



A grayscale photograph of a person's hands typing on a laptop keyboard. To the left, a pair of white earphones lies next to a small, round potted plant with green leaves. The background is a light-colored wooden surface.

REDEFINING SUCCESS: FINDING YOUR PURPOSE & OWNING YOUR STORY

@flynncoleman

Quotes + Exercises



“I used to be afraid of failing at something that really mattered to me, but now I’m more afraid of succeeding at things that don’t matter.”

~Bob Goff

Affluenza

“A painful, contagious,
socially transmitted
condition of overload, debt,
anxiety, and waste resulting
from the dogged pursuit of
more.”

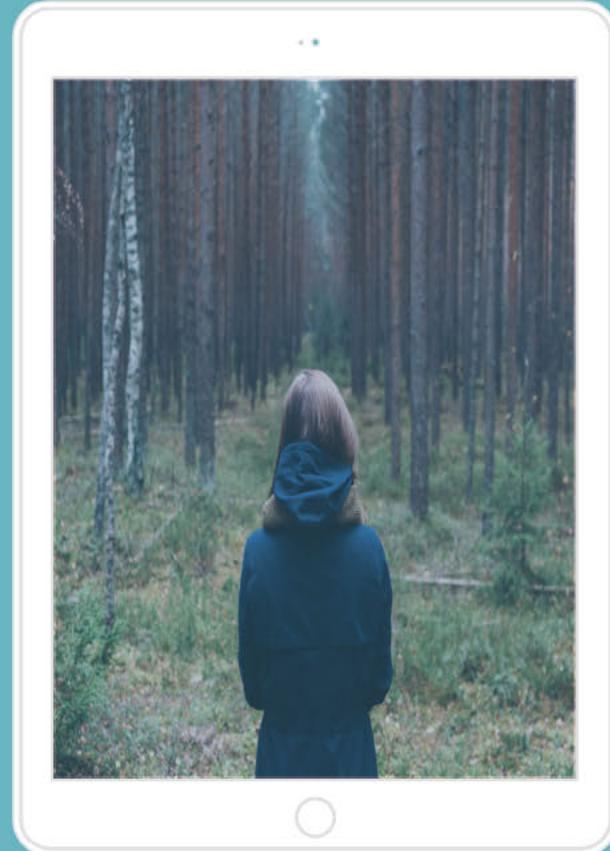
~Oliver James

What
influences
your idea of
success?



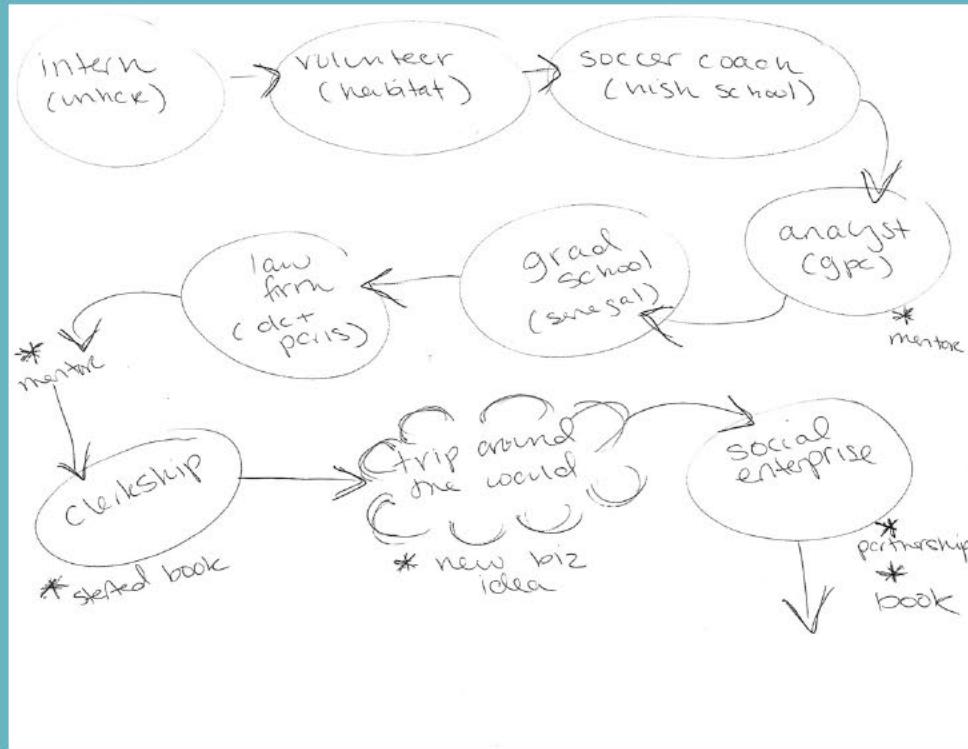
“Don't be satisfied
with stories, how
things have gone
with others. Unfold
your own myth.”

