

Insights into the Successful Mind

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It is often said that there is a “secret” to success. In truth, achieving the kind of success that leads to happiness and satisfaction is not a mystery. The key to success lies in understanding what you value and how to use that knowledge to embrace and create opportunities for success.

Take a moment to think of a person you would consider successful. In your mind’s eye, physically observe that person. An enormous amount of information about your definition of success can be gained from this exercise. Ask yourself: What kind of life do they lead? How do they inspire you? What characteristics do you feel have contributed to their success? It is a simple but important exercise for everyone to perform periodically, because your definition of success will be unique to you, and relevant to your current priorities. In order to be successful, you first need to understand what success looks like to you. You will find that although your definition of success is unique, there are common characteristics of successful people. What are they?

Successful people strive to achieve goals that reflect what they value in life. Your values represent what drives you. You can identify your values by recognising what you are truly thankful for, and what you could not live without. Your most important values are those that bring true meaning to your life. Although money and financial security are valid values, most people will have others as well. It is these ‘other’ values that have true meaning for most people. It could be intellectual stimulation, family, friendship, trust, helping others, freedom, recognition or self-esteem. There are literally thousands of values. Take the time to list your values, and rank them in order of importance. Then ask yourself why you value those things, in that order. Ensuring that your goals are aligned with your values is an important part of leading a successful and fulfilling life.

Consistently successful people ensure their goals lead them in a direction that gives them purpose. Their goals have meaning for them, generating motivation and commitment even in the face of adversity. If your goals reflect your values, moving towards your goals will bring you pleasure and satisfaction. The journey will be just as important as the destination. Creating purpose in your life is not something that miraculously occurs. Identifying your life’s purpose is a process. In order to create the kind of

success which leads to satisfaction and happiness, you will always need to align your purpose with your values.

Successful people recognise the importance of visualising their success. Using vivid images, they see the outcome they desire. How can you create this vision for your success? Your goal may be gaining that prized job offer or promotion. Visualise yourself accepting the offer. Hear yourself saying yes and see the pleased look on your future employer's face. Feel how excited he is to have you on his team.

An extremely important aspect of success relates to perspective. Expect success and you will find opportunities to generate success. A positive perspective is not about opening yourself up for disappointment. It is about inviting into your life what you believe you deserve. If you do not believe you are worthy or capable of success, success will elude you. Success is a mindset, not a title. Identify your definition of success, understand what drives you, visualise your success and expect it. You will then be on your way to living the life you were born to live.

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