



## COLORADO LAWYER ASSISTANCE PROGRAM

### How to Be More Successful

*“If you really want success, you’ll find a way. If you don’t, you’ll make an excuse.” ~ Jim Rohn*

There are multitudes of self-help books on how to be successful. The question is: what is success? What is success to you? Some people view money, promotions at work, new credentials, or “popularity” as success. Some people believe having positive relationships, good health, and overall wellbeing is success. Some people see success as raising healthy children, having a big house or an expensive car, feeling good about their ethical or moral decisions, or being proud of themselves. As the saying goes, “to each their own.”

Success could be based on external factors (what other people think of you or possessions) or internal factors (what you think about yourself). Take time to contemplate what being successful means for you. Are you taking active steps to meet your own definition of success? Do you feel good about yourself? Below is a list of suggestions of what to avoid in order to be successful:

1. **Don’t let other people define success for you** – trying to live up to other people’s standards increases anxiety and depression; follow your own path for success and your wellbeing will increase dramatically.
2. **Don’t expect immediate results** – as the sayings go, “good things take time,” “life is a journey, not a destination,” and “patience is a virtue.” Expecting milestones to happen quickly can be a set-up for disappointment.
3. **Don’t fear alone time** – between our cell phones, email, work, family, and friends, we have many demands on our time and attention. Taking time to be alone with your own thoughts allows for creativity and regeneration.
4. **Don’t feel that the “world owes you” anything** – victim and martyr mentalities have no place in being successful. Success comes when we look for what we can offer others rather than what we can get from them.
5. **Don’t resent other people’s success** – there is enough wellbeing to go around; someone else’s happiness does not diminish ours. In fact, if you celebrate other people’s successes, you join in them by increasing your own wellbeing.
6. **Don’t dwell on the past, and don’t worry about the future** – learning from past mistakes and planning for the future are positive ways to use your time; but “borrowing trouble” by focusing on the negative is not.

7. **Don't waste energy on things you can't control** – think about all the time you spend thinking or ruminating about things that are beyond your control. You would be much more productive spending that time focusing on things that you can control.
8. **Don't try to please everyone** – it is literally impossible to please every person you are around all the time; in addition, it leads to anxiety, depression, and pathological perfectionism. Do the best you can and let the rest go.
9. **Don't forget to find something to be appreciative of everyday** – research shows that feeling appreciation and gratitude on a daily basis improves our mental, emotional, and physical health.
10. **Don't neglect your physical health** – we tend to ignore our diets or exercise routines when we are stressed or busy, but this leads to even more problems for us to worry about. Put a premium on your self-care, especially when you are stressed.

Your success in life, whether it is personal or professional, is something that is within your power. The sky is the limit. What would make you happy? Pick a few things on the list to STOP doing, and start working on them today!

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