



Success: Defined by Society or Self?

Living in such an accelerated era where society has a set agenda of success in mind, whether its earning hefty sums or having a high degree from a renowned university, people feel as though this is where happiness is. It makes people wonder whether they should strive to achieve external goals when their definition of success revolves around something totally different.

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Introduction

For many years, success has been portrayed by getting a corner office, living an extravagant lifestyle, and earning praises from the people around. In general, the mentioned achievements have always been preferred over personal success based on one's values.

However, the truth is far from the aforementioned depiction of success. In any case, once reaching those heights, individuals quickly come to the realization that they don't experience any form of happiness and conclude that success should be seen differently.

The conflict brings about many questions concerning the concept of success. Let us learn more!

Technology Overview

Social networks and other digital platforms spread society's criteria for success, namely numbers of followers, career ladder, and financial achievements that contribute to FOMO and burnout. At the same time, the development of artificial intelligence provides self-reflection tools, habit trackers, and communities to help focus on individual goals.

Key Findings & Impact

While Society values wealth, fame, and prestige as indicators of success, most individuals place greater emphasis on personal development and abilities, indicating a sharp discrepancy. The transition to success determined personally has a positive impact on satisfaction levels and lowers burnout.



Research highlights a clear gap:

Aspect	Society's View	Personal View populace+1
Top Metric	Fame/status (top for others)	Education/relationships/character (17%/16%/15%)
Agreement Rate	92% see society as "rich/high-profile"	97% = "follow interests/talents"
Diversity	One-size-fits-all	Highly unique per person

Fame carries little personal meaning for Americans but receives the greatest social appreciation.

Benefits

Self-realization leads to happiness, persistence, and real growth—97% believe it happens because people follow their passion, which eliminates depression caused by incompatible pursuits. Collectively, self-realization leads to networking and equality as motivated individuals elevate society.

Drawbacks

Social impact contributes to discrimination and anxiety; striving for prestige may cause momentary euphoria but leads to emptiness or further inequality. People require bravery to carve out their unique paths.

What's Next?

Success-oriented society leaves many people dissatisfied, but individual paths bring much joy—what's ahead lies in the exploration of ways to make self-realization possible. Start today by analyzing your current lifestyle based on your authentic values and then change your destiny accordingly.

Action Steps

Practical steps toward self-realization:

- **Determine Values:** Spend a week journaling to understand what motivates you. Value relationships, passions, and well-being over money and popularity.
- **Establish Boundaries:** Avoid jobs that fuel your social identity and focus on pursuing hobbies, such as art.
- **Measuring Success:** Monitor yourself through apps measuring personal KPIs such as “time spent in flow states.”

About the Author

Fizza is a BSIT student interested in Data Analysis and Python. Her goal is to become a Data Analyst and also wants to learn the tools related to this field.



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