~Rumi



Exercise:

Draw a map of your career

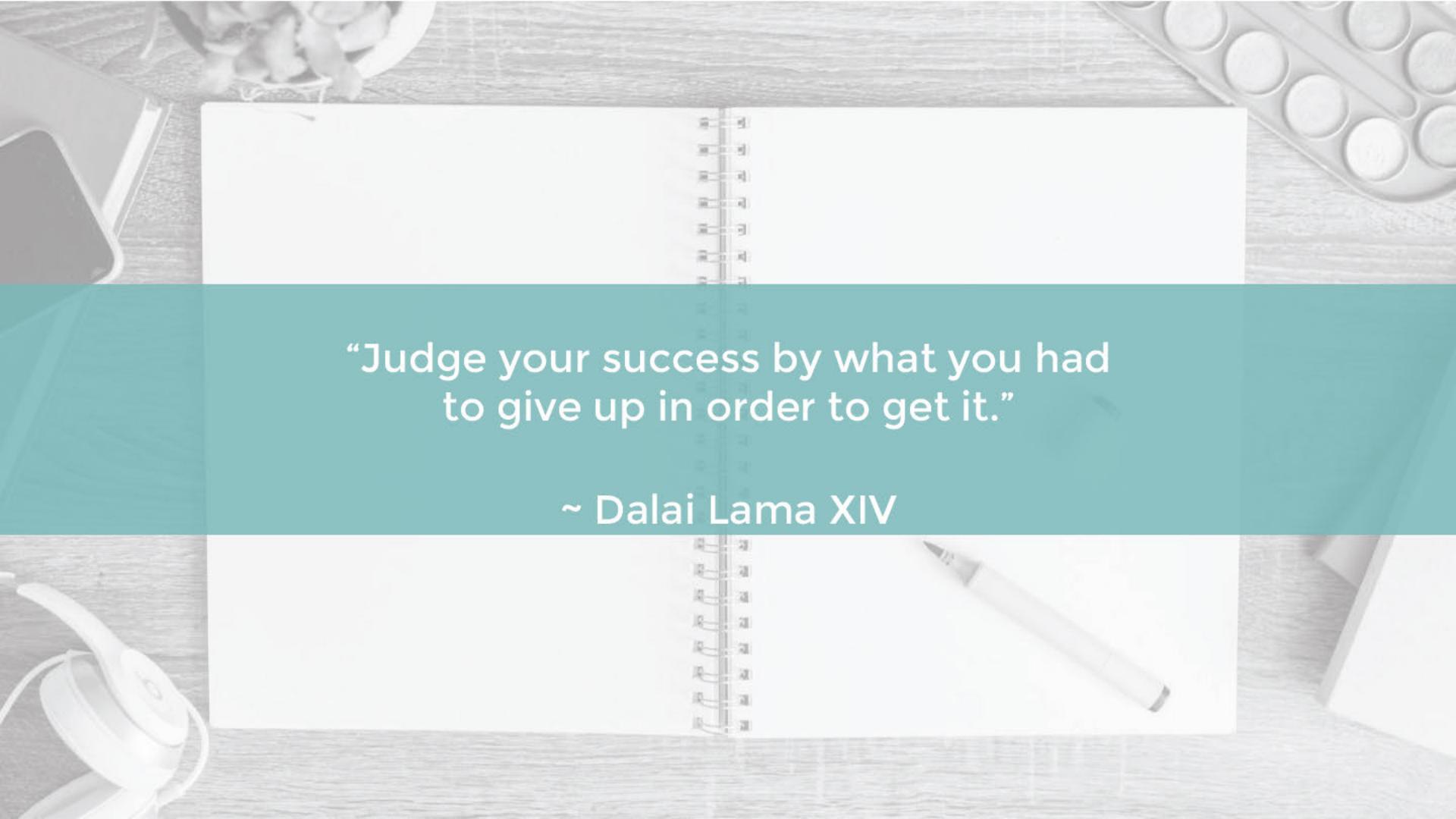


“Follow your
bliss.”

~ Joseph
Campbell

Exercise:

What makes you
feel most alive?



“Judge your success by what you had
to give up in order to get it.”

~ Dalai Lama XIV

“If Ernest Hemingway,
James Mitchener, Neil
Simon, Frank Lloyd
Wright, and Pablo Picasso
could not get it right the
first time, what makes you
think that you will?”

– Paul Heckel

Question:

How would you act
and what would you
do if we lived in a
culture less defined by
fear of failure, shame,
and cults of “success”
and perfectionism?

“The two most
important days in your
life are the day you are
born and the day you
find out why.”

~Mark Twain

“I stopped pretending to myself to be anything other than what I was, and began to direct all my energy into finishing the only work that mattered to me. Had I really succeeded at anything else, I might never have found the determination to succeed in the one arena where I believe I truly belonged. [R]ock bottom became the solid foundation on which I built my life.”

~ J.K. Rowling





LIFE HACK

Surround yourself
with people you
admire.





EXPERIMENTS

Craft and execute
them.



Instead of asking
“what do you do?” ask
each other something
else.

(Ex: What do you want to
do? What are you passionate
about? Who do you want to
be?)

“Owning our story can be
hard but not nearly as
difficult as spending our
lives running from it...Only
when we are brave
enough to explore the
darkness will we discover
the infinite power of our
light.”

~Brené Brown

Exercise:

- 1. Pick one of your deepest held values.**
- 2. Write what success would look like in terms of living this value.**

“It’s your life – but only if you make it so. The standards by which you live must be your own standards, your own values, your own convictions in regard to what is right and wrong, what is true and false, what is important and what is trivial. When you adopt the standards and the values of someone else or a community or a pressure group, you surrender your own integrity. You become, to the extent of your surrender, less of a human being.”

