

Redefining Success

How do you define success? If success is getting the job or the client or the blockbuster idea or money or how many people follow you on Twitter, then what happens when you get or don't get the job, client, idea, money or following?

For many success is obtaining something that is desired. Pause for a moment to explore what SUCCESS means to you. Write it down. Then ask yourself a few questions about your definition:

- **Does it make world a better place?** (If not what can you add to your description that adds value. For example, let's say you want to be a millionaire. Who benefits from your wealth?)
- **Is it something you already have?** (If not ponder the idea that your desire is equal to some talent or capacity inside you right now.)
- **Does the thought of it cause you to well up with joy?** (If not what does?)

If you expand your definition of success from a form-based, quantitative material object that you get, have or win to an essence-based, qualitative experience that you are, you stop chasing and start living.

Consider this quote by Eckhart Tolle www.eckhartolle.com, "**You cannot become successful. You can only be successful.** Don't let a mad world tell you that success is anything other than a successful present moment. And what is that? There is a sense of quality and care in what you do, even the most simple action."

To explore this idea further do everything today with care:

Eat breakfast and taste each bite of food. Smell your coffee. Drive to work attentively. Greet the receptionist with a smile. Listen wholeheartedly to ideas in a meeting. Look your coworkers in the eyes. Walk slowly to lunch. Listen to birds chirping. Breathe deeply as you work on your computer. Take care with your words. Pause. Address conflict as it arises with grace. Empathize with a customer. Focus on solutions sitting next to problems. Greet the cashier as you buy groceries. Notice your heartbeat as you exercise. Relish your dinner. Watch the sunset. Hold a hug. Fold your clothes with appreciation. Luxuriate in the words of a book. Sleep with gratefulness.

THE SCOOP is an e-letter from www.brainstormingalamode.com designed to share tips, ideas, and resources for professionals and teams in transition. To sign-up click on The Scoop on our web site.