

# A TOOLKIT FOR PROFESSIONALS

# MINDFULNESS AT WORK

## Defining Success

### EXPLORING THE MEANING OF SUCCESS:

Defining success for ourselves is not always easy – and it is likely to be multifaceted. For example, success as a parent might feel differently from success at work. To create a workplace definition of success for yourself, try the following contemplation:

- Sit comfortably in a quiet place. Close your eyes or soften your gaze. Ground yourself through 5 mindful breaths.
- Tune into your heart and ask yourself the following questions one by one, leaving plenty of space for insights to arise:

***What matters most to me at work?***

***Who am I when I am my 'best self' in the workplace?***

If it helps, you could also journal your responses to these questions.

- After spending several minutes with these questions, ask yourself the following question and right down your final statement in response:

***How do I define success at work?***

If any part of this exercise is challenging for you, take a break from it and come back another day.

### TIPS FOR MEETING LEADERS

Once you have defined success for yourself, write it on a small piece of paper and place it somewhere where you will see it, such as on your bathroom mirror or your desk. Know you can make adjustments to this definition as you feel called to. It is natural for your idea of success to change overtime.



*We all hold different ideas of what it means to be successful. On top of it, we might have different ideas about what success means depending on which aspect of our lives we are talking about. Getting clear about what success means for us as it relates to work can help offer us a sense of direction while at the office.*

### SAMPLE DEFINITIONS OF SUCCESS

- Success is doing the best I can do in any given moment.
- Success is reaching for the goals I've set for myself.
- Success is having a positive impact on those around me.
- Success is arriving at the end of each day having done good in the world.

***"There is a powerful driving force inside every human being that, once unleashed, can make any vision, dream, or desire a reality." – Tony Robbins***