

Is there a secret formula for...



HAPPINESS AND SUCCESS?

By Sarah Hopwood

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Do things on purpose, with purpose

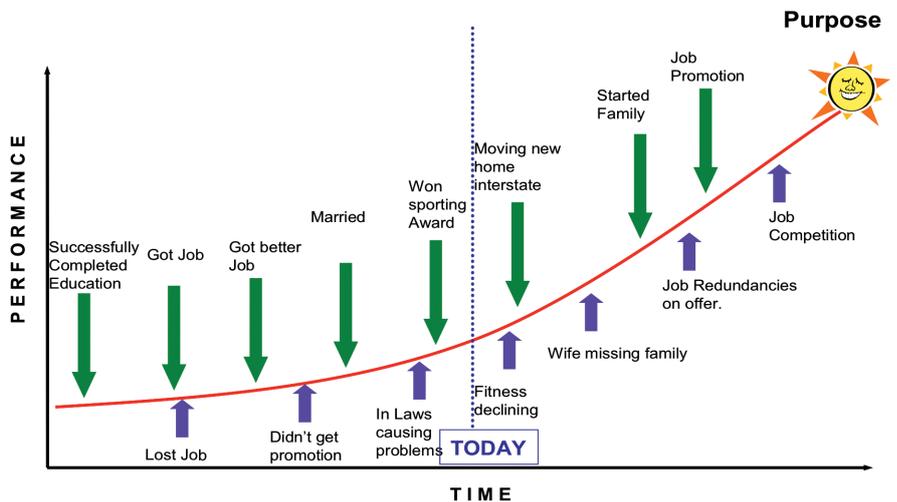
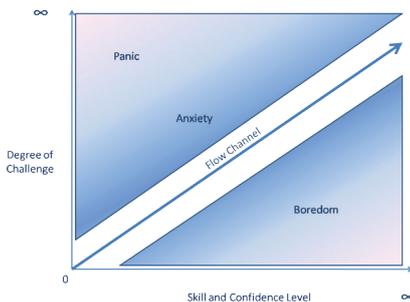
“How will you know, at the end of your life, whether you have been successful or not?” I was once asked this question unexpectedly and to think on my feet before replying.

What would your answer be today?

Do you have a sense of fulfillment and peace, or do you feel that as hard as you try, the feeling of success eludes you? As humans our two greatest fears are that we are not good enough, or not loved.

Some think the opposite to love is hate – it isn't, it is indifference. I specialise in EQ, emotional intelligence which is managing the relationships we have with others and ourselves. The key word is 'empathy'. So what could be stopping you from reaching your full potential and how could we be more empathic in our relationships?

When I look at life purpose, I align it with a sense of 'flow'. For me I feel in flow when I am being challenged whilst succeeding – sometimes almost feeling on another plain. My levels of competence and confidence are high. I feel happy. Many link true happiness with being in this state of flow.



How many times have we heard that success is not a destination; it's a journey? So what does your journey look like to date and how can you relate that journey to success? The picture above shines a light on the merits of learning from the past – the good and the not so good. Usually our most powerful lessons come from perceived failures.

A book supporting this thinking is *Falling Upward* by Richard Rohr - an amazing book!

I use the Mindshop intellectual property supplied by an Australian company of the same name (my husband Paul is their top facilitator in the UK). They have an awesome core value, which I have adopted. It is VTO – value to others. Mindshop say the 'Secret of Success' is VTO.

When we give value to other people we experience a warm sense of achievement and giving. These feelings then fill up our emotional bank account, topping up our sense of self worth. This in turn feeds our confidence. When

our self-esteem and confidence are high we will claim and take own our success.

So here was my answer to the surprise question. “If at the end of my life the church is full, then maybe, just maybe, I have been successful.”

I am sure your answer is different. The key assessment is actually more about whether you are happy about your definition of success, rather than the words you use. My answer feels right for me and is in alignment with my sense of life purpose.

“Every moment you spend upset, in despair, in anguish, angry or hurt because of the behaviour of anybody else in your life, is a moment in which you have given up control of your Life.” Dr. Wayne Dyer

Perhaps now is the time to take stock, reassess and align. Tomorrow is a new day and remember, keep doing things on purpose, with purpose!