

# How to **REDEFINE SUCCESS**

The era of the hustle culture #girlboss is dead, long live the soft life. We spent our 20s defining our self-worth and success by hitting traditional career goals and big milestones, from climbing the corporate ladder to marriage on the timeline that society celebrates. We're ready to rethink what success means to us, because we should all have unique versions of what success really is.

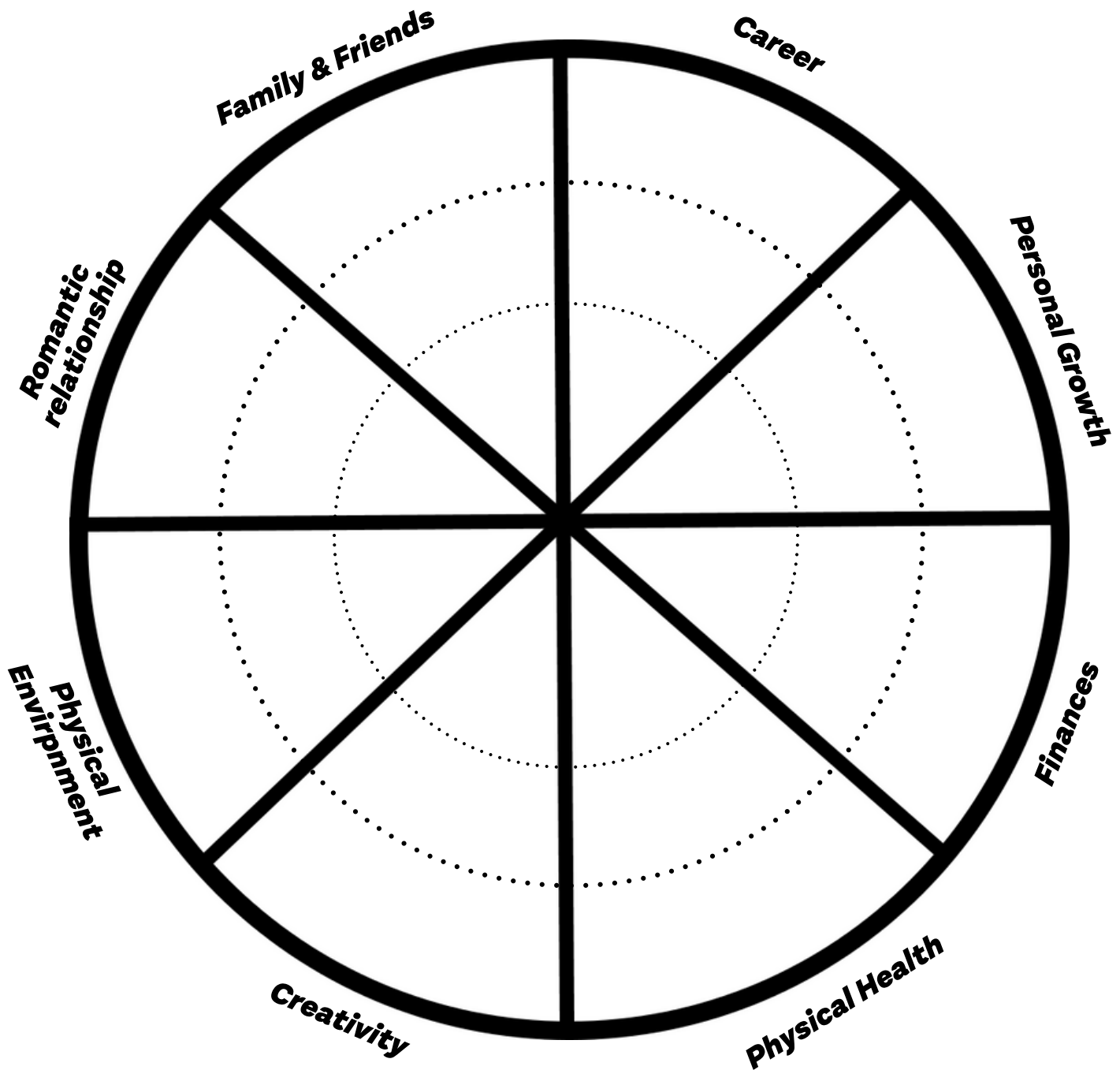
Start by examining your metrics of success, and if they are true to you. Are you measuring your success based on money? A job title? Keeping up with your friends? Health and balance? Get clear on how you want to measure your success going forward.

Next, follow these four prompts to redefine success, and write down your takeaways in a journal.

1. Visualize who you want to be in the future. Get specific about the details: Where do you live? Who are you with? Where do you work? How do you spend your time, and what brings you joy? By picturing where you want to end up, you can work back and make a plan.
2. Get clear on your why. Why do you want that life? How does it align with your values? What's your North Star?
3. Analyze your current situation and do an audit of what changes need to be made to fulfill this vision of success. Look at it in terms of your friends/family, romantic relationships, career, finances, hobbies/passions, health & personal development. You can measure how you're feeling about each category in the "Life Balance Wheel".
4. Make a plan for each area of your life that ladders up to your overall success and fulfillment, and break it down into small, doable chunks. It's easiest to hit these goals when they're broken into simple steps that create momentum.

# LIFE BALANCE WHEEL

Use each ring as guide to measure your level of fulfillment in each area. The smallest ring = low, the middle ring = average, and the largest ring = high.



Listen to [episode 150](#) for more advice on how you to redefine your idea of success and carve your own path to fulfillment.