

# THE 10 PILLARS MODEL TO BUILD A FULFILLING SUCCESSFUL LIFE

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MOUFARREJ



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# Introduction

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Hi I'm Mira,

I am a multi-passionate artist, world music singer, actor, entrepreneur, empowerment and leadership coach, theta healing practitioner, change maker, thought leader and a storyteller

**“I help enthusiastic creative souls who are afraid to be visible; to find their confident voice, turn their fears into bold actions and become assertive so they can share their talent with the world, create the life they aspire, shine and thrive limitlessly”**

As an ambitious multifaceted soul, who dared to dream big, who stood on stages in the spotlights, who sang and performed her heart confidently, who spoke and shared her truth; her energy; her love for music and life...

I know very well how it feels to be rejected, not being seen or heard, feeling doubtful, scared, uncertain, insecure, retiring, hesitant, fearful...



# Introduction

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I know what it means to face obstacles and setbacks, to feel un-rewarded for your efforts, to work hard on your own, to show up everyday for your dreams even when you are at your worst...

And I also know that if it wasn't for my perseverance and assertiveness to show up and speak my confident true voice, if it wasn't for my faith, courage and belief in who I am and my dreams, if it wasn't for:  
"try this one more time..."

I wouldn't be here sharing with you on how standing for yourself and being determinant to **Make things Happen**, create the magic and success that you dream of.

Today, I am on mission to inspire you, empower you and help you find your confident voice, help you reclaim your inner strength and courage to get visible and make it happen, so you can rock your own stage, create the life that you aspire, that you deserve and thrive

Yes you can  
"Make It Happen"



# Why a fulfilling success?

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All humans look and search for happiness, success, liberation, finding meaning in what they do and that means “**Fulfillment**”

Fulfillment is that alignment you create with who you truly are, your purpose, your why and your meanings.

It's also when in your everyday actions and decisions you aim to meet your needs, values and purpose.

A **fulfilling success** is that success that fulfills your inner truth and creates aliveness, rewardingness, self realization, growth...

Simply a self-fulfillment

Life is a journey, a process and each one of us has his own path.

A friend once shared with me: “*Every time we reach a summit we're actually at the base of a new summit*”

So live your journey with soulfulness, with an open mind, heart and you'll definitely get there...

In this article I am sharing with you  
how to create a fulfilling success,  
**take what serves you and leave the rest !**





**HOW CAN I CREATE  
THE SUCCESS I  
DESIRE?  
A SUCCESS THAT  
FULFILLS ME?**



- First -

# What does success mean to you?

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- What does it mean for you to be successful?
- What does it give you feeling successful?
- Is it related to an X number of money?? Or to a feeling?

Success isn't that idea or image we are taught to be. Success is simply a beautiful feeling that we feel, it's related to our own meanings and what we're looking for in life.

Ex from my own journey:

*"Success means to me feeling and being rewarded and valuable from one side and from the other side having a flow of financial abundance and growth"*



So this what success means to me, what about you?

Use the above prompts questions and find yours!



# - Second -

## Be confident and assertive about what you are doing

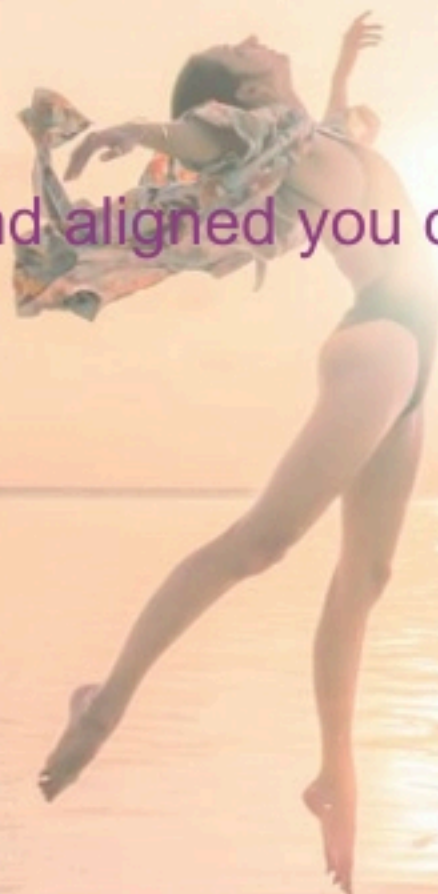
How can I be confident and assertive about what I am doing?

