Date:

**My Duke Success Kaleidoscope[[1]](#footnote-1)**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

The four irreducible components of enduring success:

1. **Happiness:** Feelings of pleasure or contentment in and about your life. *Happiness = Enjoying*
2. **Achievement:** Accomplishments that compare favorably against similar goals others strive for. *Achievement = Winning*
3. **Significance:** A positive impact on people and groups you care about. *Significance = Counting (to others)*
4. **Legacy:** Establishing your values or accomplishments in ways that help friends, organizations, and institutions in small, but important ways (the ripple effect). *Legacy = Extending*

It is useful to evaluate these enduring success components for each core personal identity (self, family, friends, university, community, and other).

**Step #1:** Reflect on and document your Duke success kaleidoscope to date. Jot down bulleted examples of your important successes and satisfactions during the past three years in the different cells of the matrix. Don’t forget that small is beautiful if it is a source of meaning to you.

Evaluate what you have written. Does it calibrate with your core values? How balanced and varied is your profile? Where are most of your successes and satisfactions so far? Are some of the components too empty? Are others too full? Of course, the profile of an 21 year old student will be less balanced than the profile of a 50-year-old person. The key is to evaluate the profile in light of your values for the purpose of nipping potential remorse and regrets about your Duke experience in the bud.

What have you learned about what you actually do? Where does your time go? How does it speak to what you really want from success? Are you over-relying on your signature strengths and neglecting your need for fulfillment in all four satisfaction categories?

Keys to successful people over their lifetime (as they define success) include:

1. Don’t be one-dimensional in success components or stakeholder group focus.
2. Don’t try to do it all. Balance excelling in certain priorities with a “just enough” approach for others.
3. Be creative and agile in aligning or synthesizing different satisfaction categories and/or different identity groups.
4. Be intentional in periodically evaluating your personal success path and agile in shifting priorities and strategies over time.

**Classifying My Sources of Success by Satisfaction Category and by Identity Groups**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Identity**  **Groups** | **Enduring Success Components** | | | |
| **Happiness** | **Achievement** | **Significance** | **Legacy** |
| *Self* |  |  |  |  |
| *Family* |  |  |  |  |
| *Friends* |  |  |  |  |
| *University* |  |  |  |  |
| *Community* |  |  |  |  |
| *Other: \_\_\_\_* |  |  |  |  |

1. Source. Nash and Howard. *Just Enough: Tools for Creating Success in Your Work and Your Life.* [↑](#footnote-ref-1)