

# Rebuild Your Backbone

## TOPIC OVERVIEW

### Define your own success

#### Week Two: July 6

Thank you so much for your wonderful emails and posts this week! I have loved reading your homework.

This quote sums up the homework assignment from last week:

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. “

[Lao Tzu](#)

This week, we talked about defining your **own** success, based on your values and priorities.

- **Lead your own life.** If you try to reach someone else’s definition of success, it will feel hollow, or worse, painful. You need to create your own vision of what success means to you.
- **Surround yourself with others who reflect who you really are.** As you heard in my conversations with Anna and Jamie, if you are constantly told you need to shrink back, or change, or be different than who you really are, it is inevitable that self-doubt will creep in. *You are not crazy.* You just have The Weirdo Syndrome (I talked about that here: <http://www.escapefromcubiclenation.com/2010/07/01/who-do-you-think-you-are/>)
- **As a reminder, the foundation of your backbone is:**
  - Creating your personal vision of success, based on your own values and priorities
  - Focusing on the impact of your work, and the tangible good it does in the world
  - Acknowledging and leveraging your strengths
  - How to protect your backbone from doubts, trolls, or haters by activating your protective shield

Now, let’s get to your homework!

## HOMWORK

This week's homework is intended to create a clear picture of what success looks like on your terms, so you can recognize it when you see it. Not to mention so you enjoy the journey *while you are taking it!*

### Instructions:

#### Part One:

Answer the following questions:

1. I value...
2. I lead my life by ...
3. I will know I am successful when ...

#### Part Two:

Create a selection of songs that is the soundtrack if a movie were made of you living every day in your definition of success.

Add at least one song, five would be great, more if you have the energy!

You can use [Blip.fm](http://Blip.fm) to create a songlist that everyone can listen to! Please post it! 😊

Maybe we can create the **Backbone Ultimate Playlist**, sell it, pique the interest of a movie producer, sell the movie rights to **Backbone: The Movie** and all become independently wealthy. Or not, at least we will have rocking tunes!

### Resources

Post I wrote on the topic of "lead your own life" that has some examples:

<http://www.escapefromcubiclenation.com/2010/02/08/how-do-you-want-to-lead-your-life/>

Resource to help you define your values:

<http://www.businessbreakthroughinstitute.com/subpages/Tru%20Values.pdf>

After reading this post and information, if you get stuck with the homework, put a post on the Posterous site calling for input and help.

## INSTRUCTIONS FOR POSTING

You have two options if you want to share your homework:

- 1) **Post it publicly** by sending an email with your content (audio, video or just text) to [post@rebuildyourbackbone.posterous.com](mailto:post@rebuildyourbackbone.posterous.com)

You can check to see if it posts by visiting: <http://rebuildyourbackbone.posterous.com/>

- 2) **Share it with me privately** by sending an email to [pam@pamelaslim.com](mailto:pam@pamelaslim.com) with the subject line: **Backbone homework**

If you have any trouble with either method, send an email to [support@pamelaslim.com](mailto:support@pamelaslim.com)

Feel free to comment on other posts on the Posterous site – it is your place to connect with each other!

Thanks and talk soon!

A handwritten signature in black ink that reads "Pam". The signature is written in a cursive, flowing style.