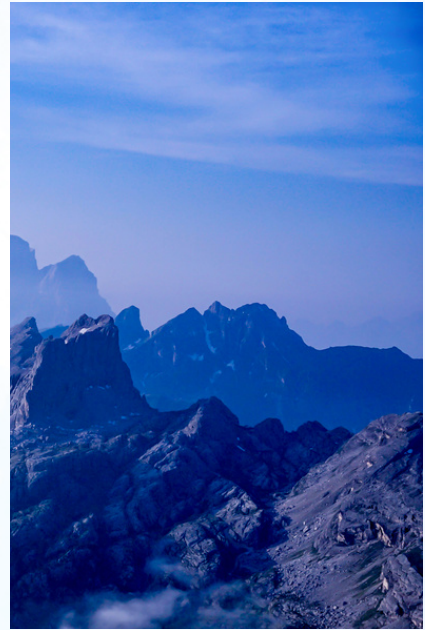


Defining Your Success

Success, But on Whose Terms?



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What does success mean to you? Is it a high-powered career, financial freedom or independence, a thriving family, buying your first home or simply waking up with peace of mind? We often adopt society's version of success, which typically revolves around financial wealth, prestigious titles, and career achievements and recognition—which of course, are valuable accomplishments worth celebrating. However, we forget to pause and ask ourselves: Does this actually fulfil me?

Personally, I've come to a place of clarity and contentment in defining my own success. In the past, whenever someone asked me, "What have you achieved so far?" I would second-guess myself, wondering if I had any significant accomplishments to show. But as I've stepped further into adulthood and reflected on the moments that have truly

made me feel fulfilled, I've gained a new perspective. For me, I take great pride in my academic achievements, earning a distinction in my Honours in Psychology was a major milestone. Another success I cherish is moving out of my family home into a small apartment with one of my closest friends. This was a big step toward independence, especially since I had tried multiple times before, but it never quite worked out. Now, as I prepare to renew my lease for another year—yay! I see it as a testament to my growth and resilience.

Being the youngest in my family, with two older brothers who are both married and building their own families, I sometimes found myself comparing my path to theirs. I remember a moment in our family group chat when one brother was in the process of buying a house for his family, while the other was purchasing a new car.

My mom congratulated them both on their big achievements, and I sat back wondering, “what have I accomplished?” Then it hit me, success isn’t about measuring up to others. First, they have more years of experience on me, and life isn’t a competition. Second, I had planned, saved for, and booked a solo trip to Europe to visit some family overseas, which I see as a huge personal achievement. That realization shifted my mindset, and I now recognize and celebrate my own wins, knowing that success looks different for everyone.

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Success isn’t a one-size-fits-all concept.

It’s deeply personal. True success isn’t about meeting external expectations but aligning your achievements with your values, passions, and purpose. In this article, we’ll explore how to define success on your own terms and build a life that genuinely feels successful.

From an early age, we are conditioned to equate success with external markers, that being a prestigious job, a big house and luxury lifestyle, awards and titles or constant productivity and hustle. While these can be valuable goals, they don’t guarantee fulfilment or life satisfaction.



Many people reach these milestones only to realise they still feel quite empty.

The real issue? They never stopped to define success for themselves.

Success should reflect what truly matters to you. Take a moment to ask yourself:

- What brings me joy and fulfillment?
- What am I most proud of in my life so far?
- If no one were watching, what would I spend my time doing?

Create Your Own Success Metrics

Instead of measuring success through salary, status, or social approval, consider metrics that resonate with you, such as:

- Personal Growth – Am I learning and evolving?
- Well-being – Do I feel balanced and at peace?
- Relationships – Am I nurturing meaningful connections?
- Impact – Am I making a difference in the way I desire?

Your success metrics should align with the life you want to create, not just what looks good on paper.



Overcome the Comparison Trap

In a world of social media highlight reels, it's easy to feel like you're behind but remember:

- Success is not a race. Your journey is yours alone.
- What works for someone else may not work for you.
- Instead of comparing, focus on progress, benchmarking and personal fulfilment.

Success Is a Journey, Not a Destination

Success is fluid. It evolves as you grow. What felt like success five years ago may not align with you today and that's okay! The key is to check in with yourself regularly and adjust your path accordingly.

So, ask yourself: What does success truly look like for me? And more importantly, am I brave enough to pursue it?

