

This is comfortably uncomfortable, the podcast about getting out of your routine comfort zone and feeling a little uncomfortable so that you can have the life that you've always desired. Comfortably uncomfortable with Stephanie Lee starts right now.

Hello, this is Stephanie and I am completely, utterly, totally well. You guessed it comfortably uncomfortable, and you know what? I hope you are too, because that is how we grow by being uncomfortable, getting out of our comfort zone and living the life with our dreams and desires met all the time.

On this episode, I am going to talk about success. What is success? Well, it's different for you and for me and for anyone else. Let me ask you, how many times have you been at a work gathering or a social event or a family gathering and someone asks you what you do? What do you do? Well, what they really mean is what do you do for a living? And then they want to know if it's successful. That is kind of what they're asking and in a general terms, what they really want to know is if it's successful money-wise, if you make money from it, well that is very subjective and that is something that, well, most people generally think of success as being, but it doesn't have to be that way. [inaudible] no, it doesn't believe me. Success is many different things to many different people.

You are very unique and you have a different perception of success. Perception is very funny, isn't it? Because we perceive success differently and it depends on how we were raised. Our parents and grandparents raised us to think of success in a different way, in a unique way. Is success based on how much money you make?...is success based on something else? Probably yes. Because you were raised in a unique way. So before getting upset about being asked that question, ask yourself how this person was raised and their perception of success. That is the thing to do. That has nothing to do with them asking you. Your successes are based on what you think they are. I can't stress that enough. I have been asked that question many times and it's only recently that I know what success is and my life and I'll share that with you a little bit later on and just a little bit of a way. I want to make it a full episode, but I want to stress this success that I had back in 2017.

Now, of course, I want to start with a quote as I always do, or I always give you a quote. And this one comes from Earl Nightingale. Have you ever heard of him? Maybe you have, but maybe you haven't. Well, back in 1956 he was a radio announcer and he made a radio recording and it was called the "Strangest Secret". Well, do you know the strangest secret? Well, he does and I think that you would enjoy this recording. You can get it on audible.com and it is really wonderful because you get to hear his voice. He has a very distinctive voice and he was one of the top radio announcers at the time and it is a wonderful pleasure to listen to him. Let me just add that. You can also get the text version of the audible version and it is a wonderful thing to get because then you can underline things and you can turn down pages and you can really get to understand what he's talking about.

So he defines success and this is his definition.

"The definition of success. When we say about 5% achieve success, we have to define success. Here is the best definition I've ever been able to find. Success is the progressive realization of a worthy ideal. If someone is working towards a predetermined goal and knows where they are going, that person is a success. If they are not doing that, they are a failure. Success is the progressive realization of a worthy ideal who succeeds. The only person who succeeds is the person who is progressively realizing a worthy ideal. It is the person who says, I am going to become this and then begins to work towards that goal.

I'll tell you who the successful people are. A success is the school teacher who is teaching school because that's what he or she wants to do. A success is the woman who is a wife and mother because she wanted to become a wife and mother and is doing a great job. A success is the man who runs the corner gas station because that was his dream. A success is the entrepreneur who starts their own company because that was their dream. That's what they wanted to do. A success is the successful sales person who wants to become a top notch salesperson and grows and builds within his or her organization and sets forth on the pursuit of that goal. A success is anyone who is pursuing deliberately a predetermined goal because that's what he or she decided to do deliberately."

So you see that is a success. He doesn't mention money there. He mentions what is determined as a success for you and for me. They are so different because we are unique. Now, let me get into that story, that short story that happened in 2017. Well, 2017 was a huge year for me and I think we all know what was going on. If you don't go back a couple of episodes, I'm not going to go into it a lot. And matter of fact, I'm just gonna mention a couple of things just in basic terms. Well back in 2017 I didn't mention that I wrote a book. Well, I took a course, a three week course, 21 day course, which is always the basic number that we always mark our basic successes on or our changes in our subconscious mind to do something or that we're going to achieve something and that we achieved something.

So 21 days was this course and it was on writing a book. So I made that decision right there that I was going to write a book and 21 days and guess what? I was successful at it. That was my success. And then I published the book. That was a success as if writing, it wasn't enough. I published it. It could have been enough if that was what I wanted to do because writing it was a successful, but then I published it, which was another success. So then that was great. It didn't matter if it was a number one bestseller, a matter of fact, that would have been successful if that's what I wanted. But guess what? Those two things that I just mentioned, writing a book and publishing a book made me a successful person in my eyes, and that was something that I can always look at and say I did until the day that I am not walking on this earth.

