

# Are Success Stories

*doing us more harm than good?*

01. Finding out what doesn't work

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02. How has failure or apparent failure set you up for later success?

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03. What I learnt thanks to Marina and Dwight

.....

04. Know yourself...Surprise yourself - finding your own solution





# WHAT DOESN'T WORK

**“The superheroes you have in your mind (idols, icons, elite athletes, billionaires etc.) are nearly all walking flaws who have maximized one or two strengths. Humans are imperfect creatures. You don’t “succeed” because you have no weaknesses; you succeed because you find your uniqueness and focus on developing habits around them. Everyone is fighting a battle (and has fought battles) you know nothing about. Everyone struggles.”**

There are many stories of successful people in the world and as a result tons of “how to” books and guides have filled the marketplace.

I realized that all I was seeing was one side of all the stories told. I found out a lot about everything that worked, yet there was little shared regarding what didn’t work.

This one thing contributes to those reading success stories to feel ‘less than’ and incompetent when they fail. We are not taught how to deal with failure and making mistakes, and while reading the stories of others, we forget that they might have dealt with failure and probably are still dealing with failing.

**As Tim Ferris said in his book ‘Tribe of Mentors’:** “The superheroes you have in your mind (idols, icons, elite athletes, billionaires etc.) are nearly all walking flaws who have maximized one or two strengths. Humans are imperfect creatures. **You don’t “succeed” because you have no weaknesses; you succeed because you find your uniqueness and focus on developing habits around them.** Everyone is fighting a battle (and has fought battles) you know nothing about. Everyone struggles.”





When the idea for ‘Tribe of Mentors’ surfaced, Tim was at a crossroads in his life. He wasn’t sure whether the goals he had on the table were in fact his goals or those he thought he should want?

One morning he wrote this question in his journal: “What would this look like if it were easy?” and the answer came... “What if I assembled a tribe of mentors to help me?”

We have no ‘tribe of mentors’ so to speak all in one place, here in Trinidad and Tobago and there are many ‘unsung heroes’ or ‘hidden gems’ that we can certainly learn from but know nothing about!

And so I asked myself: “What if I embarked on a journey of finding those gems, some known, many unknown, and telling their story?”

I started putting together a list based on my own observations, where I saw, through social media posts and sometimes YouTube videos, or read about, people doing work that seemed to fulfill them, bringing them both joy and pleasure and showing an amazing potential for growth.

The greatest threat to any business is obscurity. As Darren Cabral says in his podcast description from Obscurity to Authority - **“No matter how great your idea, your vision, and your intentions, you can’t help anyone if nobody knows you exist.”**



# DO YOU HAVE A FAVE FAILURE?

***How has failure, or apparent failure, set you up for later success?***

This is an important discussion to have, since most people, even if they aren't completely aware of it, suffer from impostor syndrome or self-doubt.

Maya Angelou said, "Each time I write a book, every time I face that yellow pad, the challenge is so great. I have written eleven books, but each time I think, 'Uh oh, they're going to find out now.' I've run a game on everybody and they're going to find me out."

Michelle OBama remarked during the UK leg of her book tour about her time at Princeton: "I had to overcome the question 'am I good enough?' It's dogged me for most of my life. Many women and young girls walk around with that question in their minds."

In her article 12 successful women on impostor syndrome and self-doubt, written for Stylist, a weekly magazine for smart, successful, sophisticated women, Lauren Geall shared the following:

Taking to the stage at Stylist Live LUXE, the author of the best-selling novel Queenie, Candice Carty-Williams opened up about how being a successful

black writer had led to her experiencing impostor syndrome.

'i didn't really see anyone who looked like me doing what I did and this whole impostor syndrome thing, it's a real thing. Especially when I've come from rooms that are filled with just white people and me.

While I know that I've worked hard, I'm still working out that this is all still real, like all the time. I have this conversation with my friends, and I think there's a problem with identity in phrasing like 'boys will be boys'. We've grown up with that phrase and it makes it okay that boys will just be boys, but we don't have an equivalent. So we're always trying to be something different and slot into an identity that has been given to us. So from the beginning, boys just do what they do, because that's innately there. But for us, I think we need to learn that we are enough and actively put ourselves into spaces."