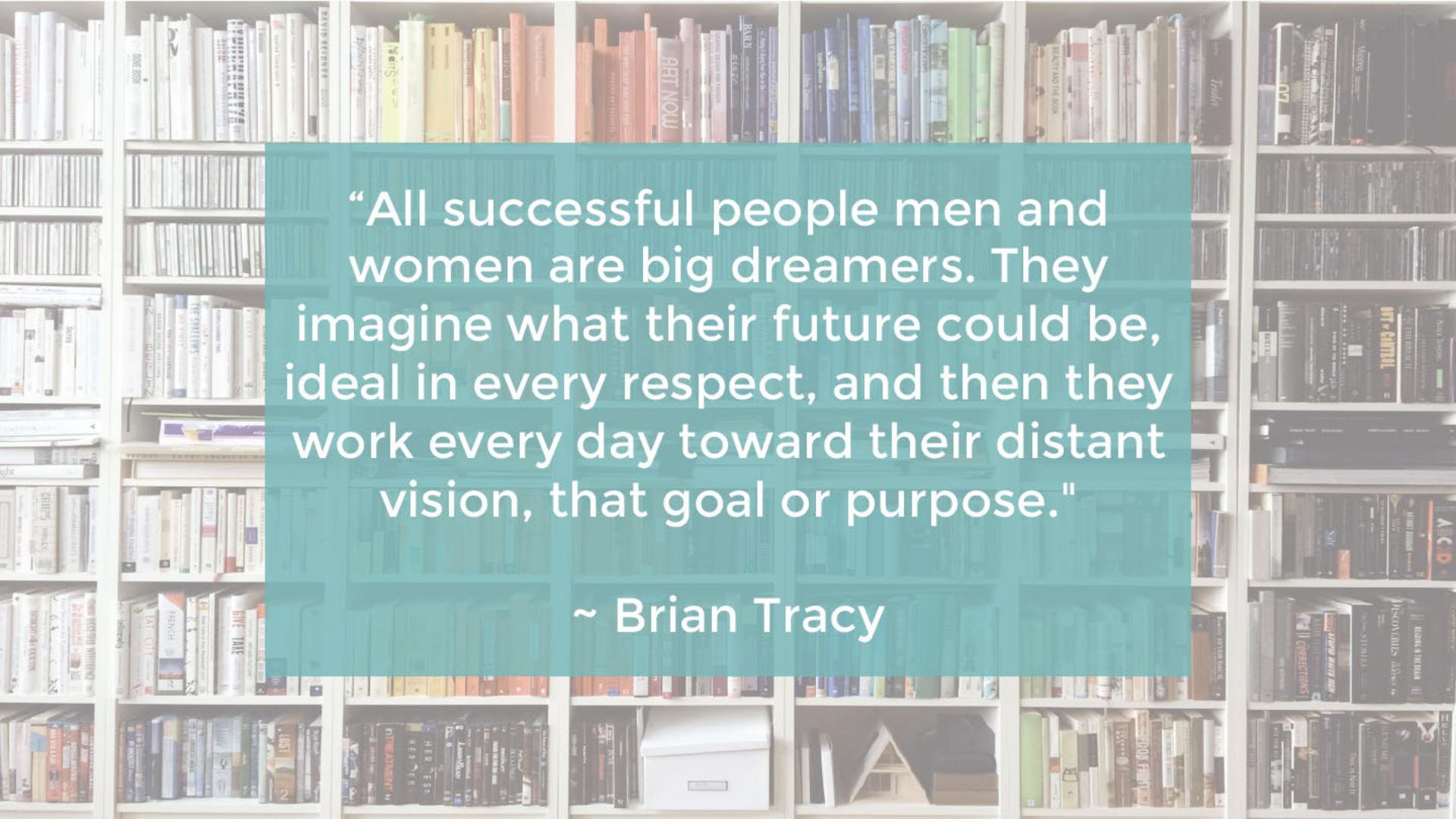
~Eleanor Roosevelt



INNER GUIDEPOST

“Comparison is the thief of joy.” ~Teddy Roosevelt





“All successful people men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.”

~ Brian Tracy

“Be brave enough to live creatively. You have to leave the city of your comfort and go into the wilderness of your intuition.

You can only get there by hard work, by risking and by not quite knowing what you are doing.

What you will discover will be wonderful. What you'll discover will be yourself.”

~Alan Alda

“It is not death that a man
should fear, but he should
fear never beginning to live.”

~ Marcus Aurelius,
Meditations

Exercise:

Write your obituary.

“Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything – all external expectations, all pride, all fear of embarrassment or failure – these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.”

~Steve Jobs

A photograph of a stack of books on a shelf. The books are bound in dark brown leather. A solid teal rectangular overlay covers the middle portion of the image, containing the text.

What is your revelation from today?

Thank you!

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