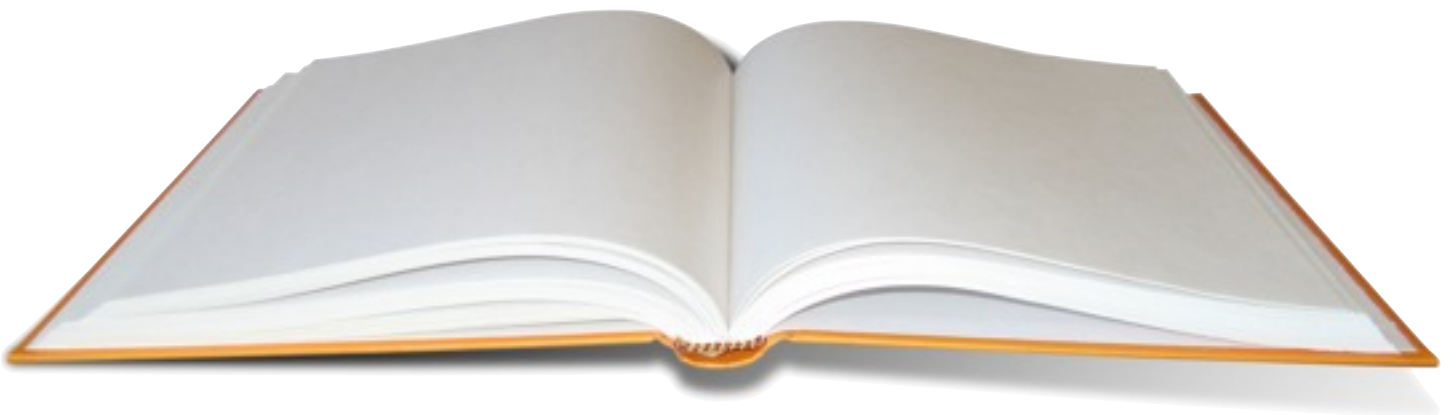


# How to Write Your Own Success Story



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Everyone wants to be a success in both their personal and professional lives. However, in order to *attract* success, you have to be an active player in your life. After all, you can't sit on the sidelines and expect everything to fall in place!

So are you willing to step out of your comfort zone and write your own success story? Only *you* can do it.

## What does success look like to you?

To some people, success means that they have their own business, a large house, and enough extra money to spend on anything they want. Others see success as raising children who are positive contributors to society. The truth is, there are many ways to view success and even more ways to reach it.

Before embarking on this exercise of *writing your own success story*, reflect on *who* you are, what *goals* you want to achieve, and what *setbacks* you might have to overcome.

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*What's holding you back from being the success you want to be?*

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## Why should you actually write this down?

The biggest reason to write your success story is to create a concrete narrative that you can visualize and become part of. After all, you're more likely to take action if you strongly identify with your purpose in life.

Another benefit is that you'll have a solid reference point on paper. By writing your thoughts, feelings, and goals as a story, you're giving yourself a plan to follow and a way to measure your achievements.

## Do you know where you're going?

When you head out on a journey across the country, you have to know three things:

- Your starting point
- Your ending point
- The route you'll take with stops along the way



When it comes to your life journey, it's much the same process. Before you embark on your route to success, your journey starts with a complete understanding of yourself and your goals.

*Has there been a point in your life when you've been successful?*

## How do you see yourself now?

Currently, where are you in relation to your final goal of success?

- Are you starting a new business venture?
- Do you want to lose weight?
- Have you decided to learn a new skill?

Spend some time reflecting on your present reality and where you want to be one year, five years, or even 10 years from now.

Are you currently doing things that may be sabotaging your chances of success? Are there bad habits that hold you back? Do you need to get additional training to reach your goal?

At this time, the most important thing you can do for yourself, is to **make the conscious decision to do whatever is necessary to achieve success, then include the necessary steps in your plan.**

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*Do you have the skills and training you need to achieve your goals?*

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## What changes do you need to make?

How do you describe yourself? The words you choose to define yourself paint an honest picture that can determine whether or not you will achieve your wildest dreams.

Mary Kay Ash once said, *“If you think you can, you can. And if you think you can’t, you’re right.”* In other words, how you think can have a large impact on your reality and how well things work out for you. **See yourself as a success or see yourself as a failure, the choice is yours.**

If you realize that you’ve always seen yourself *nearly* making your goals, but never actually obtaining them, you can change that self-concept in your mind. Writing your success story can help.

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*Do you sabotage your own success by the way you speak to yourself?*

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## How do you write a vision of your future with YOU as the main character?

Let's get back to how to write your own success story. If you've taken the time to look around you and reflect on your life, you have a pretty good idea of your starting point. You've thought about how you've done things before and determined that doing the same thing again isn't going to get you the success you desire. So now it's time to begin writing your story.

Get out some paper and a pen and start crafting *your* story. There's something therapeutic about putting pen to paper and seeing the words flow onto the page.

Instead of writing an autobiography, you want to write a story about your *dreams and aspirations* and how you accomplished them in your future.

Your goal is to write your story from a detached point of view rather than a personal one. By writing in the third person (i.e. use a name for your character instead of using "I," "me," or "my"), you can create the story any way you like.



