

## What is Your Meaning for SUCCESS?

Success in one form or another is what we all want for what we ultimately seek. It might be in the form of happiness, satisfaction, peace or any other of a number of different outcomes. We each have our own unique take and meaning for what success is for us individually yet for many of us we have little idea consciously of what success means to us personally. This is because in our formative years we often have absorbed others' take on success and have taken this meaning on board for our own reference. We might not even consider that we personally have a different version for the meaning of success.

When we are consciously aware of what our personal meaning for success is, we greatly enhance our likelihood for succeeding with any focus we have with the actions we take.

The following exercise is designed to cut through the layers of conditioning we have absorbed that may have clouded our understanding of what success means to us personally. It is an exercise in awareness only, of coming consciously aware of your authentic truth about success.

Whatever conclusion that you come to, know it to be your right and rightful conclusion at this point in time.

### Preparation

It does take undisturbed time (generally between 10-30 minutes) to do this exercise. As it can take a few sheets of paper to complete, have plenty on hand before you start as you'll compromise the flow of your awareness if you have to stop in the middle to go searching for more paper. It is an exercise that does need you to use pen/pencil and paper and write with your own hand rather than doing a digital version and type your responses. This is because for most the relationship between hand, mind and our heart is more likely to be harmonised quicker and more soundly by the simplicity of a clean sheet of paper, a simple writing instrument and gets to the heart of the matter more easily. It is an exercise that takes its origins from free association.

Do take a few moments to centre yourself and quieten your mind before you begin. You might find doing some relaxing breathing helps, or a short walk in nature, a quick shower or even looking at your favourite picture of nature, a bunch of flowers or a healthy house plant will put you in the right frame of mind.

### The Exercise

In the centre of a blank sheet of paper, write the word 'Success' in large letters and draw a circle around it. Then, free associate with this word by writing what immediately comes to mind on this page (drawing simplified drawings/symbols if this feels right to do is also ok). Write (or draw) every word/image that comes into your mind when you think of the concept of 'Success' and just cover the page with words, symbols or simple drawings.

When you come to a stopping point and you seem to have no more words for 'Success', take another clean sheet of paper and write in the centre of this new page, the last word (or image) that you wrote on the first page. Draw a circle around this new word (or it may be an image) and continue free associating with this new word, again writing every word (or drawing every simplified image) that comes to mind. Continue this process,

starting as many new pages as necessary, until you begin to feel that you are coming up to a personal issue or new revelation. You will know you are close or even at your authentic truth by how you feel at this point. It is different for everyone but there will be something like a sense of peace, a 'yes - this is me', a warmth in your heart area or perhaps even a sense of light-headedness or excitement, a sense of comfort or coming home. At this point, go to a fresh page and write what comes to you from this point as a statement begin with the words "Success is...." It might be one word, phrase, sentence or paragraph. End with the words "This is my truth".

What you have written in this statement represents your authentic truth at this point in time of what success truly means for you. You may feel you are seeing success in a different way or it might be relatively the same as you knew it before. If you feel nothing has changed for you from doing this exercise - this confirms you were already standing in your authentic truth regarding what success means to you. You may feel compelled to take some action following doing this exercise. If so, just go with whatever feels right for you. Whatever showed up or not - is completely right for you for now.

You can use this statement as your guiding reference at any time you need confirmation for what you are doing. It is especially helpful when you are setting a new direction, intention or outcome to ensure there is full alignment between this and what the overriding concept of success means for you.

At any time in the future where you feel this statement for success no longer seems to draw you in or comfort you, where it no longer supports you in your success endeavors then repeat this exercise - this current meaning of success may be outdated. We all personally grow in our living day to day, as well as when we reach significant milestones, so our authentic truth naturally evolves too so keep checking every 6 months or so to be sure you are using your most current success statement.