

From: Steve Thompson Coaching steve@stevethompsoncoaching.com
Subject: "Different Perspectives" 12-9-24
Date: December 9, 2024 at 7:02 AM
To: Steve Thompson steve.thompson110@comcast.net

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The "Different Perspectives" Newsletter

It can be fun to step back and look at the world from a different angle. Here, we step back and look at commonly used words in business and life, ask a provocative question, and see what others are doing differently by applying a different lens on life. I hope you enjoy "Different Perspectives" and that you begin to step back when needed and observing what else is possible.

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December 9, 2024

Word Choices

Success: /sək'ses/. *Noun. Def - the accomplishment of an aim or purpose. A favorable or desirable outcome.*

This word fascinates me as it can be the driver in us to go out and achieve our goals or for some, it can be the bane of one's existence, in particular when someone says "I never have success." It seems that the word "success" can take on many different interpretations, some good and some harmful. It is often a personal definition and how we interpret it individually can depend on how we were raised. I was raised with the notion that if one was successful, they must have done

something wrong or were criminal. Hard to believe, but true.

I consider "success" as being on a spectrum ranging from accomplishment to fulfillment. One is a science. One is an art. There are many coaches and programs that will give you the pathway to accomplishing your goals, and for some, that is a perfect definition of success to them. However, holding that definition to be true can set someone up for a treadmill of dopamine hits. Once one goal is achieved, they thirst for another, then another, and then another, and after a while, can feel frustrated that they don't feel better or happy. Social media loves this scenario - people displaying only their "successes" and not their failures can draw others into wanting what someone else has, or can create a comparison culture.

The opposite end of the spectrum of Success is fulfillment. Fulfillment is more about the process of achieving vs the reward. Enjoying the process seems counter to achievement but when one is able to enjoy the process, they often feel happier, satisfied, engaged, and ready to play the game over and over again. Fulfillment allows you to enjoy the fruits of your labor and to fall in love with the Being of success, not so much the end result.

Question of the Week

How do you define "Success"?

What does "Success" mean and are there any stories in your head that were given to you by others?

Lessons from the Camino

While trekking 500 miles across Spain, I finally figured out what loving the process and feeling fulfilled meant to me. Sure, I had daily goals of getting from one town to

and feeling fulfilled meant to me. Sure, I had daily goals of getting from one town to the next and covering some 14-20 miles a day, but being present in the day brought the most joy and the feeling of having a fulfilling day.

What was the secret to this realization? There were multiple factors involved that ultimately led to finding presence. First, I needed to be clear on the destination I was headed to and a rough idea of the trail ahead so I knew where I was going and what I might see. Next, creating a grounding question or message or intention helped me to stay in the moment and focus on what I wanted to achieve for the day. Once I had these set and confirmed in my head, I could step out on the trail and just enjoy the day and look for the answers to my questions or intentions. On days that I was not as clear, I found myself looking at my watch at the distance covered, or looking at the trail for the next turn, and thinking "when will this be over?" Certainly not focused on the present.

This lesson can be applied to everyday life and work. If you know your destination and path (Vision and Plan), and you set an intention for the day (Mindset and focus), you might be surprised at how the universe delivers what you want and the urge or rush to get to the end will slowly fade away. Also, if you don't have a vision or a plan, then any path would do. Imagine if I just woke up every day not knowing where I was going? Heck, any trail would have looked good and I might have ended up lost and confused.

Goals and Visions can be in any length of time. I always liked working in 90 day sprints because I knew my brain had trouble putting importance on a distant goal and also holding the attention and focus needed on a goal 5 years out did not motivate me. Visions for life or business can create the motivation to move to a new future self or idea of your business.

Thinking Outside the Box

Do you find yourself stuck, frustrated, bored, lacking motivation, or not sure what to do? A coach can help. Coaching is about drawing the answers to your questions

do? A coach can help. Coaching is about drawing the answers to your questions from within you and your teams, not telling you what you should do.

If you have been stuck for a while and have tried over and over again to "get a fresh start" but still find yourself not moving forward, then step Outside the Box and find a coach to help you!

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