

## *Success*

*Success sometimes seems like a collection of products or a place that you can get to or buy. When we are small we think we will be happy when we can finally turn over or walk or go to school. Then it's being old enough to date or drive or finish school - that really feels like success.*

*Some people think success is getting married. That's when they'll really be happy. Or that real happiness comes when a baby finally arrives. Maybe we'll be successful and happy when we get that job or promotion or when the kids finally leave home and we have some peace. Success might be when the house is finished or when we retire. The "golden years" - that's it. That's when we reach success.*

*Success is every minute you live (my emphasis). It's a process of living. It's stopping for the moments of beauty, of pleasure, the moments of peace. Success is not a destination that you ever reach. Success is the quality of the journey (my emphasis).*

*Jennifer James Ph.D.*