

Success and its Dimensions

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Success is widely defined as a state of achievements in life or accomplishments of targets in life. But I would define success as “a life with no regrets”. We were taught by our ancestors that, success in life is getting a good degree, employed at a right age at a right time, having a good residence and a luxury car. It is very few people who teach their future generations to overcome struggles and failures. In the current era of growing competitions and rivalries, it is most crucial to impart both positive and negative notions, simultaneously to each budding kid. This will enable them to be prepared and preserved from the negative consequences and reach success easily. I constantly admire the definition of success from the CEO of Conductor, Seth Besmertnik, “Success is looking back at your life, when you are in your final moments, and possessing a great amount of pride around your creations, accomplishments, and legacy, while possessing little to no regret about what you did not do and missed opportunities (i.e. your family still loves you). If I can die feeling this way, I believe this is success”. Real success is attained, when achievements create an everlasting impact on the world, so the society will remember us with respect and honour, their names will live till eternity. Success has three main dimensions (3Ds’): Discipline, Dedication and Determination. These dimensions are important keys towards victory, and it also deals with many other multi-dimensional factors. I anticipate explaining some of the major dimensions (Fig 1.) to be taken into consideration to achieve something in this great journey of life.

Goal Setting: Define a set of targets or goals in life which can be both short-term goal and long-term goals. Short-term goals can be achieved in a shorter period, whereas long-term goals are achieved in a lifetime or longer period. It’s always a good trait to set a goal.

Hard work: When we settle up with a goal, focus on putting up a lot of effort towards achieving it. Do not stop trying even when you are struck up with failures. Hard work never fails and leads you near disappointments.

Attitude: Develop your attitude in such a way so your mind set is firmly attached in achieving the goal beyond entangling with struggles and failures.

Self-motivation: Motivation is the fuel behind the action. When you keep yourself boosted up with the energy filled with knowledge base, skills, time, management and intelligence, success is not so far.



Inspiration: Gather a set of successful great personalities you admire and follow their principles that drove them into success. Read a lot about the inspired personality listen and observe the positive thoughts about them in your day to day life. Follow those master plans to achieve success. We will follow the map of others to accomplish success in life.



Fig 1. Important Keys of Success

Crisis management: Stress, Financial crisis and risk management are three crucial factors which may sometimes push us down far away from victory. To keep us away from mental stressors, Yoga, physical exercises and meditation are to be keenly practised whereas to keep us away from financial crisis, proper money management scale and budgeting will pave a way towards healthier success.

Delayed gratification: It is sacrificing and working hard now for something greater in the future.

Personal gratification: It takes priority over ethics and integrity in business and in our personal lives.

Team-work: Together we can reach the stars

Ethical Visualisation: Beyond the above mentioned criterions, moving towards success in a truthful ethical way is remarkable. Achieving a goal by following shortcuts is not considered or observed by the society. So, focus towards a goal with moral and ethical values of life.



THE FREUDS THEORY OF ICEBERG ILLUSION

When we achieve a long term goal following all the above multidimensional factors, every one of us only see the outcomes, but the huge efforts and struggles invested to achieve such an outcome are not noticed. The multi-dimensional factors suffered during the travel for achievement such as failures, sacrifice, disappointment, dedication, good habits and persistence are not visualised at the time of achievement. Every goal setter will undergo this extensive venture to get that one-fourth of success what people see. Similarly, what we visualise only about one fourth of the entire ice-berg in sea but below the waterline lies the huge mass of ice. Hence, the ice-bergs are said to be the best metaphor for success (Fig 2.). It requires a lot of effort and commitment to work hard towards the ambition. This theory provides us an understanding of how to put intangible efforts to produce a successful outcome which sets beneath the surface and can even be difficult to achieve. We all should remember striving hard to get a small portion of success.



Fig 2. The Iceberg Illusion
(Source: <http://www.katelynshelby.me>)

Recipes to Success:

Success is always a choice, whether it is essential to follow the techniques or not, what we choose to take is always in our hands.

Decision making: When we decide on working in the direction of a goal in order to end it up successfully, we should be able to overcome an important state of mind called, “Decision making Dilemma”. This state of choosing it or not choosing it will not let us focus and concentrate on a goal. Try to question yourself like, “Is this something which will take me closer to my success?” listen to your inner mind carefully and consider the Yes or No. If you had past experiences on failing in certain decisions, do not fear about their past choices that ended up poorly. Always hope positively and seek opinions from well-wishers and potential guides, choose your thought process and hopeful ideas. Be balanced with your fear and hope.

ASK- The principle of SUCCESS: Success is not earned by asking on a set price. But the principle of success depends on the three major words: ASK – **Attitude**, Skill and Knowledge. Attitude is everything and it impacts everything we do on our daily-life. The American Heritage Dictionary defines attitude as a “state of mind or feeling with regard to some matter”. Attitude in one word is life and it makes an incredible difference in our life. It can be a powerful tool for positive action or it may even be a poison that cripples us. Attitude will dictate whether you’re living life or life’s living you.



Skill and Knowledge: Skills and Knowledge depends on intellectual and intelligence of an individual. Skills and knowledge falls moreover in the similar line and it depend on our daily activities such as driving, painting, studying, reading, writing, etc. It also deals with the instructions imposed on us since childhood on different perspectives such as following rules, dependability, work experience, personal knowledge, and good energy and so on.

Self-Confidence and Self-Esteem: Build your self-esteem and self-confidence by pursuing the activities that fear you. Read something which will stimulate you, listen to the audio programmes that boost your energy. Don't ever worry about others thought on you, because others are worried about others thinking of them. Destroy the fear of others thinking of you, non-acceptance and failures. Successful people often tame it. Don't bid excuses on unacceptable reasons that will lead you far away from success.

Resolve the Let-downs: Successful people work hard on their success, but losers work hard on their excuses. Successful people know what they do, what they have to become, choose it rightly, what you want and when you want and how to achieve it and keep focused. When you are at endpoint and if you succeed, redo it in a greater way, if you fail, do not get frustrated, accept the failure, and resolve the errors, correct it again and aim towards success.