Speaking about how to deal with impostor syndrome, Carty-Williams says that she tries her best to reassure other women whenever she sees they're struggling: "It happens a lot and it makes me really sad. I say to these women 'you are absolutely amazing. Look, you're here and you're doing it.' The work starts within us."





# THANKS TO MARINA & DWIGHT

My goal is to help entrepreneurs, career professionals, sales and service professionals and service-based business owners ‘be seen’ for the great work that they are doing.

I know for sure after this research that impostor syndrome and self-doubt have played a part in preventing me from pursuing what I felt in my heart to be true for me.

I started wondering, if there were others like me, suffering from self-doubt and impostor syndrome?

This led to discovery of research by **Marina Ramirez-Alvarado, Mayo Clinic and Dwight P. Wynne, California State University, Fullerton**, who explored the problem of impostor syndrome in a three part series titled ‘Impostor Syndrome: The Dilemma between Who We Are and Who We Are Perceived to Be’.

They said that people with impostor syndrome devalue their own set of skills.

But equally insidiously, they also tend to define unrealistic goals as the benchmark for “success.” In other words, impostor syndrome is a nasty feedback loop of insecurity and perfectionism.

I love this definition of perfectionism by Rich Schefren “...it is trying to fool the world into believing something about yourself that currently, you don’t believe about yourself.”

Marina and Dwight suggest that we must be honest with ourselves: **Are we pursuing a particular career because of someone else (a parent, friend, mentor or even ourselves from 5 years ago)?**

"In impostor syndrome, we worry over the ways in which our personal identity, skills and experiences don't necessarily match up with how we are seen by the community. Sometimes that worry manifests over confirming unrealistically positive judgments. As much as we seek out objective indicators of success and as much as other people might point them out to us as reasons why we SHOULD feel successful, they don't do anything to alleviate these impostor feelings.

When others assess us, we are more likely to believe their negative judgments than positive ones. We discount reasons to feel successful because they are not enough to overcome the social weight of negative judgments, or because we see them as evidence of others' already unrealistic positive judgments. Impersonal measures of "success" do not alleviate impostor feelings because they cannot help us calibrate how we personally believe others see us."

YOU DIDNT COME THIS  
FAR TO ONLY COME  
THIS FAR



# KNOW YOURSELF...SURPRISE YOURSELF

In the 'Abundance Book' by John Randolph Price he shares this important truth:

If you feel your life is empty and useless, that your work is insignificant, or that the things that are yours to do are really meaningless, then you will be pressing out of universal Substance an income directly related to that consciousness: insignificant, trivial, useless and valueless.

**My belief is that if we all did the work that was ours to do, then Trinidad and Tobago would be a much better place.**

I look forward to discovering and telling stories and encouraging anyone reading not to dwell on limitation or insufficiency but to rise to their truth – that they are strong, vibrant, useful, significant, valuable, worthwhile, meaningful, loving and fulfilled individuals.

**I hope that sharing these stories will do a couple of things:**

- Show the personal side to any journey - why we do what we do, how we discovered our giftedness, what drives us, and how we're choosing to learn and grow not just about the work we are doing
- Present a diversity of identities, showing that there is no 'one size fits all' journey; that there is no 'one path' to success
- Highlight the frustrations and joys of others, so readers will easily recognize that they're not the only ones feeling a particular way and that they are not the only ones making mistakes, hitting walls and unable to see what might be holding them back. This can positively affect how people can more accurately calibrate their abilities relative to other professionals.

**You can't afford to keep compromising the possibility of your success because you are constantly making these 3 mistakes:**

- doing more vs. working effectively
- being reactive vs. being proactive and
- absolutely overlooking your most important asset – YOU!

Determine where you are and what you need TODAY!







Despite what you've been told, you can truly be successful in the world by being **WHO YOU ARE** at every level...and that includes speaking authentically.

If you would like to learn how to turn what you know into cash flow, [click here now!](#)

IT'S TIME TO FOCUS ON YOU!

