

Tab 1



Redefining Success: A Guidebook

This guidebook is designed to help you redefine success from the inside out. It is divided into four parts to guide you through a process of reflection, visualization, and action.

Part 1: Releasing the Old

Let's start by reflecting on your past definition of success.

Journal Prompts:

- What was your definition of success growing up?
- Where do you think that definition came from? (Parents? Society? Culture? School?)
- How has your definition of success shaped the choices you've made so far?
- When did you feel successful, but unfulfilled? What was missing?
- When did you feel both successful and deeply at peace or joyful?
- What do you believe success "should" look like — and what do you want it to look like?

Part 2: Visualization & Eulogy

Before writing your eulogy, take 10 minutes to connect to your inner vision with this guided meditation:

✨ Guided Visualization Meditation

[Click here to listen](#)

Let the vision of your most aligned life rise up naturally. Feel into it. See it.

Write Your Eulogy:

Imagine it's many years from now and someone you love is reading your eulogy. Reflect on:

- The type of person you were
- What you loved
- What you spent your time doing
- What you stood for and believed in
- What you accomplished
- What you experienced
- How you made people feel
- How you walked through the world
- The mark you left behind

Let it flow like a love letter to your life.

Part 3: Future Visioning with ChatGPT

Use this prompt after writing your eulogy: "Tell me a story about a day in the life of the future me based on this eulogy."

Let the story unfold. Let it surprise you. Let it show you what's possible.

Journal Prompts:

- How did it feel to write your eulogy?
- What stood out to you about the story ChatGPT wrote?
- Was there anything surprising, emotional, or confronting?
- What pieces of that future life are you already living?
- What's one shift you could make today to bring more of that version of success into your current reality?

Part 4: Integration & Your New Definition

Final Prompt: "Success, to me, means..."

Write your new, personal definition here. Let it come from your body, your truth, your essence.

Then, ask yourself:

- How can I honor this version of success in the way I live, choose, and show up?
- What boundaries, beliefs, or habits might need to shift?
- What does success from the inside out look like in my everyday life?

Take this with you. Let it anchor your next chapter.