Well, by simply knowing that what you are doing is aligned with:

- Who you are (your values, meanings, needs...)
- Where you wanna get in life (your purpose, your goals and your vision)
- Why you're doing what you're doing (your why, your drive and your intentions)

Once all connected and aligned you create motivation and perseverance!

So are you aligned?





# - Third - Know yourself well!

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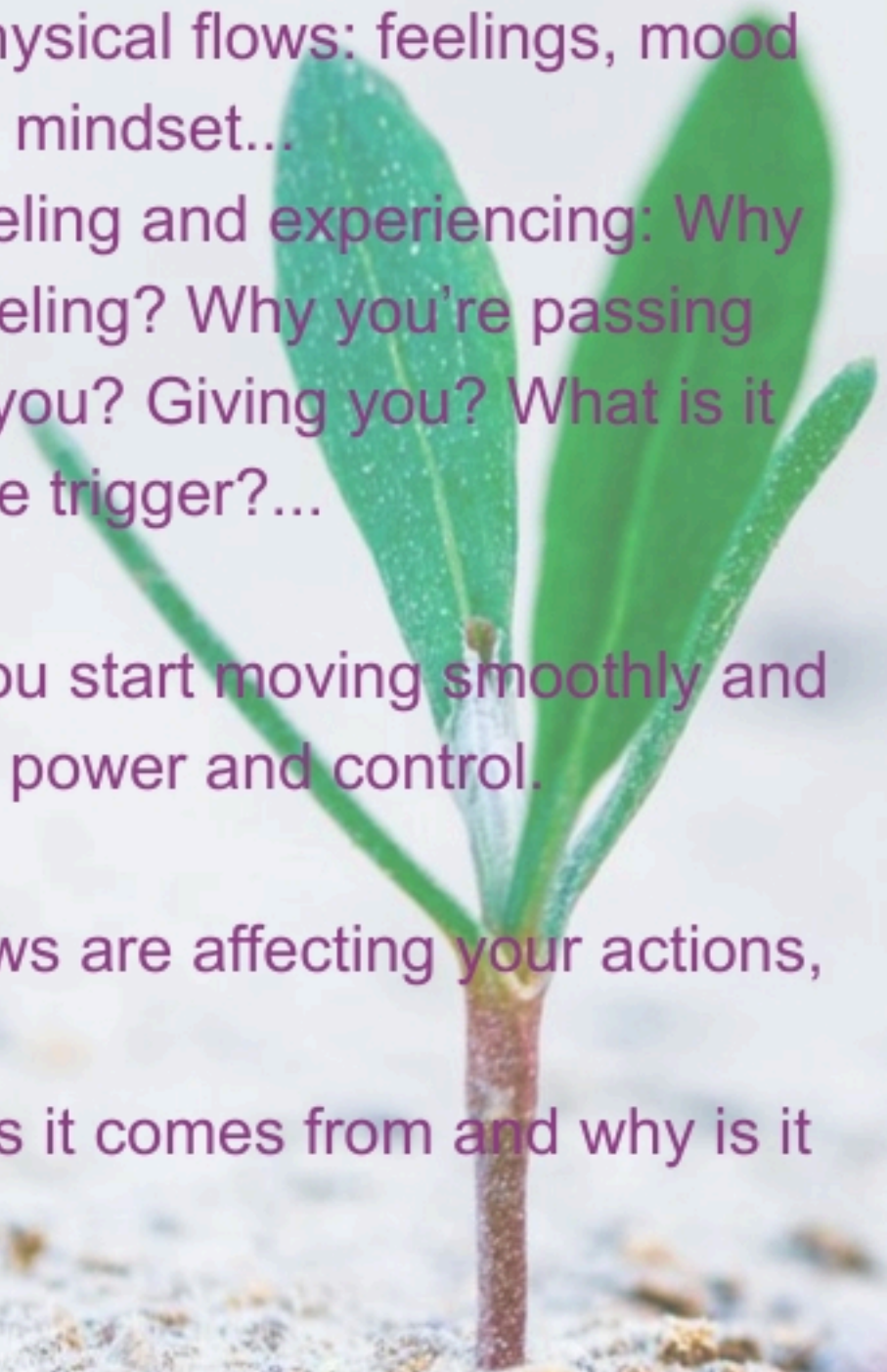
During your growth and success journey, a lot of inner ups and downs will get in the way

- Know your emotional and physical flows: feelings, mood swings, your inner thoughts, mindset...
- Understand what you are feeling and experiencing: Why you're feeling what you're feeling? Why you're passing through it? What is it telling you? Giving you? What is it alerting you from? What's the trigger?...

