

Life and Business Leadership Insight - September

“What does it mean to be Successful?”

No doubt we hear the word success often enough...but have you ever bothered to pause and ask yourself what is the definition of success for me?

Although you could be excused for thinking otherwise, success itself is unique for each individual. The major challenge for all of us is to realize how we have been conditioned to think about success as being a concept that relates primarily to the to the creation and accumulation of power, wealth & influence.

One of the classic great self-leadership skills is the ability to define one's own definition of success and then have the courage to pursue it.

So the first task to perform is to take time to reflect and establish your definition of what is success? I find a good approach is to make a list of all the characteristics that you think are vital to success.

Once you have the list then ask yourself a simple question.

Which of these states do I value above all others? (In other words if I could only choose one state which would it be?)

Once you have identified what that value is then you are close to defining success on your terms. This also means that the value you have identified has the potential to become the yardstick by which you measure your own achievement in life and business.

Scary stuff...huh!

Once you have this established then can begin to plan your life and business experiences to deliver as much of this magical state as possible.

Some small words of caution before you embrace your new value system.

Most people spend their whole lives trying to achieve happiness and inner contentment in some form or other. Be one of the courageous self-leaders who are prepared to create it with every thought, word and deed in all areas of your life.

It's really the only form of success worth having...don't you agree?

Performance Enhancing Substance:

"Great leaders are like the best conductors – they reach beyond the notes to reach the magic in the players"

Blaine Lee

Performance Enhancing Reading Material:

"Psycho Nutrition" How to control your moods with foods. William Vayda. Lothian Books. 1992. ISBN 0 85091 502 3.

Performance Enhancing Products:

Life & Business Leadership Tape #1	“Mastering Stress”	\$30.00
Life & Business Leadership Tape #2	“How To Get What You Want”	\$30.00
Life & Business Leadership CD #3	“Turning Distress Into Excitement”	\$30.00

To order these products please send a cheque payable to Richard Day a return address and include \$ 5.00 extra for postage.

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