

12 SIGNS YOU ARE SUCCESSFUL IN LIFE

EVEN IF YOU DON'T FEEL YOU ARE



Life can be full of disappointments – if you choose to see them that way. Otherwise, they are learning opportunities. No negative experience is ever wasted as long as you learn from it.

- If you have figured out the people who "have your back" and recognised the ones who only pretend that they do, then you have succeeded. This is a painful realisation, but once you learn to see the signs of betrayal, you can stay away from those people.

7 You can celebrate others' successes. - Just because other people succeed, that doesn't make you a failure. Applaud those who rise to the top. The more positive energy you give to other people's victories, the more you will create your own.

8 You don't care what other people think. - You know you can't please everyone. You know the standards with which society judges people is many times unrealistic, so you just keep true to yourself and love the person you are.

9 You refuse to be a victim. - You know that life doesn't always happen to you. Many times, you are a co-creator of your life experiences. Successful people know this and refuse to be kept down by life experiences. They rise up and conquer anyway.

10 You accept what you can't change and change what you can. - Let's face it – there are many things you can't change in life. All you can change is how you view what happens. If you can change your negative perspective on situations to a positive one, then you are successful. And let's face it again – there are many things you can change in life. Successful people don't sit around accepting the negatives that are changeable. They get out there and do something about it!

11 You have things to look forward to. - If you don't have exciting things going on in your life that you are eagerly anticipating, then you are slowly dying inside. Successful people create goals that they are passionate about pursuing. They let this excitement drive their life.

12 You are happy. - This is the ultimate definition of success. It doesn't matter what is your bank balance, how big your house is, or how many fancy vacations you take. If you are happy, then you are succeeding in life. Even if you don't see yourself in many of these things, don't fret. It is OK.

Be happy that you see yourself positively. In time, the rest will come. You just need to keep moving onward and upwards.

■ By CAROL MORGAN

WE all feel like failures from time to time. While this is a normal feeling, you have to find a way to see yourself and your life from a different perspective. Sometimes we ignore the "little things." Just because you are not a millionaire, don't live in a mansion, and you don't drive a fancy car, that doesn't mean you are a failure. In fact, it is quite the contrary.

Here are 12 signs that you are succeeding in life:

1 Your relationships are less dramatic than they used to be. - Drama is not maturity. As we age, we should develop maturity. So maybe your relationships were drama-filled in your past, but if you have moved beyond that, then you are successful.

2 You are not afraid to ask for help and support any more. - Asking for help does not equal weakness. In fact, it is a strength. No person has ever succeeded in isolation. It takes teamwork to accomplish goals. Asking for help is a sign that you have grown as a person.

3 You have raised your standards. - You don't tolerate bad behaviour any more – from other people, or even yourself. You hold people accountable for their actions. You don't spend time with the "energy vampires" in your life anymore.

4 You let go of things that don't make you feel good. - No, this is not narcissistic even though it might seem like it. Self-love is success. Love yourself enough to say 'no' to anything that doesn't make you happy, doesn't serve your purpose, or drags you down.

5 You don't complain much. - Because you know there really is nothing to complain about. Unless you really have gone through some horrific life experience and had unimaginable losses, most of what we all experience on a day-to-day basis is just mundane. And successful people know that, they live in a space of gratitude.

6 You have a support system that includes people who would do anything for you.

* Carol Morgan is a professor at Wright State University in United States, and she has a Ph.D. in communication. She is also the host of 'A Walk on the WOO Side' radio show, a motivational expert on 'Living Dayton', and a member of Inspiyr.com's Expert Network.