Once you master your flows you start moving smoothly and confidently, and that gives you power and control.

Are you aware of how your flows are affecting your actions, perseverance and motivation?

Do you understand where does it comes from and why is it there?





# - Fourth - Look for the right support and create it!

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What is the right support?

A right support is the support that adds to your journey: positivity, encouragement, growth, expansion, constructive criticism ...

You can get this support from people you know, from professionals and experts, from masterminds, from “like-minded” people...

Yet, don't forget to get out of everything that is holding you back, that is keeping you into stagnation and freeze mode, like: toxic relationships, society labeling, small minded people...





# - Fourth - Look for the right support and create it!

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Last, don't forget to look at the truth as it is, not as you wanted it to be nor as you might be creating it in your mind.

Once you feel stuck, you might be in your own bubble, into your own prison that you've created for yourself believing that this is the only truth that you have!

So what reality are you creating for yourself? Who are you surrounding yourself with?



# - Fifth -

## Be a fast action taker, be proactive!

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Perfectionism creates procrastination and procrastination creates a room for doubts, hesitation, overthinking, lack of confidence and courage...

Where you end up planning, refining, doubting and not taking actions.

Simply stop overthinking your ideas, plans, projects and get into the action mode!

There is nothing complete, ideal and perfect, it means don't get attached to that perfect outcome that you create in your mind!

Things change and evolve with time, like us humans! So If you don't get that ideal/ perfect outcome that you've pictured in your mind from the first trial, you'll get it throughout your journey.

The outcome will reveal itself and no matter what it will be, you can always improve it and build on it!





# - Sixth -

## There is no "one" rule that fits everyone

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Success is a momentum, a step by step progress and failure is part of that momentum, the momentum of growth and becoming a success.

So whenever you find things are not working, ask yourself why is that happening? Is there something I can improve? Do? Change?

If not then find, what would be your turnaround here!

Taking actions, learning from your mistakes, evaluating your progress and living the process till the end is your only way to create the success you want!

So how are you dealing with failure, objections, setbacks, disappointment?

How are you behaving once things don't work out?

Are you looking for other possibilities?

Are you being responsible for your journey?





# - Seventh - You'll often be trapped and freeze into...

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You'll often be trapped and freeze into a mode of fear, self doubts, comparison:

What am I doing here? Is it the right thing for me? I don't want to proceed as I can't do it and it has no meaning etc...

My advice to you, "never stop, never look back, keep on moving forward..."

How?

Keep your eyes on the prize! On your why, your meaning, your purpose...

We all face such a roller coaster but once you're really aligned with what you're doing (tip #2) you're creating a compass. Your compass refill your drive with motivation and perseverance and that's what you need to get back on track every time you fall off.

Are you finding your way back?



# - Eighth - Ask, search and invest!

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If you don't know what steps to take or start with, simply go and ask!

If there is no one around you, do a research.

If you need something to complete it, invest in your skills!

Yes! asking might be scary, might put you into a feeling of weakness (yet it's never true)

Researching and investing build your confidence and save you from wasting your time, money, energy and put you on the right track.



# - Eighth - Ask, search and invest!

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Keep on asking until you have all the answers that you need, asking creates clarity and makes things easier for you.

So are you letting your excuses stop you?

“I don’t know how to do it

I don’t know from where to start

I don’t have enough time

I don’t have enough money

I don’t have enough experience...”

We all have that lizard brain but successful people never let anything stop them from getting what they want and desire.

Keep on taking actions, keep on trying that one more time...





# - Ninth -

## There is no such a thing like failure

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In one word, failure doesn't exist!

It's either you tried the wrong format or you didn't find what really works.