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*Are you willing to make the necessary changes to become the success you desire?*

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## Are you comfortable with your past and where you've come from?

When writing about your character, use familiar elements from your own life:

- \* What's the character's background?
- \* What has happened in their life to make them the person they are?
- \* Were they a child of divorced parents or were their parents happily married?
- \* How many sisters and brothers did they have?
- \* Where did they attend school?
- \* Did they have stability in their life or did their family move around a lot?
- \* Did they have many close friends or were they shy?

Each aspect of the character's life has left a deep impact on the person they've become.

**Remember: this character is *you!***

Talk about the character's successes and failures. For example, explain how she handles any failures and how she refused to accept defeat. Write how the character picked herself up, dusted herself off, then forged a new path, rather than following the same-old trail.

You'll also want to describe every detail about the journey. For instance, list the steps the character took to become the youngest manager in the company's history. Portray, in detail, the many awards they've received and the friendships made along the way.

Whatever it is you want to accomplish in your own life, *write it down as if it has already happened.*

It's important to be as specific as you can when you tell your story. Remember, you're writing *your* story, so **visualize the success you desire and deserve.**

*Have people in your past encouraged you when you've attempted something new?*

## How do you see past failures?



Do you see your past failures as reasons why you *can't* start over? Do you see them as obstacles to success?

That's one way to look at your failures, but it's surely not going to move you forward. The reality is, you've probably learned something from your past mistakes that you may have never learned otherwise – that's a good thing!

Your past mistakes are the stepping stones that have taken you to the next chapter in your life. And if nothing else, you've gained a wisdom of what *not* to do in the future!

When creating the light bulb, Thomas Edison was asked about the many failures he encountered. He replied, *“I haven’t failed, I’ve successfully found 10,000 ways that will not work.”* He also said, *“Many of life’s failures are people who did not realize how close they were to success when they gave up.”*

It may be a case of looking at the same glass and seeing it half full or half empty. It’s all in the way you perceive things.

You can gain a renewed outlook on life by viewing failure as an opportunity for learning and growth. Just by changing your perspective, you may discover new solutions to old problems.

What may seem like failure may actually turn out to be a great learning experience that gives you the knowledge you need to succeed in the future.

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*Who do you know that can mentor you and guide you along your path to success?*

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**Where do you see yourself at the end of your story?**



What's your ultimate goal? Where do you see yourself when you've achieved this goal? Be *specific* because this is *your* view of your own future!

Along the way to your character's final destination, be sure to include:

- A road map of small, specific, and attainable goals leading to the destination
- Milestones along the way to gauge progress
- How your character knew when they had reached a particular goal
- Subsequent goals to work toward once you succeeded

The reason for writing out your success story with such precision and detail is to *see* the success you desire. You want to be able to visualize the story in such a way that it's nearly *reality*.

Seeing your story with such clarity helps you recreate the details in your own life. You should be able to *see* what your character sees, *think* what they think, and *feel* what they feel!

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*Does your desire to succeed run deeper than your fear of failure?*

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## A Sample Success Story

Below is a brief example of a *Success Story*. Use it as a guide, but keep in mind that your story should be even more vivid and detailed. After all, the more realistic your story, the stronger the impact it will have on your heart and mind.

There was a young woman named Marie. As an only child, her parents encouraged her to be active in and out of school. She played several musical instruments, and was involved in dance and gymnastics. Even though she was doing her best in school, she didn't do as well as her parents had hoped.

Everything seemed fine until Marie turned 12. At that point, even though her parents tried to hide it from her, she heard her parents argue more and more as time went on. Shortly after her thirteenth birthday, Marie's parents' divorce was finalized. She was devastated and her personal identity was deeply shaken.

At first Marie thought her parents divorce was *her* fault, because she wasn't doing well in school, but as the young Marie grew up, she realized that she cannot carry the burden of her parents' choices anymore.

Marie learned to forgive her parents and made the commitment to herself to excel in both her career and personal life. The strength and resolve Marie acquired over the years, opened doors full of incredible opportunities.

She graduated at the top of her class in law school and was hired by the largest law firm in New York. Within 10 years, Marie became a partner in the firm.

Marie remembered her firm commitment to excellence in all areas of her life, so she waited patiently to find her true soulmate. She knew what she wanted and would wait until the man of her dreams entered into her life. Just before becoming a partner in the law firm, Marie took a chance on love and began dating Dan, a college professor.

Marie overcame her fears from her past and stepped beyond her self-doubts. After dating for a year, she became engaged.

Even with all the challenges that life threw her way, Marie was living her dream! She now enjoys a successful career, a loving husband, and 2 beautiful children.

## Final Thoughts

Remember to incorporate your dreams and aspirations when writing your story. Also, you'll want to use vivid imagery so your mind can *see* the story as reality. After all, if it can happen to the character in your story, it can happen to you, too!

Learning how to write your own success story can be therapeutic. Not only can it help you see the potential you have for success, it can help you overcome issues from your past that may be holding you back.

You *can* have the success you desire in every area of your life!

Regardless of what has stopped you from achieving your goals in the past, refuse to allow it to stop you now. Write a new plan to get past your limitations and make that success story yours! Read it often and follow your plan until it becomes your reality.

**You deserve success. *Believe it!***

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*Are you ready to dig deep and write your own success story?*

*Get started now...*

