

CREATE YOUR SUCCESS ENVIRONMENT – YOU CHOOSE HOW SUCCESSFUL YOU ARE

Times of change, transition or loss can be a pivotal point of power or a potential point of disaster. Decide whether you want to focus on potential and possibilities and your purpose, or powerlessness and pain. Choose whether you wish to mark your success based on transient external standards, goals and expectations that can be stripped away in a moment – through choice or circumstance, or from an internal perspective that is based on your choices, mindset and view of the world – and one that cannot be stripped away.

EXTERNAL SUCCESS MINDSET

HAVE, DO, EARN, ACCUMULATE, GOALS, ACHIEVEMENT, ABILITY, DESTINATION, COMPETITION, PROVING

Success is often viewed from an external framework – have a plan, set the goals, chunk them down in to manageable steps and realistic time frames, be disciplined....and voila, you might receive some accolade, notoriety, friends in the right places or badge of honour. Results, ability or knowledge base are important factors of an external success mindset, which also tends to rely on competition or “being better than someone.” For some, the goal or endpoint comes from a vision of contributing to themselves, to others and the world in a valuable way.

Success is often marked by what you HAVE and what you DO and your list of “achievements.” There is nothing wrong with earning and accumulating stuff, nor in doing and achieving great things but these are “external markers of success” that can temporarily “fill you up”, boost your confidence or even mask your lack of it, but can equally be stripped away or impacted because of illness, disability or other changes and transition.

INTERNAL SUCCESS MINDSET

BE SUCCESS, SELF WORTH, ATTITUDE, PROCESS, JOURNEY, COOPERATION, CO-CREATION, APPROVAL

Dr, Bruce Lipton, author of “The Biology of Belief” and a former medical school professor and research scientist has examined the processes by which cells (including nerve cells) receive information. In his research with stem cells, put into different environments, the same stems cells grew into completely different types of cells – some skin cells, others muscle and so on. These findings show that genes and DNA do not control our biology, but instead DNA is controlled by signals from outside the cell, including the energetic messages emanating from your positive and negative thoughts and the “ENVIRONMENT” you immerse yourself in.

His research in cell biology and quantum physics is a breakthrough showing that your body can be changed as you retrain your thinking. If thoughts are part of your “environment”, then so too are beliefs, people, nourishment, culture, professionals, friendships, work, interests, for example, each having an influence at a cellular level, and therefore your body. This has exciting parallels for spinal injury recovery, rehabilitation and ultimately a cure, not to mention your experience of success and the way your life looks.

CREATE YOUR “SUCCESS ENVIRONMENT”

POSSIBILITIES The nocebo sounds like this. “You’ll never be able to...” You’re too” “You can’t....” “You’ve only got...” Don’t listen to “No’s”. Listen to your “yes”. There is always a way.

ATTITUDE Success is a frame of mind or attitude as you step forward to reach your goal. Is your attitude one of difficulty or opportunity, obstacle or challenge, grumbling or gratitude, optimism or throwing in the towel? Consistently choose an empowering attitude.

THOUGHTS AND WORDS Be mindful not only of what and who you listen to, but choose empowering thoughts and words like “can, am able to, desire, is possible, look forward to...” and align the two.

NOURISHMENT Nourish yourself with healthy food, regular doses of sunshine, laughter, empowering books, music you love, positive friendships, leisure pursuits you enjoy and opportunities for learning and discovering.

CO-CREATORS Socialise with, get support from, be in relationship with and learn from people who ooze the internal success qualities and values (eg courage, determination, resourcefulness...) that you wish to develop more in yourself. Build your empowerment team.

BEING-NESS Success has a “being” component. Be confidence. Be optimism. Be inspiration. Be calmness under pressure. Embody these internal success qualities in the way you move, sit, smile, breathe, make eye contact, think, speak, act and express yourself.

STILLNESS If your cells react to your thoughts and your lifestyle, gift yourself some rest, recovery and reflection time, not just busy-ness and action time. Find ways to experience peace. eg. meditate, wander along a track, sit quietly in your favourite chair, pray, breathe well...

PURPOSE Changes and transitions can be your springboard to contributing in ways you never thought possible and discovering the depth of how great you really are. Discover your real purpose, follow your “internal” calling and take steps to actualise that. Consider opportunities that may have formerly been “out of your square”.

AUTHENTICITY Success is your willingness to express the essence of who you really are – strengths and weaknesses, “got-it-togetherness” and vulnerability, courage and fear, self belief and doubt, joy and grief. This in turn allows others to be “real”.

UNIQUE LEGACY Success is acceptance of being you and leaving your unique footprint on those around you.

What footprints did YOU leave today?

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Footprints legacy

There are many people in this world who can walk
but who only leave treadmarks
that don't necessarily inspire me
to run when I can already walk.

Yet there are a few people in this world who cannot walk
but whose footprints inspire me
to stand up in the greatness of who I am
and climb to great heights.

Janelle Fletcher

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Picture insert: I became mum to Gemma, who at four was in a car accident resulting in the death of her birthmother and her becoming paraplegic. Here I am with Gemma, now 24, with her 2 daughters – Teanna about to turn 5, the same age as Gemma was when she had her accident and Rosea aged 2.