

Authentic Success Is...



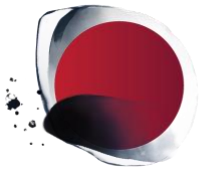
The only pain she ever caused is when she left us.

“Authentic success is...

different for each of us. No single definition fits all because we come in all sizes. One autumn afternoon years ago, while wandering through an abandoned cemetery, I discovered a wonderful definition of authentic success inscribed on the headstone of a woman who died in 1820: "The only pain she ever caused was when she left us."

Authentic success is...

having time enough to pursue personal pursuits that bring you pleasure, time enough to make the loving gestures for your family you long to do, time enough to care for your home, tend your garden, nurture your soul. Authentic success is never having to tell yourself or those you love, "maybe next year."



Authentic success is...

knowing that if today were your last day on earth, you could leave without regret.

Authentic success is...

feeling focused and serene when you work, not fragmented. It's knowing that you've done the best that you possibly can, no matter what circumstances you faced; it's knowing in you that the best you can do is all you can do, and that the best you can do is always enough.

Authentic success is...

accepting your limitations, making peace with your past, and reveling in your passions so that your future may unfold according to a Divine Plan. It's discovering and calling forth your gifts and offering them to the world to help heal its ravaged heart. It's making a difference in other lives and believing that if you can do that for just one person each day, through a smile, a shared laugh, a caress, a kind word, or a helping hand, blessed are you.

Authentic success is...

not just money in the bank but a contented heart and peace of mind. It's earning what you feel you deserve for the work you do and knowing that you're worth it.

Authentic success is...

paying your bills with ease, taking care of all your needs and the needs of those you love, indulging some wants, and having enough left over to save and share.

Authentic success is...

not about accumulating but letting go because all you are, appreciating where you've been, celebrating your achievements, and honoring the distance you've already come.

Authentic success is...

reaching the point where being is as important as doing. It's the steady pursuit of a dream. It's realizing that no matter how much time it takes for a dream to come true in the physical world, no day is ever wasted. It's valuing inner as well as outer, labor - both your own and others'. It's elevating labor to a craft and craft to an art by bestowing Love on every task you undertake.

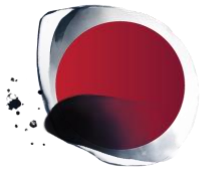
Authentic success is...

knowing how simply abundant your life is exactly as it is today.

Authentic success is...

being so grateful for the many blessings bestowed on you and yours that you can share your portion with others.

Authentic success is...



DR. TIMOTHY DUKES

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living each day with a heart overflowing.”

Reference

Breathnach, Sarah Ban (2019). *Simple Abundance: 365 Days to a balanced and joyful life*. New York: Grand Central Publishing.

Image (search “Tomb Stone”) courtesy of: [Marek Studzinski @jccards](#)

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.