

Noelle Pikus Pace Presents

Life

STACKING



SUCCESS STACKING



Principle #11

SUCCESS STACKING**INTRODUCTION**

The 11th principle to shift from good to great through Life Stacking is Success Stacking. Many times when we reach success, and we're on top of that podium, in whatever walk of life it may be, we often times feel as though we've learned it all, right? We feel like we're on top of the world and the only thing left to do from here is to celebrate. Which we definitely should do! We need that time to celebrate our efforts, indulge in the rewards and take time to soak it all in. However,

*success is not the end
destination.*

It's like John Wooden said,

*"It's what you learn after you know
it all, that counts."*

Possibly one of the most difficult stacking principles that we can and must learn from is, success. We usually don't look for ways to improve once we have reached success. But just as there are very valuable lessons to be learned when (not "if") we fail, there are critical lessons to be learned when (not "if") we succeed.

The majority of the time, the lessons that we learn from success stacking will shift us back to the first principle we learned in Life Stacking, and that is Mindset. When we experience success, we begin to see life in a new light. Each experience with success increases our awareness of the possibilities before us. As we experience one success and then another, success stacking begins to tear down the walls of our own limitations as confidence, courage, compassion and character are strengthened and developed.

Good to Great

As a 21 year old rookie athlete, ranked 14th in the world in the sport of skeleton, I knew that if I wanted to reach the podium, I would need a big change in my life. Over the 2004 summer break, I chose to intentionally schedule time to shift from good to great as I implemented Life Stacking principles into my every day life. I made it a priority to adjust my mindset, define my purpose, clarify my values, emphasize my strengths, strengthen synergistic relations, anticipate my reaction to potential failure, dream big, take action daily, choose discipline in all things and



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consistently stick to the habits that I knew could help me create success. I constantly reflected back on how I was doing and how I could improve. This change was life altering.

Let go of the "Shoulds"

As the season began and our world cup team showed up to the first race of the season in Winterberg, Germany, coaches and athletes were anxiously scouting out the competition. This was the season before the Olympic year which brings a heightened awareness to how the athletes are performing, what equipment they are using and who will be the favorites for the Olympic medals the following year.

In previous seasons, I was painfully aware of other competitors. Their strengths and skills seemed to blind my own abilities. However, this season was much different. The Life Stacking principles I had worked on and applied in my life, strengthened my mindset significantly to the point where all I could see in competition was where I wanted to go. Defining my purpose allowed me to let go of all the "shoulds" in my life. "You should train harder." "You should act

like them." "You should be better than this." Instead of focusing on the "shoulds", I was focused on the smallest details that I could control and the process that could lead me to results.

Focused on One Thing

As competitors drove their sleds in and out of corners that day and crossed the finish line one by one, it seemed clear who the top athletes would be this season. The best athletes always go first and the top positions were consistent with the winners from last season. The camera crews from the top of the track had made their way down to the bottom of the track to interview those athletes that were still ranked in the top six positions. They were celebrating their victories as the lower ranked athletes took their places in the back of the rankings. I used to pay attention to where the cameras were focused and desperately desired fame and glory. This season was much different. I was focused on one thing: improving corners 1, 4 and 9.

I was one of the final competitors of the race. My coach was with me at the top of the track and he placed my sled on the ice



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as the green light signified that it was now my turn to go. I sprinted as fast as I could, drove my sled exactly how I wanted in corners 1, 4 and 9 and flew past the finish line. There was commotion and noise as I came to a stop. Suddenly, the cameras were all on me and questions were being shouted. I didn't know what had just happened until I looked up at the scoreboard and saw a number 1 next to my name.

Now, that was a successful day.

How do you define success?

It was successful to me because I had held tightly to the Life Stacking principles that kept me in check. It was successful, because when I was tempted to compare myself to the other athletes during our crowded warm-ups, I chose discipline and searched for a quiet spot away from distractions. It was a success to me because instead of getting upset when one of my competitors sat in the spot I had been sitting in all week, and then smiled smugly as they pointed to their new spot, I shrugged it off and saw it as an opportunity to find a better place to sit. I was in control

of me. I learned that I cannot control other people's behavior, the weather outside or the outcome of the race, but I can control me. It made all the difference in the world.

I Never Wanted to Go Back

I also learned a great deal from the successful outcome of the race. I never could have imagined the power that would enter my mind with that first win. As I stood at the top of the world cup podium for the first time in my life, it was like transforming from a caterpillar into a butterfly: I never wanted to go back. That single success ignited a fire within me and the windows of opportunity didn't just open, they were shattered and would never close again. That success allowed me to get out of my own way and would continue to motivate me to stack future successes in the months and years to come. That season, I went on to win again and again. I became the first American female skeleton athlete to win the overall world cup title. I finished the season ranked first in the world heading into the 2006 Olympic Games in Torino, Italy.

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4 Keys to Success

Experts have agreed that there are 4 key elements to success.

- 1. Decide exactly what you want and where you want to go.**

We have completed this step through Purpose Stacking and Dream Stacking.

- 2. Set a deadline and make a plan to get there.**

We implemented this element in Action Stacking and have used the skills within mindset, values, strengths and relation stacking to help us create our plan to reach success.

- 3. Take action on your plan every day.**

We discovered this through Action, Discipline and Habit Stacking.

- 4. Persist until you succeed. Never, ever give up.**

This brings us back to mindset, discipline and habit stacking. The keys to success are found within these Life Stacking principles.

