

# Coping with the Stress of Success

By Rozey Gean

Coping with the Stress of Success

Rozey Gean  
rozey@marketing-seek.com

Marketing-Seek <http://www.marketing-seek.com>

## COPING WITH THE STRESS OF SUCCESS

By Rozey Gean

From our early childhood years, we are taught how to deal with failure and disappointment. We learn that life is not always fair and that we have to take the bad with the good. Actor, Charlie Sheen, stated during a television interview, "We learn as children how to work hard toward some future possibility of success, but we are never really taught how to live with success." Success is the ultimate reward for the goals we work so hard to achieve. We should learn to enjoy success, not stress over it.

Success, like failure, comes with a price. As we become successful entrepreneurs, we must make adjustments in our lives to create outlets for us to enjoy the pleasures of our success. The following suggestions are presented in an effort to help you learn to alleviate the stress that often accompanies success:

### 1. GAIN FOCUS

As you grow your business, you will clearly take note that you cannot do everything. You cannot be all things to all people. You must define new goals, which will include the level of services/products you will continue to offer, whether or not you will expand your business, and which clients you will continue to work with or refer elsewhere. Perhaps, the time is right for you to begin outsourcing or delegating assignments to others. As I discussed in my earlier writings, today's technology has brought forth an outpouring of Virtual Assistants and has alleviated undue stress from many business professionals. Perhaps, it is time to redefine your business plan. What worked for you when you started out in business may not meet your current needs.

### 2. DON'T IGNORE YOUR SUCCESS

Occasionally, people fear their success, thinking that if they dwell on it and enjoy it that it will somehow disappear. It is important to realize that we control our success. The choices we make on a daily basis determine how long our success will continue. Once an individual experiences the victory of success, he/she is not so quick to want to slide back down the ladder. Acknowledge and embrace your success. Live it each day. Position yourself daily for new opportunities that will keep you on top!

### 3. CULTIVATE RELATIONSHIPS

Success opens doors to new relationships with influential people, as well as redefines the way individuals view you. Others will be watching you. In many cases, individuals you were once close to tend to draw away from you either because they are jealous of your success or because you lose the commonality you once shared. You may also find that certain people will try to take advantage of you by wanting to capitalize on your success. Success changes relationships. Dealing with the stress of changes in relationships is often the most draining to us as humans. However, it should not take away from enjoying the rewards of success. Success breeds success. Successful people want to associate with other successful people. While you strive to maintain current relationships, take time to make new acquaintances, as well. Do not be afraid to cultivate new relationships and discover new avenues of opportunity among other successful entrepreneurs.

#### 4. ACKNOWLEDGE AND REWARD YOUR ACCOMPLISHMENTS

We tend to beat ourselves up when we fail. How often do we reward ourselves for our accomplishments? You should never feel guilty that you have become successful. You worked hard and smart to get there and you have earned every ounce of recognition and reward that comes your way. As you accomplish each goal on the ladder of success, treat yourself with a special gift or reward. The more difficult the challenge, the more you will appreciate the accomplishment and enjoy the reward. Always remember that you have reached the level of success you are experiencing because you are ultimately the one who put yourself there.

The magical and intoxicating feelings that accompany success are the driving forces that keep us motivated as entrepreneurs. Only by taking control of the reigns of our success can we overcome the stress that accompanies it.

Copyright 2000, Rozey Gean, All Rights Reserved

---

Rozey Gean is the founder of the Marketing-Seek.com website where ezine publishers and writers are brought together in an easy-to-use, friendly interface.

<http://www.marketing-seek.com>

Email - <mailto:rozey@marketing-seek.com>

---

[Get-Articles.com : 1000's of reprintable business and internet marketing-related articles.](#)

[Submit your article for reprint.](#)