

Redefine success to fit your life

We all want to be successful. But, what does that mean? For some it means achieving a certain title or level in their career. For others, it equates to the zeros in your bank account. Or it could be about the impact we have on others' lives.

The definition of success is personal. It also evolves as you pass through the different stages of your life and career. What was once important to you, may no longer be. And, that's okay. Because you have a long list of other things that are much more important to you today.

This worksheet is to help you rethink your priorities and create goals that fit into your life today. When you do, a new definition of success will come into view and you can start work toward the very things that will enrich your life.

Step 1: List all the words or phrases you believe define success

Without thinking too much, freely jot down all the words and phrases that come to mind when you think of the word "success".

Now, review your list and cross out any words or phrases that don't fit into your life, don't appeal to you or are unrealistic to achieve as your life is today.

Be honest and be ruthless. The focus is you in the present tense. Don't consider what society or others may think. And, definitely, don't wonder what your former self or future self may be able to do. It's all about the here and now.

Step 2: List your priorities today.

As it stands today, who are the people that are important to you or depend on you? What are the things you need in your life to meet financial obligations, personal fulfillment, joy and anything else you want out of life?

Review your list. Are these your real priorities? Are these the very things that are worthy of your time and energy? If not, take it off the list.

Step 3: Three wishes.

We all wish we had a genie's lamp. Here's your chance, sort of. List three things – they must be realistic – that you wish you could do, or do more of, or try. This could be night outs with your partner or more time with your girlfriends.

Step 4: It's time to get SMART

Big picture, long-term goals are great. But, depending on where you are in your journey, their bigness may be daunting and can hold us back from moving ahead. So here I want you to list out your Specific – Measurable – Achievable – Realistic – Timely goals here.

SPECIFIC

What *exactly* do you want to accomplish? List 3-5 goals, but they can't be general statement like "get fit". Instead, I want you to be way more specific, like this: "I will walk 8,000 steps every day." Before jotting down your specific goal, consider why this is important to you and how it fits in with your priorities. If it doesn't fit, start again.

MEASURABLE

Now that you have a goal statement, how will you know you've achieved it? List the specific metrics you will achieve as you work toward this goal. This could be one metric or a series of milestones that will lead you to your goal.

ACHIEVABLE

What do you need or have to do in order to achieve your goal? This could be a tool or it may be asking for support from someone else. Carrying on our example, if you want to walk 8,000 steps maybe you need a pair of walking shoes or maybe you need someone to watch your baby while you're out.

RELEVANT

This builds on the question of why this goal is important. You're too busy to focus on goals that compete with your priorities. So, really consider what you will get out of this goal once you achieve it. E.g., Walking every day will improve my heart health and reduce my stress.

TIME

Every goal needs a finish line. So, pick a realistic deadline when you can achieve your goal. Don't stretch too far in the future, but don't make the timeline too short that it won't be possible to achieve.

Go through this process for every goal you have. Then make them a part of your life. Here are some ways you can do that:

- Make a chart of your SMART goals and post it to your fridge so they stay top of mind.
- Share your plans with others and let them know how they can help you achieve them.
- Check in on your goals regularly to mark progress and celebrate successes

*The best of luck to you as you embark on your new journey!
Let me know how it goes by writing to info@lisadurante.com.*