

## HOW CAN YOU FOCUS LESS ON SOURCING ENOUGHNESS FROM WORK (TITLES, STATUS, INCOME, PRAISE), AND FOCUS MORE ON UNDERSTANDING WHAT SUCCESS MEANS FOR YOU?

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The more connected you are to yourself, the less you need to hustle for worthiness in any aspect of your life.

Building a solid foundation for yourself can look like:

- A relentless commitment to self-care
- Having a strategy to handle your inner critic
- Noticing and interrupting behaviours that no longer serve you
- Getting ever clearer on what being success-full means for you

Now grab your journal and play with any/all of these questions this month:

1. Which parts of my working life make me feel most alive?
2. Which parts of my working life leave me feeling drained and like I'm dying a little inside?
3. How do I define success? Is it on my terms, or someone else's? Play with the idea of being "success-full" - what could that look like?
4. When the voice in your head pops up and tells you you're not succeeding at work, or that others are better than you (or anything else nasty that it says), what can do/say to yourself in that moment?
5. What's one small step I could take today to feel more success-full at work?

### Let's connect!

Find me on Instagram @mandylehto and at [www.mandylehto.com](http://www.mandylehto.com)  
Find Shelley Paxton on Instagram @soulbbatical and at [www.soulbbatical.com](http://www.soulbbatical.com)