

TOOL THE SUCCESS DEFINER

What is success?

Being married before 30? Owning a property and a nice car? Having a reputable job? Looking pretty and sexy? Getting 1 mio + view on your posted content?

Does some of this sound familiar?

You see, most of the success we chase and build our entire life around, is oftentimes not what really means success to us, but is in truth 2 things:

① Something our environment raised us to see as success.

Depending on in which culture you grew up and in which environment you find yourself, these surroundings inevitably shape your view of what you want.

② A means to something we actually crave.

E.g.: Wanting a big car is less about wanting a big car but often more about wanting to be acknowledged. Beautiful dress --> receiving love. Job title --> feel capable & respected. Brand goods --> sense of belonging.

Why does it matter to define success for ourself?

Glad you're asking. So, I want to give you 4 + 4 reasons. Make a checkmark, if it sounds familiar.

Not being clear about our personal meaning of success

- ~~X~~ It makes us lose confidence anytime we face someone who has something "better" than we do.
- ~~X~~ By pursuing not our definition of success, we run against our nature. It makes work feel like work and drains energy from us to keep going.
- ~~X~~ When we achieve it, success does not feel like success. We feel further unsatisfied and empty, as it did not bring us what we were hoping for.
- ~~X~~ It lets us feel doubt if what we do is really the right thing to do. It makes us contemplate whether to stop, change or continue with pressure what we do.

Being clear about our personal meaning of success

- ✓ We increase our confidence and stop comparing ourselves with others.
- ✓ We find meaning in what we do and feel light when working towards our goals and cultivating what matters.
- ✓ We actually feel satisfaction when we achieve success, also even while we're still on the way.
- ✓ It eliminates doubts about our direction and lets us stand behind any action which points to the success that matters to us.

So, how can I figure out, what success actually means to ME?

With all these influences on our perspective, figuring out what WE personally want in life can be hard. That's where this simple tool comes into place, to give you more clarity. The tool got developed to cut out the influence for a while and brings your mind into a creative state. It is purposely designed to be boring to funnel the creativity directly into what you want it to be used for: Telling you what matters to you personally.

THE SUCCESS DEFINER - TOOL

The tool is very simple, yet powerful, when used correctly. Basically, you just write one sentence. Again and again:

"Success means to me"

Fill in the blank with what success means to you. Make a full-stop "." and continue with the next sentence of "success means to me ..." filling in something else which means success to you. And that's it. Continue doing this for 30 minutes. When you're done, read it again and reflect on it.

For example, here is a section of how this tool looks like when I do it:

"Success means to me waking up every morning with excitement about the day. Success means to me, having friends who are there for me when I really need them. Success means to me, being able to live in any place I want to live. Success means to me if I receive a sincere Thank You for the work I do. Success means to me to be healthy without pain. Success means to me if I can say no to things I don't like to do, without having to fear the consequences. Success means to me being loved without needing to prove anything. Success means to me being able to take time off for myself any time I want or need it. Success means to me, going 100% after things which interest me. Success means to me, having high satisfaction with my social surrounding. Success means to me being able to go after physical activities without limitations. Success means to me ..."

What you need to make it work:

Before you start, you need a couple of things. Based on the experience of working with hundreds of people who used this, I HIGHLY recommend you do it that way, if you want it to give you the clarity you desire.

A pen and paper



Make it old-school without the opportunity to areas. Trust me, this serves a reason for this tool.

30 minutes for yourself alone



Use the full length of this time. You will find, that after around 10 min it will get difficult, while shortly after, the magic happens to bring you ideas.

No distractions



Turn off your phone, close the door, and embrace the silence. Your mind needs this to get into the flow.

Important Q&A

Can I write down things I have already?

Yes. You can and you should. Success is not only something we run after but also something we have and want to keep or want again. If you have a job where your colleagues greet you with a smile, you most likely would consider it a success to have, if in your future job are only grumpy people. I personally thought health is no success until I had an accident and where so much limited, that I could not even shower myself for 4 months. Being healthy is now a success to me also in times I am healthy.

Should I make categories?

No. I know it's tempting and especially when your brain is getting bored after some minutes, it tries to get dopamine through adaptations. But that's the point of having the tool boring. In order to get dopamine, your brain has only ONE way: changing the last part of the sentence by thinking about what success means to you. --> That's the answer you want to get.

I think this is a success but I don't fully feel it. Should I write it down?

No. That you think it is a success but don't feel it, is most likely caused by the influence you were and are opposed to during your life. That is what we want to cut out. The rule of thumb is: If it is not a "Hell Yeah", it's a No. Save the "Not-hell-yeah" for later and write down firstly other things you definitely feel. See if you feel it later. If not, leave it out.

Do I need to show it to someone?

You can, but be careful. Keep in mind, this is nothing to brag about and nothing you want to get acknowledgement for it from others. This is for you and for you only. So, if the thought of sharing makes you hesitant to write down something or lets you write down something you don't really feel, you better approach this 30 minutes with the mindset, that no one will ever see what you have written.

Where do I go from here?

First: Congratulations!

You made the first big step in designing the life YOU want to live. Reflect on what you just wrote for some time and feel it over and over again. Here is how you can go on from here:

Do you have full clarity now?

Yes.

I am very clear about what matters to me in my life and can feel this life in all its colours in front of me!

Congratulations! Again! This is a huge deal and you're ahead of 95% of people in our generation. But you might say now: "I know what I want, but I have no clue if this is possible to get."

To tackle this, it helps to understand first, that those limiting thoughts are oftentimes also put on us through our environment - just as what you previously thought success is to you. That means, those limits are not written in stone and can be changed too. To do so, I encourage you to get started by challenging your mind and making a shift from thinking:

"This is not possible!" to "How can I make this possible?"

This will most likely take some time until your brain is rewired and it becomes your new normal. So, don't worry and take the time. But important: Get started and practice it in any possible situation. This is work*, but it will pay off. Undoubtable promise! For support, take a look at our resource base on my website or schedule a call with me to see how we can make your definition of success a reality for you.

*Work, yes. But that does not mean it has to be hard without fun! Enjoy the journey, knowing now that it will create the life you love.

No.

I know now more about what's important to me, but I am still not that clear.

If this is the case, there are usually 3 reasons for it:

1. Your clarity is still disrupted as your mind and emotions did not calm down enough. This is mostly caused if you still have too much input. On my website, you will find a list of instant helpers to get you more clarity. Check and test it out.
2. You have a lack of inspiration on what can be possible in life. To get real inspiration there is nothing better than experiencing and feeling it with all your senses. I recommend you leave your environment and bring yourself to different environments, talking and interacting with people there. For a first convenient way, we provide some videos and content recommendations on my website. Take a look, but stop consuming at the moment you feel solely entertained rather than being actively attentive and learning.
3. You did not ask yourself the questions which could unlock the answers you're looking for. In this case, I recommend you to have a free call with me or one of my team members in which we ask you the questions you did not ask yourself yet.

More support

www.christianschnepf.com/tools

Contact

contact@christianschnepf.com

I wish you all the best on your journey.
I am convinced, you've got to expect an incredible life ahead of you!


Your Christian

PS: If you have any constructive feedback, my team and I are always happy to hear from you. Just write us an email.

www.christianschnepf.com