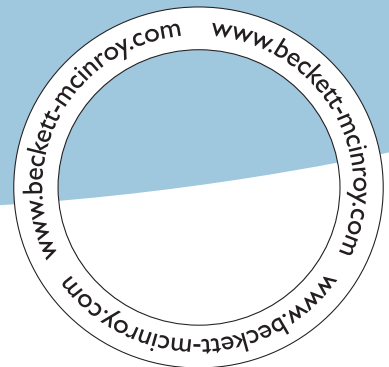


Redefining Success: *A Reflective Practice*

A structured reflective exercise to align
success with what truly matters now



Context

Success is often shaped by external expectations - family, culture, organisations, and society. Over time, these definitions can become outdated or misaligned with who we are becoming.

This reflective practice invites you to pause, examine, and consciously redefine success in a way that is authentic, energising, and sustainable.

Step 1: Early Messages About Success

What messages about success have you received throughout your life?

Step 2: Challenge and Reframe

Which of these feel limiting, outdated, or no longer aligned? What might you release, rewrite, or redefine?

Step 3: What Matters Now

What matters most to me now? What gives me energy, meaning, or connection? What do I want more of? What do I want less of?

Step 4: Your Definition of Success

“Success, as I now define it...”

Step 5: Perspective Shift

Write a short letter to yourself today, as if you were 80 or 90 years old, looking back on a life well lived. What truly mattered? What would you thank yourself for? What would you gently challenge?

Closing Reflection

Redefining success allows your choices to reflect who you truly are - not who you felt you had to be.



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