

# “Redesigning Success for the New Year”

“Leslie, watch out!”

These were the last words Leslie Bode heard as he gazed up and saw the steel beam falling toward his forklift. When he awoke, Leslie found himself in a hospital bed...arms and legs paralyzed.

I reflected upon Leslie’s life this summer after our 30<sup>th</sup> high school reunion. He has been a quadriplegic for 23 years, yet he exuded one of the most positive outlooks of anyone at the reunion. Amazing! How can a quadriplegic have such a positive attitude when so many of us struggle *daily* with difficulties of such less magnitude?

Leslie shared, “God gave me a second chance, so I wake up every day thanking Him that I am alive.” Leslie does not have money or power, but from my vantage point, he is one of the most *successful* members of the Garber High Class of ’75.

In pondering your New Year’s resolutions, contemplate your personal definition of success. Is it defined by business and financial accomplishments or is it more than that?

Consider for a moment the major areas of your life. Do you include family, friendships, spirituality, health and nutrition, volunteer work, personal finances, career, and time for YOU? Each of these is critical to our physical, emotional and mental well-being. But how often do you include these in your personal goals for success?

Life is often a constant roadrace. Our days are full of deadlines, decisions, cell phones, email, meetings, and activities. “Overwork is the decade’s cocaine, the problem without a name,” psychologist Bryan Robinson wrote in *Fast Company*. “In a twist of irony, we play a dangerous roulette with our physical and mental health that sabotages the very results we seek to achieve,” states K. Gibson in *Unclutter Your Life*.

The adrenaline rush and superficial feelings of ‘success’ keep us on a psychological and physical high. We complain about ‘not having enough time’ and ‘always being rushed,’ yet we make decisions that continue the unending saga.

## **THIS is YOUR YEAR to PLAN FOR TOTAL LIFE SUCCESS:**

- 1) Review Your Life** – Determine your personal definition of success. List 8 major areas of your life. Rank your satisfaction level in each area on a 1 – 10 scale.
- 2) Set Specific Goals** to move each area toward a ‘10.’
- 3) Set Timelines** for each goal.
- 4) Identify Obstacles** that may hinder attainment of your goals.
- 5) SLOW DOWN** – Make sure you have set goals to take care of YOU. High achievers often excel at taking care of everything and everyone else...at their own expense. Slow Down and rediscover your soul.
- 6) Implement your plan and LIVE LIFE FULLY!**

Leslie Bode has achieved a level of success of which many of us will only dream. As the Serenity Prayer so aptly states, Leslie has “accepted the things he cannot change.” He lives with peace and joy every day as he has the “courage to change the things he can.”

**May the coming year be the year for you to live your life with Total Success!**

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