I can always say the I am a published author. That is a successful thing for me. Now, the other thing that I did in 2017 which I mentioned was speaking on stage. I had a speaking gig at Podcast Movement. I mentioned it before and I don't want to go into it again, but there was a competition. I didn't win the competition, but guess what? I was successful anyway. I got on stage and I did my talk. I did my public speaking gig and now I'm not afraid to get on stage. That was a success. Now I have those two things under my belt that I've been successful in. Now. What do you consider successful? It could be small successes or it could be large successes and what is a small success? It's different than it is for me. Well, being successful for somebody could be that they were in a car accident and they couldn't walk and all of a sudden they learned how to walk.

That's a success. Being successful could be cooking dinner one night when you are not a chef and you are unsure about how to use the stove or how to cook dinner. We see the commercials all the time on TV about cooking and so that makes us want do it and become successful at it. Success could be just going over to your kitchen and making coffee in the morning. That could be a success. If you're an introvert like me and don't want to answer the door because you're afraid to and because you just aren't a person that's a people person. Well, that could be a success, right? Answering the door. Owning a dog that I haven't owned before, I don't have a dog owning kind of a personality. So owning a dog is something that's new to me. Frank is new to me and I'm doing a great job raising him and doing a great job with him.

That's successful. So it's always different no matter what it is, it's always different. So looking for something that you're successful at is not that difficult because just look around and you will see all the successes that you have in your life. Now, as always, or mostly always, I have a, I don't like to call it an assignment, but I have an activity that you could probably try and you will feel better about it.

If you don't feel successful. If you feel like you've lived your life without successes, it's not true. Let me just tell you, there is no one that can make you believe that's true. Because if you really think about it, if you really get down to it, everybody is successful. Do you have children? You're a success. You know, these little things are successful and some of these little things are not so little.

So that is successful. So the activity that I would love you to do for 21 days, because that's when the mark is that we start to see the difference in the way we think. Okay, 21 days I would love for you to, for each day, make a list, take out a sheet of paper or write it on the computer. Now I say that writing it on a piece of paper counts more because if you have to write something, then you're going to memorize it more and it's going to mean more and you're going to have more impact, right? You're going to remember it more. It's going to stick with you more. So write down all your successes that you've had in that day or in that month or in your lifetime. Write down all your successes, even if it's a little thing. Even if it's going over to the faucet and doing dishes, you're successful.

You know, these are successful things, but you have to remember them. So write down all those successes and keep them in your mind if you want to keep a notebook of things that you are successful in. I don't like the word journal, so I'll use the word notebook, but keeps something that you can always go back to and remember all your successes. It really does work and it helps you a lot and just remembering how great you are, what a great person you are, but also just keep in mind what your goal is, what you want to be in some kind of capacity in some kind of lifetime work, right? I want to be a great podcaster, so that's my goal and I have made great strides. I have been successful in many ways in podcasting, so that is so cool.

By the way, just a short little sidebar here is getting to this point in podcasting where I can speak to you without reading or without doing anything. You know, that doesn't make me sound great in my own eyes. That was successful. I have reached that level of success that I feel like I can talk to you and I can be my true self. I'm successful in that way so it doesn't matter what anyone thinks.

It only matters what you think. So you're an individual. Do that assignment. Well I don't like to call an assignment, do that activity because it's so important to your own well-being and your own personality and your own behaviors. We always talk about your personnel, your behaviors, the way you come across this is going to help you. This is going to build so much self confidence. You will not believe it. You are successful right now. That's it. You know what? That is my episode on success and I want you to be successful and you are a success. I don't just want you to be one. You are a success already.

Do you know what? You know where we're going right now. Anyone? Can anyone raise their hand and let me know? Well we are going down to business. How can you get in touch with me? How can you tell me how you are successful? Well, my email address is [gettingcu@gmail.com](mailto:gettingcu@gmail.com) please listen, email me because I love hearing how you are successful. It doesn't matter if you think it's small, it's not. It's a success in your eyes and I love that. So you can always email me and also give me ideas about other things.

Are you having a hard time? Are you uncomfortable or are you comfortable in a relationship? Is there something that's going on that you want me to talk about? I would love to hear about it. So [gettingcu@gmail.com](mailto:gettingcu@gmail.com) but you can also go to [comfortablyuncomfortable.fm](http://comfortablyuncomfortable.fm) to listen to my past episodes, which are, you know, I think, great...but they are definitely about being uncomfortable and about my situations, my stories that may help you. And that's a good thing too. Hey that rhymed. But listen, go to [comfortablyuncomfortable.fm](http://comfortablyuncomfortable.fm) and you will see my past episodes. You can read more about Comfortably Uncomfortable and what the podcast is all about. There's a little bio about me, and there's blog posts, which are a lot of fun, right?

So go there and get all the information about Comfortably Uncomfortable. I love that you listen. I want to help you and I know that we are uncomfortable together. I am uncomfortable every day, and I know you are too. But guess what? It's okay because like I said before, that's how we grow.

Okay...listen, I'll see you next week. Until then. Bye. Bye.

[inaudible].