

Wellness from Within - May 2006

Success Defined - By Jennifer Powers

In response to last month's newsletter, thanks to those who generously shared their personal definitions of success. Below is a just a selection of the many contributions received. Although each is unique, there are some refreshing similarities that stand out.

To define success, some people trade in material possessions for a sense of accomplishment...

- "Success means you have achieved what makes you happy. That may be financial independence, a great career or a wonderful family. Each day is successful if we completed the tasks we set out to do, and learned *and* taught something to someone else." -Leah
- "Success is what happens when you try your best to achieve a certain outcome, and that outcome actually comes to pass... Or at least 90% comes to pass...Heck, I'd settle for 75%!" -Laurie Raffetto
- "For me, success is accomplishing something your heart knew you could but your brain (or body) didn't!" -Lori Wichterman
- "Living my life as a gift to God, in appreciation for all that He has done for me. Using my time, talents, gifts, and skills to take good care of myself, and touch the hearts and lives of those around me would spell SUCCESS to me." -Laura Craig

Others break down their definition into smaller bite-sized pieces...

- "Success is waking up each morning excited about the day ahead. When life fills you to the core and puts a smile on your face." -Heather Strang
- "Seeing the sun rise and realizing you've been blessed with yet another day. Now that's a success." -Stan J.
- "At this season in my life, success is minimizing the amount of therapy my children will be in when they grow up." -Amberly Neese

Success can also be defined by the way one chooses to live life...

- "Success for me is when I am living my life with creativity, passion, discovery and intimacy." -Terri Ellen
- "Being kind to your fellow man and giving to those in need regardless of age, sex or race...that is a success!" -Kevin Swanson
- "Success is living authentically, making a difference in people's lives, and being richly rewarded for what naturally brings me joy." -Kimberly Davis

However, the road to success need not follow one path only. As Sara DeCoster, founder of YES, a Salem based women's networking group, writes:

- "My definition of success is financial, mental, and emotional freedom. Your attitude will drive your future and true success is obtained by never believing you know everything. My ten year plan to success is to have \$1 million in assets, maintain my self awareness and expand on it, maintain a happy and passionate marriage, as well as to be an integral part of the Salem community and be defined for the things I do for others- not by my wealth."

May these insightful definitions inspire you to revisit and redefine what success means to you. Refer to your definition as often as necessary to keep it fresh and present in all you do. When you are faced with making important decisions, rely on it for answers and clarity. By following your own lead you will stay on your path to a wonderfully successful life.

Quotable Quote: "Win or lose, the fact that you are here... and trying the best you can with what you've been given... is the real cause for celebration." -Laurie Raffetto