

Stella Frances

Find Your Happy



Support & Success

“Be strong, be fearless, be beautiful. And believe that anything is possible when you have the right people there to support you.”

Misty Copeland

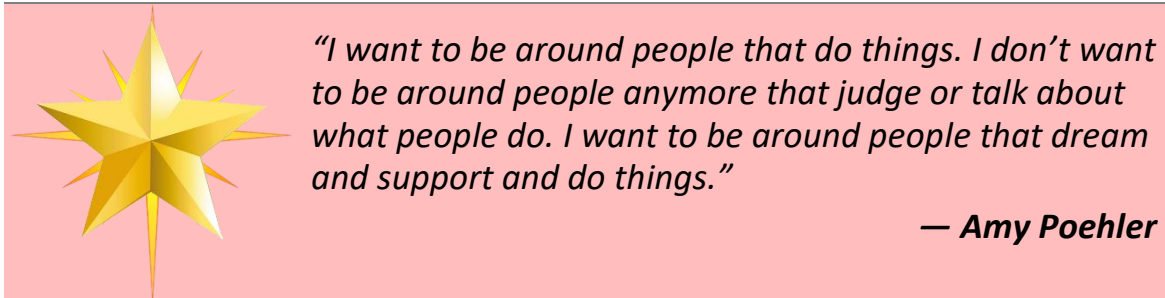
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Support

It is all well and good to have perfectly aligned values, beliefs, goals and skills but it is easy to become derailed if you are not surrounding yourself with a great support network. Your support network consists of people who make you laugh, make you think, challenge you and inspire you, which all contributes to your success.

We only have limited amount of precious time in each day so we should only invest our time in people who help us to grow and get us closer to our dreams, but quite often this is not the case. We often put others' needs before our own and end up spending our time doing things that hold little value to us.



The good news is that you are totally in charge of who you spend your time with, if you're up to the challenge.

 ***Who makes you laugh?***

 *Who makes you think? Who challenges you?*

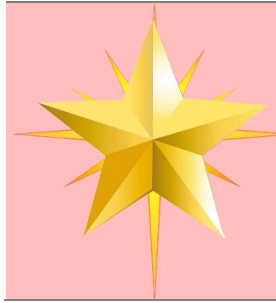
 *Who inspires you?*

 *Who are you tolerating?*

Who is in your support team and how do they help you to learn, grow and reach your dreams?

How much time do you spend with people you tolerate and how much time do you spend with your support team?

✍ What changes do you need to make in your life as a result of this exercise?



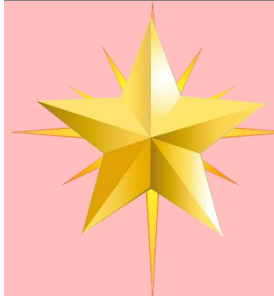
“We don't accomplish anything in this world alone ... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads from one to another that creates something.”

Sandra Day O'Connor

Success

The last layer of the Find Your Happy Success Framework is to define your own 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.




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

Epictetus

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

 *Write down three moments that you have experienced where you can remember being completely happy.*

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

 *What do these times have in common?*


✍ 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?

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

✎ How do you know when it's time to be successful?

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

 *Imagine a time when you were feeling totally unsuccessful. What were you doing then?*

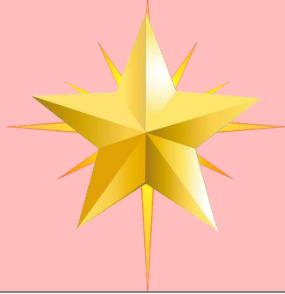
 *How do you know when it's time to NOT be successful?*

 *How do people interact with you and how do you interact with others when you are NOT feeling successful?*

 *List your top five role models (people you admire and respect) and what you like most about them.*

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

✎ How will remembering this definition every day impact your life now?



“Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill