material possessions a.k.a. "having it all" as an expression of our success, without taking other aspects into consideration. It is portrayed as a super comfortable, effortless, relaxing, polished life.

How we traditionally define success is changing. That success is more about how you feel than what you own.

How do you feel when you are successful? Proud of putting in the effort? Confident, grateful? Stronger than before? Persistent? Happy not giving up on what you believe in?

According to Buddha someones' well-being and happiness are the result of persistent effort (*utthana-sampada*), the accomplishment of

watchfulness (*arakkha-sampada*), good friendship (*kalyanamittata*) and balanced livelihood (*sama-jivikata*). Simply put, being an expert, conscious with the money made, having solid & inspiring people around you, and not being insatiable.

Perceptions of success differ across cultures. Research (Osborne & Guenther, 2013) provides insight into the role of language & education in defining success: “Language is the verbalisation of the most sensitive and deeply nuanced elements of a collective understanding of the world, providing a platform for shared meaning, making and expression of internalised values.”

According to Aboriginals, successful, purposeful life is connected to knowledge of, and experience with one's heritage, language, cultural practices, spiritual beliefs (Colquhoun & Dockery, 2012)

Is success connected to your personal growth journey? That whom you become in the process, is more important than the dream?

DAY.21

Phrase of the day: 'Today I define what success means to me'.

Write this phrase in your journal.

Being aware of our definition of success is a powerful aspect of your daily decision-making compass.

PRACTICE

Today we invite you to define what success means to you.

Step 1. Keep it super small & practical. Observe your perception of what makes it **a good day?** Or a bad day? What did you do? Learn? Hear? Say? Which thoughts or emotions did you experience?

Step 2. Make it a bit broader. What would make the upcoming month **a good month** for you? Which outcomes? Which material things? Which moments experienced? Which qualities practised?

Step 3: Let's take it a bit further. What would make the upcoming year **a good year** for you?

Step 4: Let's take it one step further & stretch it over a lifetime. What makes **a good life** in your perception? Your experiences? Your relationships? Your ripple effects? Your possessions? Your personal victories?

Write down whatever insights come to mind.
There is no right or wrong.

Success! ;)