



Coach Jane

The Rainbow of Success!

In our society, success is one of those over used words. I like to think of success as a rainbow with many vibrant colours that make life worth living and that illusive pot of gold at the end.

The dictionary describes success as the accomplishment of what is desired or aimed at, achievement, the attainment of wealth, fame, prosperity. For many, success translates to dollars and is a measure of your bank account. Some think of it in terms of prestige and the size of home you have, keeping up with the Jones or the location of your office.

Think of people you know and what makes them successful, chances are there are some defining characteristics. I look back at family members and those who are no longer with us and think in their terms what was success?

What does this thing called success mean for you? Of course the financial stripe on the rainbow of success is very important. But if that is the only stripe on your rainbow it will look like a rainbow on a dull day!

Rainbows are rare. To see them you have to have the right combination of storm and sunshine. What would it be like if you approached those stormy times in your life with more sunshine?

Get your crayons out and draw your rainbow put as many colours on it as you can but choose wisely. Let's look at the colours:

Purple – In many cultures purple is the colour of spirit/faith. What are your beliefs? Are you following their lead?

Blue – Just like the great oceans are you, how calm and accepting are you? Are you plodding along through life or are you giving it your all?

Magenta – Is your life full of passion? Do you wake up everyday to the sizzling sensation of being alive?

Red – What is your show stopper? What is your gift to the world? Are you following your heart or your head?

Yellow – How alive are you? Are you being the powerful and beautiful ray of light you were meant to be?

Green – Remember your connection here on earth to all things living. Are your feet on the ground? Do you live with and honour your responsibilities?

The colours and meanings in your rainbow of success will be as unique as you. Create a visual to remind you of what is important. To reinforce your priorities and to add more success to your life, every morning get quiet and visualize this wonderful rainbow surrounding you with its light.

One of the great spiritual or goal setting techniques is to start with the end in mind. How do you wish to be remembered? When you get to the end of your time here what will you be most proud of? What will you treasure the most?

For most of us it is the love we have shared with others, our family and friends; the good works we have done to make the world a better place; a life packed full with no regrets.

What will your legacy be and what will be in your pot of gold?

To learn more about coaching and how *Coach Jane* can help you grow your business to the next level and live an awesome life, visit www.awesomecoaching.com. To have *Coach Jane* speak to your group or organization you can contact her at [705.444.5448](tel:705.444.5448) or info@awesomecoaching.com.

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