

Coach Crystal Curran presents:
Defining Success Information Packet
Welcome!



In a world with so many could's, should's and want's, how do you know how to select what's best for you? In this 3 Step Training, you learn how to define the 3 most important, and enduring, measures of success for you. After this exercise, you'll never forget the phrase "I know how successful I am by how"

Introduction

What does Defining Success mean?

It means that you have identified the 3 key relationships, things, or other elements of life that that are most important to you in your life at this time. These 3 items can be things like “The love I experience from my wife.” to “How creative I’m being.” The idea of defining success may sound pretty obvious to you, but there is a subtlety to this process that you’ll learn about in just a moment.

What seems to be true about the notion of defining success?

■ Until you take the time to define success for yourself, it is most likely being defined by others, your culture, the past, hope or advertising.

■ Only you can truly define success for yourself. And, you can use feedback from others to help you articulate your 3 success definitions.

■ These success definitions set you free to enjoy life completely; they do not define you or box you in. Rather, they release you from priorities that are not relevant or that meaningful.

Why is it beneficial for me to define success?

Given the number of influences, past and present, that one is subjected to, it’s very helpful to know what’s most important to you. This, so that you don’t get seduced or distracted by the demands of others, your job, advertising or other sources which will tend to define what’s important to you if you haven’t taken the opportunity to define yourself first.

The 3 Steps

How do I define success for myself? There are 3 steps...

■ Step 1. Ask yourself this question.

I know how successful I am by how [fill in the blank here]

It’s very important that you use the exact sentence structure and words that you see above because this sets you up to articulate more clearly how you not only define success but how you know you’re being success at any given moment. See, we promised you a subtlety and that is it.

■ Step 2. Tweak your 3 responses until they resonate.

You’ll know that a success definition is phrased well when you feel a tingle in your body, or the light bulb goes on or you feel otherwise excited. Not feeling that way yet? Not to worry. This exercise is new for most people and it may take a couple days of tinkering with your success definitions before they zing. And they will. You will also find yourself thinking about success as you are redefining it; that is good! If you are truly stuck and just can’t find resonating definitions, then simply start over and pick totally different ones. This, because sometimes people confuse what they should or could want for their success definitions with what they really, really want.

■ Step 3. Notice the tugs you feel.

As you feel your success definitions resonating over the coming weeks, notice the way it tugs at you to make small, or perhaps significant, changes in your life. You’ll catch yourself fairly quickly when you feel pulled away from your definitions. You’ll find it easier to say no to people or situations that just don’t fit anymore with what is most important to you. It’s up to you if you want to make these changes right now, but at least you’ll know what your body and heart are suggesting.

■ Examples

Here are some Strong (S) Weak (W) examples of definitions of success. What makes an example strong is that it resonates with you, instead of just describing something important to you. Give the phrasing a twist until it zings for you. Can't make it zing? Then select something entirely different for one of your success definitions.

S: I know how successful I am by how much I am enjoying my creativity.
W: I know how successful I am by how creative I am.

S: I know how successful I am by how much I am being nurtured by my relationship with God.
W: I know how successful I am by how much I believe in God.

S: I know how successful I am by how nice of a person I'm being no matter what.
W: I know how successful I am by how often I am nice

Practice Your Definition of Success below

(When you have them perfected, fill out the [successentryblank.pdf](#) form located on www.CoachCrystal.com with the finished definitions. Print them out so you can post them where you can see them each day).

I know I how successful I am by how _____

I know I how successful I am by how _____

I know I how successful I am by how _____

I know I how successful I am by how _____

I know I how successful I am by how _____

And that is all there is to it!

50 Sample success definitions.

Here's list of 50 well phrased success definitions. Familiarize yourself with these and you'll be better equipped to articulate your personal definitions

I know I am being successful by how many whims I am chasing.

I know I am being successful by the feeling I'm giving my very best effort in everything I do.

I know I am successful by how much passive income I am generating.

I know I am being successful when I can wake up every morning of every day and decide "what will I do today?"

I know I am being successful when I can live anywhere in the world I choose, at any time.

I know I am being successful when I have no deadlines to meet.

I know I am being successful when I can look at my calendar and see nothing but open spaces.

I know I am being successful by the absence of "time for money" arrangements

I know I am being successful when my stomach is knot free at all times.

I know I am being successful when there are no whiny people in my life.

I know I am successful when I truly enjoy the full range of my emotions, even the ones I don't like.

I know I am successful when I don't have to worry about the balance in my checkbook.

I know I am successful when I watch my kids becoming positive, compassionate, spiritual, loving adults.

I know I am successful by how little care about what other people think of me.

I know I am successful by how easily my ideas convert into revenue streams.

I know I am being successful by how often I have no to do list for the day.

I know I am being successful when I happy almost all of the time.

I know I am being successful by how much energy I have throughout the day.

I know I am being successful by how well I treat my body.

I know I am successful how often I feel at peace.

I know I am successful by how rich my life is without being an expensive consumer.

50 Sample success definitions (continued).

I know I am successful when I have thrown away my alarm clock because it is unnecessary.

I know I am being successful by how little I react to situations where one would normally be upset.

I know I am successful when other people's behavior doesn't really affect me very much.

I know I'm being successful by how many great whims I am following.

I know I'm being successful by how much of my day is spent in "flow."

I know I am being successful by how often I take vacations.

I know I am being successful when I don't even think about needing or wanting more clients.

I know I am being successful in life when I can afford to "lose myself" in everything that I endeavor

I know I am being successful when I enjoy every single thing I do with my time.

I know I am being successful when I glow from the love I give and receive.

I know I am being successful when I am fully enjoying life's gifts.

I know I am being successful by how rarely I rush or experience adrenaline.

I know I'm being successful when life is so easy that I'm suspicious.

I know I'm being successful when by how quickly I come to accept and integrate every single event that occurs

I know I'm being successful when I have the reserves to freely engage in as many creative outlets as I wish at any given time.

I know I am being successful by how often I am feel inspired and energized.

I know I am being successful when I'm having the time of my life and I'm not doing anything stupid.

I know I am being successful when people feel comfortable coming to me to brainstorm new ideas

I know I am being successful when my husband and I can't wait to be home together.

I know I am being successful by how often people I meet take a great interest in my work.

I know I am being successful how many times I laugh each day.

50 Sample success definitions (continued).

I know I am being successful by how meaningful my relationships are.

I know I am being successful by how often I feel the presence of God in my life during a day.

I know I am being successful by how often I flaunt (or ignore) the standard rules of the game.

I know I am being successful when I feel no anxiety, about anything, whatsoever.

I know I am being successful when I no longer have to work for money.

I know I am being successful by how little I hold back in what I say or do.

I know I am being successful when I don't feel the need to do nice things for people, and yet I do.