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Personal Innovation Action Self-Coaching Tool: Success vs. Failure

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Introduction:

Part of personal leadership and innovation is self-discovery. One of the first steps in the process of personal innovation is discovering and defining success and failure.

Cultures and nations around the world define success differently, and it is important for individuals to define their own version of success to live their best lives.

In order to unleash your true potential, become very aware of how you define success. Is it your definition? Or, is it the definition society or others have imposed upon you?

Rarely do we examine success in terms of personal fulfillment, happiness or joy. Maybe your success is being a stay-at-home Mom. Perhaps you are the janitor or manager or a small business owner. Or, you might be the President of a large corporation. Whatever the case, it is important to live successfully on your terms and in your own time.

First, Define Success:

How do you define success? Take out a piece of paper and write the most vivid description of success as it pertains to you and your life (draw pictures if it helps you paint your ideal picture of success):

Next, Define Failure:

What does the word failure mean to you? Write what naturally comes to you. Remember, there is no right or wrong.

Self Application:

- How do your definitions and drawings of success and failure compare?
- What did you notice about yourself?
- What are your key takeaways from this exercise?

Personal innovation is a journey for you to experience and enjoy. Keep your thoughts of success and failure with you. And remember, sometimes failure is not doing something we have always wanted to do.



Life is short...live it to the fullest!

-Dr. Connie

About Dr. Connie:

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