

“Ins and Outs” of Success

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We go through life attempting to identify and define success. We want to know what it smells like, and what it tastes like and what we need do to accomplish success. Success is something each of us will have to find and define for ourselves. Often when people are asked what success means to them, they will offer such responses as: (1) having a healthy family, (2) raising responsible children, (3) having a good marriage, (4) securing a job that earns a high salary, (5) buying a home, (6) having the freedom to travel and come and go as they please, (7) living a debt free life, (8) achieving set goals, (9) being spiritually, physically, mentally, emotionally, and financially stable, and (10) achieving the ability to help others. The list is endless.

The media gives us a false sense of reality about success and what we must do to obtain success. The tangible things of life: the fancy cars, designer clothes, extravagant houses, and exotic vacations. Please do not misunderstand me, there is nothing wrong with having those things and enjoying them. However, when they become a main priority, more often than not, people obtain them only to discover that life can still feel empty. Reaching a sound understanding of what success means to you, can bring the rewards of an emotional, balanced, and well-rounded life. In my life, I developed the blueprint for my organization “Women Without Limitations,” which is designed to educate, empower, and elevate women to be their best. We talk about what success looks like in all areas of our life, whether it be family, relationships, work, finance, religion, health, or mental state. As a Counselor Educator, one of the things I have discovered is that people want to live a successful life; However, that might look for them. Thus, if people fall short of these real or imagined images they have of success, it creates instability in their lives where they begin to feel worthless and useless. They feel out of balance and simply feel like they cannot go on with their life because they have not reached their full potential. I have come to understand both in and out of therapy that success is an inside out job. This means you first must come to grips with how you want to live your life. Many people are chasing the fantasy of what they think success should be. My goal is to assist people with gaining an understanding of what it means to live a successful life. I developed these simple rules of success many years ago and have shared them with people all around the world. People have found them to be liberating and extraordinary effective for their lives.

- Celebrate who and what you are
- Self-Care is Essential, Therefore Give Yourself At Least One Mental Health Day a Week
- Do Not Expect Others to Do What You Are Not Willing to Do for Yourself
- In the Worst of Times-Keep a smile
- Get Angry, Get Over it, and Move Forward
- Treat others with respect and sincerity
- Be Clear About What You Will Not Do, Versus What You Cannot Do
- Take Full Responsibility for Your Happiness Because Happiness is an Inside Job
- Do Not Be Afraid to Take Risks – Life Is Full of Chances
- Choose Your Battle Carefully and Appropriately
- From Each Life Experiences There Are Lessons to be Learned
- Do Not Be Afraid to Help Others

- Avoid Gossiping
- Keep A Good Book to Read
- Set Goals, Stay Focused, and on Task
- Know What You Want Out of Life and Prepare, Plan, Practice, and Perform
- Work is Play and Play is Work, But Always Remember to Take Time For Spirituality, Family, and Friends
- Know That Every Problem Has a Solution
- Be Prayerful, Positive, Proactive, and Patient
- Dream Your Own Dreams

I have included the poem below. Over the years I have provide this poem to people to read aloud, which allows it to resonate in their soul; as they go through life seeking their personal meaning of success. This allows them to seek their divine destiny and discover the value of whom they are and why they were created. When they combine their value with their passion, they are on the road to a successful life, on their own terms.

Divine Destiny

Stop living small and live big!
Push past your limits.
Create a plan that will not fail.
Do find your true calling.
Believe in the impossible.
Attract what you want in life.
Live a life that is significant.
Be totally unforgettable.
Believe in yourself.
Never accept “no” as the final answer.
Push past your life’s failures.
Do what makes your heart sing, sing, sing!

Learn how to forgive and forget.
Release and let go.
Life is the energy you give.
Therefore, that is what you will get.

Live each day as if it is your last day!
Make the dash between when you were born and when you die; dance, dance, dance.
Baby, do your dip.
Sing a new song.
Let your little light shine, shine, shine.

Now Get off Your “BUT” not your posterior, but the BUTs of life often followed by the following ideas:

- I am too old
- I am not old enough
- I am too poor
- I am not intelligent
- I was born the wrong time, place, race, or gender
- I don’t have what it takes
- What if it does not work

YES, YES, YES, it is time to get off your “BUTs” and fulfill your Divine Destiny.
Live a life of no regrets and you will not have any regrets about the life you are living.
You are amazing, awesome, bold, and beautiful and an insanely intelligent person.
Now for the rest of life and this day forward don't just give the world your best, show the world your greatest!

Go reach your ordained Destiny.
Peace and keep the faith.
Linda J. M. Holloway

Success is what you make it. So, try not to make success make you because when you do, you lose sight of the true meaning of life. Life will be such more pleasant and enjoyable when you can embrace the simpler things of life. I felt the need to share this because so many people are stressed out living unhappy lives and seeking the illusion of success, and not living their life's purpose. Living a life of purpose and fulfillment will bring you great joy. Remember success is inside out!

Conflict of Interest

It does not constitute a conflict of interest for the authors.

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