

## Annotated Bibliography

**DeMoss, Josh.** “*Finding True Success Beyond Validation.*” *SUCCESS*, 25 Aug. 2022,

<https://www.success.com/finding-true-success-beyond-validation/>.

- In this article, DeMoss discusses how the status of jobs is very important in the United States, as it determines a lot of other successes in our lives. However, if our job is taken away from us, like some were in Covid, what makes us feel successful? DeMoss recommends being focused at work and completely logging off when done. This allows one to build other hobbies and passions outside of work, which will help one redefine their view of success. He also recommends taking time to do activities outside of work, finding free time to do more things than work, and redefining what your idea of “good enough” is to something you value.

**Venture Music.** “*Using Gratefulness to Reframe Success.*” *Venture Music Blog*,

<https://www.venturemusic.com/blog/using-gratefulness-to-reframe-success#:~:text=Hard%20Work%20Consistency%20Gratefulness%203D%20Success&text=To%20me%2C%20success%20stories%20are,more%20important%20component%20of%20success.>

- This article really aligns with my project. The author discusses how American culture defines success as money and power, when the real definition of success is “the accomplishment of an aim or purpose” in anything. The author gives the formula, “hard work + consistency + gratefulness = success”. He explains how hard work and consistency are always found in those who are successful, and through it all, are those who were grateful, enabling them to go forward. Overall, he emphasizes the mindset

behind being successful, particularly emphasizing the importance of gratitude. I am thinking of adding features to my website related to gratitude and consistency.

**Cruz, Erina.** “*Reframing How I See Growth, Success, and Happiness in Me.*” *Medium*, 4 Aug. 2022,

<https://erina0217cruz.medium.com/reframing-how-i-see-growth-success-and-happiness-in-me-2ff6ceba7c3e>.

- Yamada starts by explaining how growth isn't linear, and change doesn't mean we've progressed. Everyone views success differently; some view it as a fast-paced life in the city, and others view it as a slow family life on a farm. This makes success incomparable. The same applies to happiness, as it is very personalized. Because of this, my app has to account for all the different definitions of success.
- The author states that when she feels lowly about herself, “I try not to be consumed by these thoughts that would eventually create negative emotions. I try to focus on simple things that make me happy. I try to focus on the small achievements I make each day. I try to focus on the progress I have been making over the past few years”. I think that finding gratitude and redefining success can help reduce these negative emotions as well.