Now, let's talk definitions. Success is defined as "the accomplishment of an aim or purpose". Since we each have our own aim and purpose in life, the definition of success will be very different for each of us. In order to reach success and prosperity, we need to define success for ourselves.

This week, you will look to the past, present and future to acknowledge successes that you have experienced and how you can choose to reach success within each area of your life.

#1 Learn from Success

The first concept of Success Stacking asks "How often do you *"Learn from Success"*?" You will think back to your greatest successes in life. What have you learned from these experiences? Can you recognize how one past success opened doors for you, and ultimately helped you to stack other successes because of it?



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#2 Success Defined

Second, you will create your own definition for success with "*Success Defined*". How do you define success? To do this, you will review what you have learned throughout this Life Stacking course and define what success is to you. Look at your purpose statement, core values, bucket list, strengths and any other helpful concepts that have made an impact in your life. Would you be successful if you had all the money in the world or a big house on the hill? Would you be successful if you had freedom with your time? Success can be measured in many ways and is defined differently for everyone. How will you know if you reach success if you never know what success actually means to you?

#3 Well-Balanced Living

Finally, you will get specific as you define success in various areas of your life through "*Well-balanced living*". What does a successful relationship look like to you? Is it filled with flowers and chocolates? Or maybe a successful relationship is one of service and trust. What does a successful career mean to you? Is it a career with

potential to move up? Does it include a strong sense of culture or a huge paycheck? Maybe it means freedom of your time. Then you will commit to intentionally become more successful based on your definitions.

Success stacking pulls in every principle within Life Stacking as each concept plays a role on the path to success. Regardless of how we define success in our own lives, this stacking principle opens up our mindset and doors to potential possibilities before us.

Be intentional.

Learn from your success.

Be better today than you were yesterday.

Let's get Stacking!

SUCCESS STACKING

Week 11

“Success encompasses our hopes, confidence, passion, treasures and dreams.” - Noelle Pikus Pace

The 11th principle of Life Stacking is Success Stacking. Oftentimes, we miss the valuable growth and learning opportunities that come from our success because we feel that we've reached our final destination. Life, however, is a journey - not a destination. When we reach success, we definitely need time to celebrate our efforts. Take time to enjoy the moment! But don't forget to reflect on your journey and learn from your success. This week, you will look to the past, present and future.

1

1. How often do you "Learn from Success"?

PAST

What have been your greatest successes in life? What have you learned from these experiences? Can you recognize how one past success opened doors for you and ultimately helped you to stack other successes because of it?

2

2. Consider "Success Defined".

PRESENT

How do you define success? Would you be successful if you had all the money in the world or a big house on the hill? Would you be successful if you had freedom with your time? Success can be measured in many ways and is defined differently for everyone.

3

3. Practice "Well-balanced Living".

FUTURE

How do you define a successful career? A successful family? A successful relationship? How do your definitions of success within various areas align with your life purpose? How will you intentionally become more successful?

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Learn *from*
Success

"It's what you learn after you know it all that counts." - John Wooden

When we reach success, we typically feel as though we've learned it all, right? However, success is not the end destination. Possibly one of the most difficult stacking principles that we can and must learn from is success. We usually don't look for ways to improve once we have reached success. We're too busy celebrating! (As we should.) But just as there are very valuable lessons to be learned when (not "if") we fail, there are critical lessons to be learned when (not "if") we succeed.

List 3 of your biggest successes in life. What have you learned from each of these?

1 A success in my life was when...

This success taught me...

2 A success in my life was when...

This success taught me...

3 A success in my life was when...

This success taught me...

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Success Defined

*"Success helps us to see beyond what we can do,
to our true potential for what we can achieve."* - Tanveer Naseer

Success is defined as "the accomplishment of an aim or purpose". Since we each have our own aim and purpose in life, the definitions of accomplishing success will be different for each of us. While the definition may vary, the outcome is universal. Success increases confidence, courage and joy. Success brings fulfillment, happiness and passion to our lives. This allows us to re-evaluate our previous position and mindset and re-define the possibilities before us. As we become successful in any area of life, we begin to push the boundaries ahead of us and re-define what success looks like.

How can you appreciate success in your life if you really don't know what success looks or feels like? In order to reach success and prosperity, we need to define success for ourselves. Review what you have learned throughout this Life Stacking course. Look at your purpose statement, core values, bucket list, strengths and any other helpful concepts that have made an impact in your life, then, define what success is to you.

Success is...



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Well-balanced Living

"You only live once, but if you do it right, once is enough."

- Mae West

When we talk about success, it can be defined in every aspect of our lives. What does a successful relationship look like to you? Is it filled with flowers and chocolates? Or maybe it is one of service and trust. What does a successful career mean to you? Is it a career with potential to move up? Does it include a strong sense of culture? Or maybe it means freedom of your time. 8 areas of life are included below. Take time to define what success looks like to you within each area. Is there an area that you feel needs improvement? How would you like to *intentionally* become more successful based on your definitions?

Relationship:

Career:

Personal Growth/Learning:

Finance:

Health:

Spiritual:

Family:

Civic:

I would like to intentionally become more successful by...

(Choose one area above)

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Journal

"Our life is what our thoughts make of it." -Marcus Aurelius

As you have ideas, inspiration or challenges through the week, write them here.

How can I improve?

"If you want to be significant and live a life that matters, you must add value to others." - John C. Maxwell

How did I add value to the lives of others this week?

