

# Mindset Monthly

## The Iceberg Illusion



What is success? This has always been a question that has fascinated me. If I had 200 people in a room and asked them 'what would you be doing to consider yourself successful?' I'm fairly certain I would have 200 fairly unique responses. Success is unique to the individual concerned and could look like a million different things. That's not to say there isn't people that wouldn't be described universally as successful, like Bill Gates, Elon Musk or Mark Zuckerberg. I can talk about my specific idea of success and what it means to me, but that isn't the point of this publication. I could describe my interpretation of success and you could have a completely opposing view. There is one thing that is not unique, not individual and is universal to all of us and that is the path we take to success. On the road to success all of us will encounter a multitude of challenges and obstacles that have to be overcome to continue on our individual journeys, all cause a reaction, a feeling, an emotion which can drastically alter the way we feel about ourselves, particularly in comparison to others that we deem as 'having made it'. This can have a detrimental effect on our determination.

Just for a second, remove the word Success from the illustration above and replace it with your goals and dreams, your ideal success and now look at all of the descriptions below. I'm certain all of you could tell me times when you've felt all of those things and how it has impacted you. Has it stopped you? Has it made you quit? If the answer to those questions is yes, I really hope this helps you get back on track and realise that every person who is working towards success has been through the same emotions, the same feelings and the same set backs. It is so easy to look at someone successful and forget that they too have faced the same struggles, they just haven't told you, or gone public with the information, or if they have it is so unbelievable that it's impossible to empathise.

### My Message.

Whilst there is not a generic, universal or concrete concept of success, we all have our own unique ideals of what success is. What is universal is the pathway we all navigate on our way to success. It is so easy to look at someone successful and think what they have is impossible to achieve because we can't relate to the things they have been through. This is particularly true of people we see in the ideal world of social media. We only see the best parts of others lives and the internal, daily struggles we face become isolating, daunting and scary to the detriment of our own motivation. When ever you feel like this, whenever you feel weary and an insurmountable amount of pressure, take a look at this iceberg and realise it's all part of the journey. Lift your chin up and keep fighting the fight, your day will come.

"The biggest competition is myself. I am not looking to follow others or pull them down. I'm planning to test my own boundaries."

-Bi Rain

### My Story:

I have never coped well with negativity or criticism to the degree that if I felt I couldn't do something, I just wouldn't even entertain the idea of doing it. I capped my success at what I knew was easily achieved and never went out of my comfort zone. My fear of failure was so great, I wouldn't put myself in any situation where failure was even a possibility. I've now learned I was clipping my own wings because of fear. It's taken me a long time to learn that. It's only now that I look back at the proudest moments (or greatest success') of my life and realise that they were by far the most challenging, required the most work, but reaped the biggest rewards. I could put a number of these icebergs in front of me and replace the word success with the many goals I have and I find it empowering and motivating. It makes me realise that actually my biggest restraint, my biggest challenge is overcoming my own fear. The saying 'nothing worth having comes easily' resonates with me and I have to believe I can achieve my goals and dreams. This is particularly true of my weight loss. Anyone who has been on a similar journey will know just how hard it is. How demotivating it is when you can't see your progress. I found this Iceberg Illusion on one of those days and it really struck a chord with me. People are so complimentary of my progress and success and I never take the compliment, I always qualify it with how slowly it is happening, as if I'm failing, when actually all of the struggles are the very things that spur me on. I am learning to take the compliment but in the meantime I will give myself a good talking to everyday and remind myself that without the hard work, discipline, dedication, disappointment, sacrifice, failure or persistence I wouldn't be headed towards one of the greatest success' of my life. I wouldn't be dreaming a dream, achieving the unachievable and I certainly wouldn't be sharing my story.

