



**Cultivating Change, LLC Renée Canali, Life Coach Vol.2, Issue 6 June 2005**  
**Fear of Success**

What is the difference between success and failure? Is it the amount of resources you have to spend? Is it the difficulty of the task at hand? Is it your intelligence? Fate? Luck?

**The difference between success and failure is in the attitude, intent and planning.**

Every day, we are successful at many things. We get up and out of the house on time. We remember to put gas in the car and pay bills on time. These are successes. If you accept this as true, I would ask how successful do you want to be?

Imagine being able to achieve everything you desire. Close your eyes and picture that life: What are you spending your time doing? Who are you with? How does it feel?

Describe what you have accomplished to get here: How long did it take you? Who supported you along the way? Do you have more to accomplish?

Now, with your eyes still closed, picture how your current life looks: How close are you to realizing your destiny? When you think about the gap between what you desire and where you are now, do you feel energized and excited? Do you feel disappointed, saddened? Or do you feel hopeless and distraught?

The measure of how you feel when you see success from where you are **right now** is an indicator of how connected you are to achieving what you define as success. If you feel hopeless and distraught, success is a million light years away. Your focus is on what you don't have, how bad things can get, on being a victim in a cruel world. If you can feel excitement when you imagine reaching your goals and achieving your definition of success, you will reach a high level of success.

Many of us find ourselves in between victim and victor. We are satisfied with what we have accomplished to this point for the most part. We have plans to do more, better and in an easier fashion. We take pride in being good parents, solid contributors to our employer, responsible citizens. We set standards, we work hard, we save and we enjoy life as often as we can. But, as the Monkeys said, "It's just another Pleasant Valley Sunday". So, how do you take the next step?

*Always bear in mind that your own resolution to succeed is more important than any other one thing.*  
*Abraham Lincoln*

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## GARDENER'S ACTION PLAN FOR JUNE 2005 ©

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**The difference between success and failure is in the attitude, intent and planning.**

The people we identify as successful have the same attitude about success and share many of the same habits. First, they start with a vision. They picture or visualize what they want: how their home looks, including how large it is, what style, where it is located. They visualize the landscaping, the interior decorating.

***When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid. Audre Lorde***

They also know before they go to bed at night what their tomorrow looks like: They see their top 5 priorities. They see themselves taking care of these priorities before anything else. The rest of us make, instead, a "to do" list. We go to the office and instead of tackling our first priority (or even identifying it); we check email and voice mail.

The most successful people also begin their day as they visualized it the night before. Once the top priorities are taken care of, successful people turn to other matters-but **not** before. After all, they identified what the priorities are based on their vision of success. Why should they second guess themselves?

Successful people surround themselves with other successful people. They seek out people who are successful in areas that they are not yet successful. They form support networks (see May 2005 Newsletter).

Another key to success is to know what you intend to achieve and set goals that support that intention. Every day, take five steps toward reaching the goals. You may read an article about your success goal or maybe attend a social hour where you can meet people that have succeeded at reaching the same goals.

***My will shall shape the future. Whether I fail or succeed shall be no man's doing but my own. I am the force; I can clear any obstacle before me or I can be lost in the maze. My choice; my responsibility; win or lose, only I hold the key to my destiny. Elaine Maxwell***

In summary, successful people plan to be successful. They set realistic goals, sometimes a little out of reach so that they can stretch. They find mentors-people that have done what they want to do. They plan success every night and think success every day. Most importantly, they ACT. They believe in themselves and they believe in the education that experience brings. They do not give into fear, nor do they experience fear of success-they embrace it!

If you are ready to change your beliefs and redefine success, you may request a 30-minute sample coaching session by sending an email to [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) or by calling 866-337-2728. All rights reserved. This may be reproduced with copyright statement and credits intact.