

DRAFT



## Welcome to the Defining Success Module!

### What does Defining Success mean?

It means that you have identified the 3 key relationships, things, or other elements of life that 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.

### 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 yourself first.

### How do I define success for myself?

You ask yourself this simple question:

**I know how successful I am by how** [fill in the blank here]

It’s very important that you use the exact sentence structure and words that you see above because this sets you up to articulate more clearly who you not only define success but how you know you’re being success at any given moment. See, we promised you a subtlety and that is it.

### May I see some examples?

Certainly. Here are some Strong (S) Weak (W) examples.

S: I know how successful I am by how much I am enjoying my creativity.

W: I know how successful I am by how creative I am.

S: I know how successful I am by how much I am being nurtured by my relationship with God.

W: I know how successful I am by how much I believe in God.

S: I know how successful I am by how nice of a person I’m being no matter what.

W: I know how successful I am by how often I am nice.

### Once I do the exercise, then what?

Once you do this exercise, and come up with your 3 definitions of success, you’ll find yourself making decisions differently (in favor of your 3 definitions). 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.

DRAFT



## Defining Success Worksheet for

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I know I how successful I am by how \_\_\_\_\_

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I know I how successful I am by how \_\_\_\_\_

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I know I how successful I am by how \_\_\_\_\_

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