

# What Does Success Feel Like?

by Anne Bolender

I thought I knew what success was, at least for me, and that ‘success’ was a concept that was easy to define in tangible, concrete, materialistic terms.



I had done the usual self-help, business building exercises that have you define how you know when you are successful, what benchmark you use for defining your success. I’m sure you know the type of questions I am referring to. “You know you are successful when \_\_\_\_\_?” And like most people, I had filled in the blanks by defining success in terms of the usual measuring sticks: dollars earned or things bought. “I will be successful when I am earning \$250,000 a year, have completely remodeled my home, and have a new Audi or Mercedes sitting in my driveway.”

While these are all really nice goals to work towards, I am beginning to realize that ‘success’ is not a thing that can be held and measured. ‘Success’ in all of its immense glory — is a feeling.

So rather than continuing to ask myself “How much money do I need in order to consider myself as a success?” I have begun asking myself “What does success feel like?”

From this perspective, success takes on a whole new identity and becomes significantly more fun to pursue.

When success is defined by how it feels, you don’t have to wait for circumstances beyond your control to happen in order to feel successful. You don’t have to wait for the money to come in, or the house to be remodeled, or for the timing to be right for you to quit your day job. You can be successful right here, right now, simply by changing the way you feel about being successful.

### **So what does success feel like??**

For me, success feels like personal freedom, autonomy, happiness, and feeling affluent. All four of these feelings can be achieved right now without my having to wait for any significant changes to take place in my life.

### **You can feel successful right now simply by changing the way you feel.**

For me, feelings of personal freedom, autonomy and happiness are all influenced by the choices I make all day every day, and are often the result of my attitude and behavior as much as they are by the actions I take. If what I am doing does not increase my feeling of freedom, autonomy or happiness, then I can change my behavior, my actions, and my thoughts until I find ones that do increase my feeling of freedom, autonomy or happiness.

### **If being successful is something that will make you feel happy or affluent when you are successful, then why not feel happy or affluent or however you want to feel right now!! Why wait??**

As for feeling affluent, I am finding that there is a whole lot of really inexpensive things that I can do that are luxurious and generous and make me feel so affluent. Buying a small bouquet of flowers from the local corner store, or taking the time to watch a favorite movie, or having someone else do the dishes, or buying one rich and gooey double-chocolate Belgian chocolate brownie and enjoying every last morsel of it, donating \$20 to a favorite charity, the list is endless.

Since like attracts like, the great thing about feeling successful is that the more successful you feel, the more success you attract and the more successful you become. At least, that is what has been happening in my life and let me tell you, success feels great!!

### **What does success feel like to you?? And how are you going to bring more of those feelings into your life right now??**