

Simplifying Success

"True genius is making the complex simple" Albert Einstein

Winners are gridders

If I am so successful, why do I feel so bad?
To thrive in the adventure of life, redefine what your life and work are about

If life is an adventure & our task is to thrive & grow, how do we win? Beating everyone? Getting there first? Winning the most prizes?

1. Recognise when you get caught up in the treadmill of having to be the winner, be the best (or at least appearing a success!) Re-think the traditional ideas about winning/losing.
2. Remember, simply being successful is only one dimension of being human. Being successful has traditionally been the pay off of the game of life & as we see time & time again, we search for more.
3. Make the distinction between success & fulfilment. To thrive you have to pursue *BOTH* success & fulfilment.
4. Stop measuring success by external measures only. Being successful seemingly always involves how much money you make, your rank in the company, the respect you get from your peers. What other people think. This only leads to more pressure on us to be more 'successful.'
5. 'Get' that success alone rarely creates the feelings we want. Success is fine. Making money is usually a good thing. The truth is there is no direct & automatic correlation between success (lots of money) & the feelings of joy happiness & emotional security.
6. Accept that you will not find fulfilment by chasing success, working harder, running faster.
7. Expand your success plan to 'fill up' you're potential. Fulfilment is a deep sense that your life is full, whole & complete.
8. Discover what means to *you* to be fulfilled. We have been taught that success comes from hard work, perseverance, talent & a little luck. But what must you do to be fulfilled? How must you change to feel fulfilled?
9. Put effort into creating meaningful work, meaningful relationships, the ability to control your attitudes and feelings when confronted with unchangeable fate – these form the path to fulfilment*. It is a deeper, richer road that just taking the King Midas road to success.
10. Re-think what winning and losing means. Winning is to go as far as you can & your goal is towards success *and* fulfilment.

*Dr Viktor Frankl 'Man's Search for Meaning'

Simplifying Success

Contact
info@ChristineEdwards.com
www.ChristineEdwards.com