

FREE GUIDE • MINI COACHING GUIDE

Success vs. Happiness

What Do You Really Want?

A coaching guide for women in midlife who are ready to stop chasing and start living.

"Happiness creates success. When you choose happiness first, success follows faster, and it feels lighter."

The Midlife GlowGetter

What Do You Really Want?

Let's be honest about something every midlife woman wrestles with: are you chasing success... or happiness? We have been taught that success creates happiness. But the truth is the opposite. **Happiness creates success.** When you learn how to create happiness right now, in this moment, you achieve from a place of peace, not pressure.

HAPPINESS

- A feeling created in your own mind
- Available right now: no achievement required
- Not meant to be constant, but always accessible

SUCCESS

- Achievements and milestones
- Helps you evolve and grow
- Beautiful, but fleeting when tied to your self-worth

THE TRAP

- Waiting for happiness until you "get there"
- Believing thinness, money, or a title = joy
- Achieving one goal, then immediately chasing the next

This cycle keeps you running on empty.

THE SHIFT

- Choose happiness first
- Define success on your own terms
- Use joy and peace as the fuel for your goals
- Love yourself on both sides of achievement

When you do this, success comes quicker and feels lighter.

5 Practices to Start Today

1 Daily Question

Ask yourself every morning: "Am I chasing success to feel happy, or am I creating happiness now and letting success follow?"

2 Define YOUR Success

Write 3 ways YOU define success in midlife, not how society defines it. Your definition is the only one that matters.

3 Present Joy Practice

Each night, list 3 small joys from your day. This literally rewires your brain to find happiness in the moment, not later.

4 Emotions Check-In

When fear or doubt show up while pursuing a goal, do not ignore them. Write them down. Ask: "What can I learn here?"

5 Know Your Why

For every goal, ask: "Why do I want this? And will I still love myself if I never achieve it?" This answer changes everything.

Worksheet: Happiness First, Success Second

Step 1: Define Happiness Today

"I feel happy when I _____."

Step 2: Redefine Success

"For me, success looks like _____, not _____."

Step 3: Joy Journal

Write 3 joys from today: _____

Step 4: Goal Alignment

My current goal is: _____ My "why" behind it is: _____ I will still love myself if _____ doesn't happen.

Step 5: Balance Practice

One way I will create happiness today while working toward success is: _____

The 7-Day Glow-Up Challenge: For the next 7 days, choose one small joy each morning that makes you feel happy before you chase any goal. Watch how your energy shifts when you start with happiness first.