



Redefining
SUCCESS

What Is Your Current Definition?

(And Is It Serving You?)



Word Origin: *Success*

- ★ "happy outcome"
- ★ "accomplishment of desired end"
- ★ My definition of success: Am I moving towards my own freedom, happiness, and peace of mind?
- ★ Am I committed to MY dream? (MY "happy outcome")
- ★ The keyword here is HAPPY! If your definition of success entails a flatter stomach, a lower weight, and smaller jean size, etc....FIRST we need to switch your definition to include happy (and healthy!)...and then (and only then) is it possible to entertain other outcomes or success factors.

Word Origin: *Failure*

- ★ "deficiency"
- ★ So what am I not getting or giving myself? What am I deficient in right now?
- ★ It's not this 'doom and gloom' end-of-story finality!
- ★ It's merely a deficiency— a GAP – something's missing.
- ★ So this is the time to get CURIOUS....and say "what's missing?" What do I need?
- ★ My definition of failure: When I TOTALLY turn my back on my dream.
- ★ "Messing up" does not mean I AM failure. Not acting in alignment does not mean I AM a failure.
- ★ Be mindful of those I AM statements! Those are identity statements.

Don't Forget, Your Circumstances Are Not the Problem!
(The Cascade)

★ Circumstance

★ Thought about circumstance

★ Feeling

★ Action

★ Result

What am I measuring? What am I thinking about/focusing on?

What am I worrying about? What am I working on?

★ Inner beauty or outer beauty?

★ The image of my body? Or the Image of my heart?

★ Where am I living? Sympathetic or parasympathetic?

★ Where am I living? Old Blue Goggles or New Red Goggles?

★ Where am I living? Freedom and reverse engineering... or trying to restrict or control?

*What am I measuring? What am I thinking about/focusing on?
What am I worrying about? What am I working on?*

- ★ Where am I living? Reverse engineering and creating my life and feelings? Living with feelings of regret, shame, or feeling out of control because I didn't reverse engineer and my old habits took over? (AKA a victim to my circumstances. Mindless living)
- ★ Where am I living? Thinking about my weight? Thinking about peace, acceptance, all the things I came here for?
- ★ Where am I living? Drama or data?
- ★ Where am I living? Old beliefs and letting them dictate my feelings and actions? New beliefs?

*What am I measuring? What am I thinking about/focusing on?
What am I worrying about? What am I working on?*

- ★ Where am I living? Doing this alone? Getting help and support, because I know I cannot do this alone? (And because I don't WANT or NEED to do this alone!)
- ★ Where am I living? In thoughts of who I'm NOT being, what I'm NOT doing, what I DON'T have? Or thoughts of gratitude and celebration of what I DO have, what IS working, what IS coming my way if I put in the time, energy, heart, and soul?
- ★ Where am I living? Arguing for my SUCCESS? Or arguing for my LIMITATIONS or (self-perceived) failures?

Where Is Your Time & Energy Going?

(This tells you EVERYTHING you need to know!)



Anything *Less* That That...



(And You Are NOT A Victim!)

You Get To Choose: *Victim* vs. *Victor*

(Powerless Self vs. Powerful Self)

★ **VICTIM**: "Why is this happening?" "Why do I do this?" "Why am I like this?" "What's wrong with me?" "Everything is falling apart!" "Nothing is working" "I'm a lost cause, unfixable, broken". Shame, blame, learned/practiced helplessness, looking for someone to 'save' you. Focusing on what's NOT working, what you CAN'T control, what you DON'T have or DON'T want. Self-pity. Self-condemnation. Totally turning your back on your dream. Holding on to the belief that you have NO power right now.

★ **VICTOR**: No matter what happens, I get to choose how I show up, and who I get to be right now. Even when everything feels OUT of control, the one thing I can influence is my state and who I choose to be. This does NOT define me. 'Where' I am right now is NOT 'who' I am. I am NOT my circumstances, and thankfully I have the tools to 'ground' myself. I am NOT a victim! Where's the good? Where's the gold? What can I be grateful for right now? How damn blessed am I?

Who Do You Want To Be?

How Do You Want to Feel?

You ALWAYS Have A Choice!