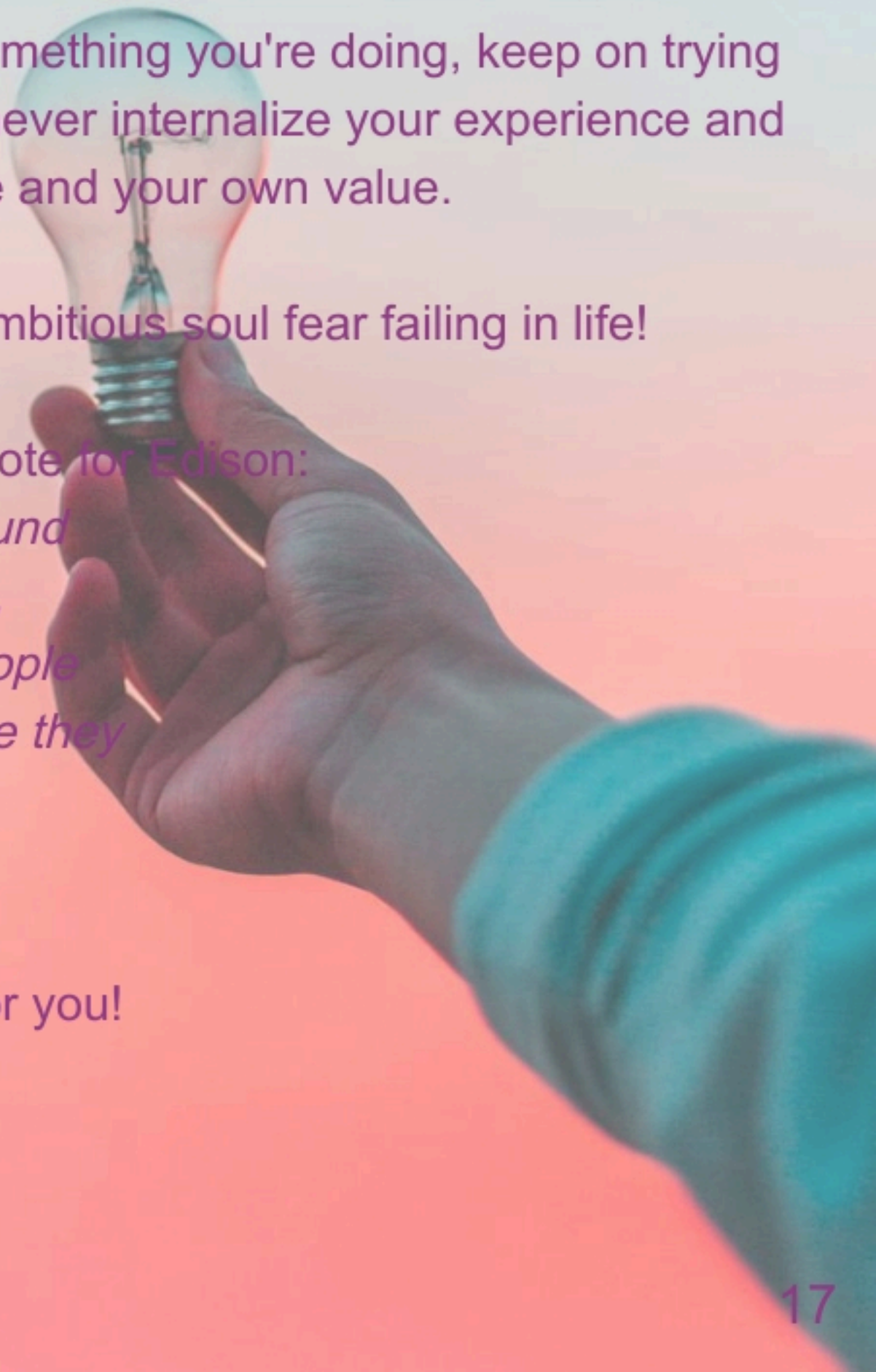
So if you don't succeed in something you're doing, keep on trying and evolving that thing and never internalize your experience and outcome to who you truly are and your own value.

You are unique, and every ambitious soul fear failing in life!

Will end this part with this quote for Edison:

*"I have not failed. I've just found 10,000 ways that won't work, many of life's failures are people who did not realize how close they were to success when they gave up."*

So find the way that works for you!





# - Tenth - Have faith

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Faith is your magical inner power, it's that power that gives you confidence and assurance in the unknown and the uncertain!

So are you giving up on your dreams? Or you're making things happen no matter what?

