
FLIGHT OF THE CHANGEMAKER

Success DNA isn't a matter of luck. It's something we can create mindfully using what we have and shaping it into what we want. Movement creates insight and each successful step fills us with renewed purpose.

This Flight is designed to put you on a path of deep self-discovery, to help you embrace success and shift from fate to destiny.

DISCOVERING YOUR SUCCESS DNA

Write down what comes up for you when you ask yourself the following questions.

1. Think about a particular form of success that you deeply desire and write it down.

2. Now write down all the things you say about that both good and bad e.g. "Well I wasn't born with a silver spoon in my mouth."

3. Write down how you've tried and failed at this, or even been too afraid or busy to try. What do you tell yourself about that?

Now, take a look at your family and write down:

4. Who else says this?

5. Does it belong to you, or did it originate in either your father or mother?

6. What is said about success/failure in your family?

7. What would you say if you became successful? How would you feel?

8. How would it feel to pass this on to your children? Your community?

9. To start succeeding, what one thing do you need to stop doing right now?

10. What one thing do you need to start doing right now?

11. Are you willing and ready to be the changemaker?

NOTE...

In my workshops, I always have at least one person tell me that they have no history. Not so fast. In your deepest frustrations and successes, your likes dislikes, nuances and quirks, sits your history. Alive and well and living in you. Write down how you feel, what the effects are and what has to change. You might not know your history, but you are deeply connected to it.

To learn more about Success DNA, schedule a [coaching session](#) or [attend a workshop](#).