



Episode 107: Define Your Own Success In Life

with Dr Claire Kaye

Most of us believe that hard work and effort are what it takes to reach success and happiness. But, do we really know what success means? It's so easy to get caught up in other people's definition of success such as obtaining fame, wealth, and status.

How often do you take a step back and think: Is this what I really want? In this episode, Dr Claire Kaye joins Rachel to discuss how success can mean different things for different people, and why you should not wait for success to happen in order to be happy. Instead, choose happiness first.

There is no single definition of success. You are free to choose and live your own definition. Dr Claire shares her three tips to redefining success and overcoming pitfalls. When you understand what success means to you, it can help you stay focused on what is important.

If you're feeling lost and overwhelmed and want to find happiness and success, then this episode is for you.



Podcast links

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We are now working with GP fellowship programs, trainers, and groups to help people feel happier! [Bookings](#) are now open for Autumn 2022 and a few slots are left for Spring 2022.

[You're Not A Frog Episode 71](#): Create a Career You'll Love with Dr Claire Kaye

[You're Not A Frog Episode 88](#): How to Ditch the Saviour Complex and Feel More Alive with Rob Bell

[Four Thousand Weeks: Time Management for Mortals](#) by Oliver Burkeman

[The Happy Secret to Better Work](#) by Shawn Achor

[The Happiness Advantage](#) by Shawn Achor

Guest links

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Quote to Remember:



‘That label I thought was success wasn’t actually my success. Gradually what I’ve done is worked out what my definition of success is and I have found it incredibly liberating to know what success is for me.’

What You Will Learn

Success is different for everyone. Your priorities are different from others and may even change over time. Don’t judge others and even more so, yourself. Stay honest and reflect on what is really important for you.

This activity will help jumpstart your journey toward the success and happiness you want. We will be following Dr Claire’s top three tips: defining your own success, understanding your trajectory, and learning to be kinder to yourself.

Before redefining success, we need to set a baseline of where we are currently. This involves reflecting on what we think we want versus what we really want. In addition, we’ll look into what makes us happy and whether our current situation matches our ideal situation.

Completing this first step will give you a better picture of the things you value. Gaining clarity on your success can also keep you on track. Remember that you don’t need to take every opportunity that comes your way; you can’t do everything. All you can do is focus on what you really want.

No plan is complete without action. When reflecting on what to change, keep in mind that change is not failure, nor does it have to be a complete change. You can start small and simple or even find yourself just changing your mindset! Whatever you decide on, remember that it needs to fit your lifestyle and values.

Finally, this activity will encourage you to be kinder to yourself. Failure is uncomfortable, but it’s not the end. Failures can be stepping stones towards success as long as you get up every time. Don’t beat yourself up when you’re not getting the results you wanted, but instead reflect on what you can do to move forward.



Activity: Three Steps Of Redefining Success

Q1. What are your key takeaways from the podcast about defining success?

Q2. What is your current definition of success? Is this what you really want, or is it something you were taught to want?

Q3. Let's start building our pyramid of success! We start by assessing whether your definition is aligned to what you truly want.

a) Complete this sentence: "I'm happiest when..."

b) What does your week look like right now?



c) What does your ideal week look like?

Q4. Based on your reflection, what are your observations about your success, happiness, and activities?

Q5. What small things can you change to start taking small steps towards the success you want?

Q6. What do you think your trajectory will be? Are you the type to take it slow and steady or fast?



Q7. At any point in your journey to success, how can you practice being kind to yourself regardless of what happens?

CPD time claimed:

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