

IMPROVE YOUR SUCCESS WITH
MOTIVATION AND GOAL
ACHIEVEMENT

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Improve Your Success With Motivation and Goal Achievement

Defining Success on Your Own Terms

Many person's perceptions of success and their own personal worth are formed from a comparison test against others. This is the premise of social comparison theory. Other such comparison, can sometimes be used to enhance one's self-image, motivation or development. Yet in the majority of circumstances, social comparison is not used in this way.

Unfortunately, many people use this comparison test to measure their success, whether on a conscious or subconscious level. Is this something that you can identify with? Perhaps you engage in social comparison on a sub-conscious level or you would like to learn more about resisting the temptation to do so. In this lesson, you must complete the following in order to define success on your own terms.

- 1) Determine is how you presently view success
- 2) Discover your top core values
- 3) Create your definition of success

Determine How You Presently View Success

Everyone has an inherent definition of success, whether knowingly or unknowingly.

In the majority of instances, this definition of success has been shaped by several contributory factors throughout your years of growth and development. It is first essential to determine how you presently view success before attempting to define success based on your own terms.

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Activity 1

Please answer the following questions below.

1. What was the perception of success in your home growing up?



2. Till now, how did you know that you've succeeded?



3. Which persons in society do you classify as being successful?



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4. What attributes do they possess that you think makes them successful?



5. Are you working to achieve the kind of success that they have?



Discover Your Top Core Values

What is the meaning of values? Our values are those things that we consider important to us in how we live our lives. Ideally, our values aid us in determining our priorities. They are generally the measures we use to determine alignment in our life. That is, if our life is progressing the way that we want it to. When our decisions and behaviour align with our values, we feel much more contented about our life.

However, when there is a misalignment, we tend to feel frustrated and unhappy. To address this, we have to identify what our values actually are. Before we do so, let us examine how understanding your values can actually help you.

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How Understanding Your Values Will Help You

Values exist, whether we recognise them or not! Life becomes more enjoyable when we acknowledge our values and endeavour to align them with our decisions and life goals.

Take for example:

If you value family, but your job requires you to work a 60-hour week, will this cause you conflict and stress? Or perhaps you work in a competitive sales environment but you don't value competition, are you likely to have high job satisfaction?

It's in situations like these that understanding our values can really help. When we have a good understanding of our values, we can use them to make important life decisions and answer questions such as:

Should I leave my job?

Should I accept this job promotion?

Should I compromise my standards and what I believe in?

Should I start my own business?

Should I follow family tradition, or pursue my own path?

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Write the six key values that are most important to you:

1.

2.

3.

4.

5.

6.

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Define Success on Your Own Terms

Now it is time to create your unique definition of success. This is where you take ownership of your success.

Too often we are influenced by society or the perception of others on the meaning of success, but success has no meaning except for what you choose to give it.

It is time to give success a meaning that is real and right for you. This definition should incorporate your top values. Thus, your definition of success embodies those things that are important to you.

Answer the following questions to come up with your true definition of success.

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Write down three moments or experiences when you were extremely happy.



Where were you? Who were you with? What activities were you doing?



What do these times have in common?



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How can you spend more time doing things that make you happy?



What things do you do that give you a poor happiness return on your time?



How can you spend less time on the activities that don't make you happy?



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What does success look, sound and feel like to you?



How do people interact with you and how do you interact with others when you are feeling successful?



Create a definition for success that has meaning and heart for you.

You can begin by saying, I feel successful when because I value



“First say to yourself what you would be; and then do what you have to do.”

— *Epictetus*

Warmly,

Yvonne A Jones