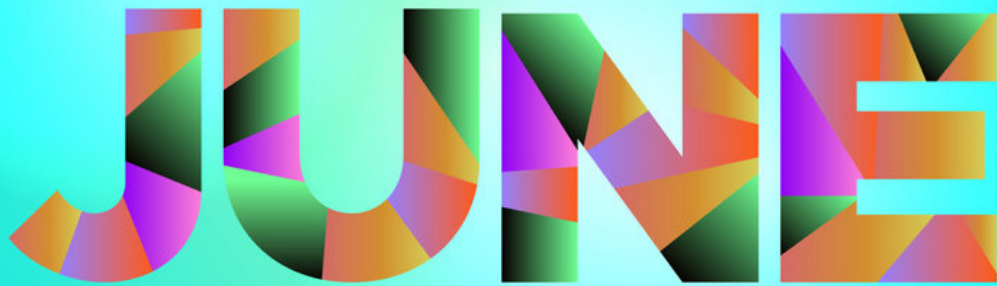


What's Your Mindset Newsletter

from **Helena Radeson - Your Partner to GET YOU WHERE YOU WANT!**

The word "JUNE" is displayed in a large, bold, sans-serif font. Each letter is filled with a complex, multi-colored geometric pattern of triangles and polygons in shades of red, orange, yellow, green, and purple. The background is a solid, vibrant cyan color.

Is there a cheat sheet for success? Or: Creating Your Personal Recipe for Success

I was asked by a client what other successful athletes, senior leaders, entrepreneurs, clients in general do to become successful. If there's a common trait that could be in a way 'copied'

and applied for own success?

Love the question!

It's so straight forward. Who wouldn't want that? Why reinvent the wheel? If someone else has succeeded, sounds smart to do what that person did, right.

Fair enough. Let's dig into it.

“Why reinvent the wheel, right?”

“If someone else has succeeded, sounds smart to do what that person did, right?”

I've got two different intro sections to the answer to the question. You choose depending on what your personality and learning type is.

Are you the ever optimist, glass half full, everything's possible kind of type? Then this is for you:

'Is there a common trait that could be copied and applied for success?'

Yes!

The good news is: there is a way! There's a set of common denominators, a method if you will, that highly successful people use. And this can be copy pasted.

And you've come to the right place to find out about it!

If you're on the other hand the more analytical, problematizing, initially sceptical type? Then this build up is for you:

'Is there a common trait that could be copied and applied for success?'

Yeah right! Pfff... As if...?! Because then what would all the fuss be about?

It's impossible to copy paste someone else's success. For two reasons: one, you are not the same person as the other, you differ at a minimum in capacities and personality, and

secondly: it's very unlikely you want the same thing.

And yes, as you suspected, both starting points are true!

If you put those two perspectives together, what do you have left? The method. The Modum Operandi. The place where the magic happens.

And with that I would like to introduce to you what I call "Your Personal Recipe for Success", how you DIP into success.

DIP is the common method I have identified as used by successful people, no matter the area, no matter if it's in the workplace or private life, whether it's for exercising or career change, getting a car or setting life goals.

*"I would like to introduce to you what I call 'Your Personal Recipe for Success',
how you DIP into success."*

DIP is a straightforward three step method that when used flagrantly honest enables you to achieve success in what you set out to achieve. No matter what success looks like to you. These are the steps.

1. Discover

Know where you're at right now. No BS, no romantic lens. For real.

Look at yourself with clear glasses on, what do you see?

Where are you at now?

And if you continue this path, where will you be in 1 year, in 3 years, in 5 years?

Make no excuses, no argumentation, just observations.

Write this down, or work with someone who helps you pull it out of you and captures the work.

2. Imagine

Know where you're going. Exactly.

What is your desire, what do you long for? What do you know you can have, what do you know you want to have?

This part needs extra attention. This is important and so super essential that it takes a while to understand. At least it's taken both me and many around me years to wrap our heads around this: Only you yourself know what success looks like to you.

If you feel successful, you are successful. What does that look like to you?

Not what someone told you being brought up, not what you think is successful when you hear about ex-colleagues, read a magazine, scroll through social media or when you walk through the streets of your town. That may all look successful to you, but that doesn't necessarily have to be how it feels to them. And the same goes for you: what does success look like to you? Where do you need and want to go to feel real good, harmonious, happy, at ease?

Look into the future, 1 year, 3 years, 5 years, where do you want to be at then, what does it look like? See it and feel it.

Write it down, or work with someone who helps you pull it out of you and captures the images.

3. Plan

Know how to get there. Step by step.

Paint the road map to get to where you want to be.

What comes first, what comes second?

What do you need to fill the gaps in between where you are now and where you want to go?

This means go through everything in detail: Which skills do you need? Which network? Which support? What do you already have that you've got to start using? How will you get the things

you need?

Write it down, in detail, or work with someone who helps you put it together.

“1. Discover - Where are you at?”

2. Imagine - Where do you want to go?”

3. Plan- What is the step-by-step to get there?”

And this is it?

Yes, this is it. This is the method. It's the What.

It's the ingredients for Your Personal Recipe for Success.

You've Discovered the naked truth as it is, you've Imagined visually and emotionally and finally you've Planned the roadmap for the gap in between and broken it down into doable, measurable steps. You have officially DIPped into success.

“You've Discovered the naked truth as it is, you've Imagined visually and emotionally and finally you've Planned the roadmap for the gap in between and broken it down into doable, measurable steps.”

You can work on these steps on your own, in which case you want to be careful, diligent, not too quick and please write your findings down. Writing needs a different type of clarity than thinking or talking freely does, which makes it more exact. Plus, having it written means you can go back and reread, rephrase, relive.

Alternatively, you can choose to work with someone through the process. A professional coach can help you pull the answers out of you, challenge you and capture your insights while you're talking away. Plus, a trained sparring partner helps you drive the work forward, and keeps you on track.

In either case, the three steps, the What, will need a How.

The How is the flavour, the spice of the recipe. Without spice the recipe is flat, no taste, nothing that lasts, not worth remembering.

So, what do we need to bring that special something?

Let's look at it from another perspective: what do you already now know is going to happen on your new journey?

Well, you can probably take for granted that once you've set out, you are going to be questioned, you are going to get tired and you are going to lose track of your path.

This is when a double GT helps while cooking. We are talking about spicing it up with Gut & Grit and with a Tweak.

You pour in a good measure of Gut & Grit so you dare stand steady when you get questioned by people around you and so that you have the strength to continue when you get tired. You know you've got the recipe right when Gut & Grit appear automatically, because that's when your path is non-negotiable for you. It means nothing can get in your way and extra power appears from within.

After the double G you add the T, the realisation that nothing is constant, that everything changes and that the better you are at adapting the higher the likelihood of success. It means that you continually and intentionally go back and relook at the original recipe, you Tweak it along the way as your taste buds change. It means you are using that feeling of being lost as a warning system and adjusting to it.

"This is when a double GT helps while cooking.

We are talking about spicing it up with Gut & Grit and with a Tweak."

Next step? Start.

Start before you're ready.

Your Personal Recipe for Success is already cooking.

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