

relationship, for life, is one of the most wonderful and challenging things I can imagine.

My best wishes to you for a year of extraordinary success that's filled with personal discovery, deep passion and lots of joy and laughter.

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3) Feature: Forget Those New Year's Resolutions
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Forget all those New Year's resolutions and lists of goals for the year. Instead, just live your life with passion, integrity and authenticity!

Here's one thing I know. Satisfying success doesn't come from achieving a long list of goals. In fact, success isn't found anywhere in the world of things or external events. The only place you'll find (and feel) true success is within yourself. So this year, instead of repeating the annual resolution ritual, spend some time reflecting on who you are and see if you can identify what would bring you closer to living your personal truth.

What would happen if instead of creating New Year's resolutions and lists of goals you'd like to achieve, you spent time discovering your true purpose is in life? My own experience (and that of many of my coaching clients) clearly shows that when you live a life and do work that's aligned with who you are, creating and sustaining extraordinary success is not a struggle, but rather a natural byproduct.

Let me say that again. When you're living the life and doing the work you're meant to do... success is a natural byproduct. It's also so much easier to get excited, motivated and creative when you're doing what's deeply important, what deeply moves you and what speaks directly to your soul.

What if the secret to success wasn't about identifying goals and staying focused on them until completion? What if success was really much easier to achieve? I believe it is! Below are a few suggestions for finding your way on the road to easier success.

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4) Action Tip
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Here are a few simple, sometimes challenging ways to move forward in the "success is easy" direction:

1. SEEK TO UNDERSTAND YOURSELF. Before you spend lots of time, money, and energy trying to create external success, spend time getting to know yourself. What really motivates you? What truly matters to you? What are your values and morals? What are your beliefs? And how do all these things influence your decisions, your feelings and your actions?

2. DISCOVER WHAT'S UNIQUE AND SPECIAL ABOUT YOU. It's much easier to succeed when you fully understand and use your unique talents and gifts. Too many people struggle to fit themselves into positions or roles that already exist. That's not a good way to honor your uniqueness. Only after you see what's special about you can you start to create a place that fits you, rather than the other way around.

3. PLAY TO YOUR STRENGTHS. Once you discover your talents, gifts and strengths, play to them. Why spend lots of time struggling to develop your weaknesses when you'll be so much more successful when you focus on maximizing your strengths?

4. HELP SOMEONE ELSE. You may decide to help one person, An entire community, or do something big and bold to improve the planet. What you choose to do isn't as important as taking an action--actually doing something to help someone or something other than yourself. There's a healthy combination of selfishness and selflessness that works well together in life. A dedication to your own growth and development goes well with a willingness to assist others in discovering themselves. It's always amazing to me how much success we discover when we choose to serve others. There's a reason why the concept of "servant leadership" has garnered so much attention in recent years. Try it for yourself and see.

5. INSTEAD OF GOALS, SEARCH FOR JOY. Discover what energizes and excites you and do more of it. Reflect on your current life and work to identify the parts that you truly enjoy. Your joy is a strong clue in determining the direction for your most natural success.

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5) Related Resources
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ONLINE:

Ansir Personality Profile

www.ansir.com

Free and unique personality profiles (fee for more in-depth info).

Keirsey Temperament Sorter

<http://www.advisorsteam.com/user/ktsintro.asp>

Based on same concepts at MBTI (Meyers-Briggs Type Indicator). Free version for basic information and fee-based report with more detail.

BOOKS:

Do What You Love, the Money Will Follow : Discovering Your Right Livelihood

by Marsha Sinetar

A liberating, step-by-step guide to finding the work best suited to your needs and talents.

Now, Discover Your Strengths

by Marcus Buckingham and Donald O. Clifton, Ph.D.

Describes 34 positive personality themes the two have formulated (such as Achiever, Developer, Learner, and Maximizer) and explains how to build a "strengths-based organization" by capitalizing on the fact that such traits are already present among those within it. Includes a single-use web-based assessment and report of your own top 5 personality themes.

I Could Do Anything If I Only Knew What It Was : How to Discover What You Really Want and How to Get It

by Barbara Sher

"A life without direction is a life without passion!" In this book, a sort of broader, less dense, and less intimidating version of What Color Is Your Parachute?, Sher reveals how to "recapture long lost goals, overcome the blocks that inhibit your success, decide what you want to be, and live your dreams."

What Color is My Parachute?

by Richard Nelson Bolles

A classic career guide. For nearly 30 years, this book has been the guiding light for those in pursuit of satisfying and fulfilling employment. Regularly revised and filled with personal assessment tools and tips.

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ISSN: #1535-1076 Library of Congress, Washington, DC
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