

Three Success Statements

As an individual, in partnership, or as a team, use the following exercise to clearly establish your desired results or goal prior to initiating action.

The following questions may be helpful to start thinking about your success statements before you move into the exercise itself:

- What will success look and feel like?
- What will be different from now?
- How might you and/or your team be different?
- How will it impact what is important to you, the team, or the organization?
- Who is involved?
- What opportunities will it create?
- How does it support your Vision, Mission, or Purpose?
- What is driving this focus?

Complete the three individual success statements below. Each person defines success differently. Make your statements powerful – dream big- and make them yours. It may take you several times and much thought to get the feeling, picture and meaning right. Once you have achieved this, these statements may act as a compass to guide you toward your own success. Keeping these three measure of success in your consciousness will help you make wiser decisions. These success statements also provide markers of accomplishments when reviewed after action has been taken.

I know I am/we are successful when:

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Here are a few sample success statements others have written:

- I know that I am successful when my stomach is knot-free all the time.
- I know I am successful when my chequebook balances.
- I know I am successful when I treat my body well.
- I know I am successful when I laugh every day.
- I know I am successful when I live my values every day.
- I know I am successful as a leader when my team is fully engaged.
- I know I am successful when I keep a solution and possibility mindset in challenging times.
- I know I am successful when I have a healthy body, mind, and emotional intelligence balance.
- I know I am successful when I tap into my sense of humour regularly.
- I know I am successful as a mentor when my mentee's critical thinking skills are enhanced.

Coaching Questions:

In what way will your life be different when you are successful?

What actions will you take to build on your success statements?

Hint:

You can expand this exercise to see how you can collectively create success statements for your mentor/mentee relationships, peer or professional coaching partnerships, working groups, and projects.