



***"Not all accomplished people are successful and not all successful people are accomplished."***

Faking happiness is not success. Faking fulfillment is not success. Faking mental strength is not success. When we go through life imitating joy and peace because this is something others need or want to see from us, we are not a success no matter our material, financial or family surroundings.

### **True success requires courage and leads to inner peace.**

It takes mental fortitude to achieve and sustain success. Success is having the courage to go after what you want even if it makes you and others uncomfortable and even if you don't ultimately attain it. Success is addressing conflict and having the difficult conversations. Success is reflection and mental stamina to make the difficult life choices. ***Success is falling and getting back up.*** Success is enjoying the journey as well as the destination. *Success is – more often than not – going through the greatest challenges and obstacles in our lives as opposed to going around them.* Success is living in a world with unimaginable levels of pain and suffering and still having the mental fortitude to get up the next day. Success is grit.

The truly successful among us have the mental fortitude to make the sacrifices necessary to obtain inner peace with their careers and their personal lives.

### **Set your own standards for success.**

According to Gallup's study on the State of the American Workplace, only 30% of people report being engaged, committed and fulfilled with their work. I've studied a lot on workplace and careers and cannot help but wonder whether the unhappy 70% actually dislike their jobs *or the way society makes them feel about their jobs.* For example, a person could love his job as a janitor, but hate the way society makes him feel about being a janitor. A person could hate his job as a doctor, but love the way society makes him feel about being a doctor.

Success is about having the mental fortitude to be at peace with who you are and what you do regardless of what value or meaning another person places upon it.

Each of us should decide for ourselves what success looks like and resist the lure of tying our success to the admiration and approval of others. Once you give other people the power to decide whether or not you are important, worthy or successful, you lose. The most successful people aren't the ones with the most money, largest offices or celebrity. They are the ones with the mental fortitude to own their power to make the decisions that lead to sustained internal peace. Therein is where you'll find happiness.