Success is what you create through your everyday reality

Make things happen today and everyday, that's how you create your own success





# Note from the heart

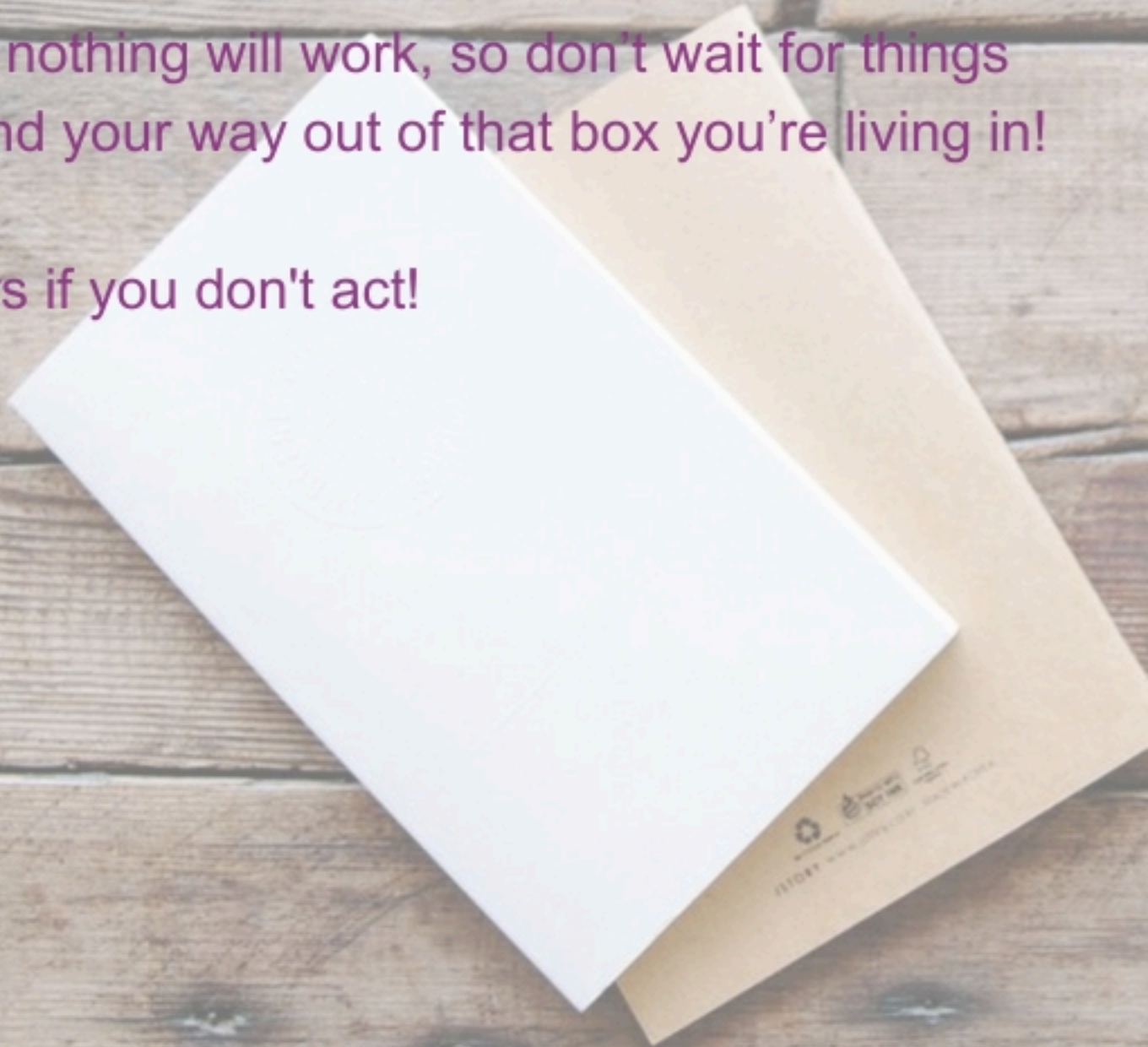
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What dreams do you keep on postponing because of your self-doubt? Because you attach yourself to that perfect outcome? Because you think you don't know or don't deserve?

We "humans" can do miracles. **If we just believe in who we are and what we can really do!**

If you don't do the work nothing will work, so don't wait for things to happen for you, go find your way out of that box you're living in!

You'll never find answers if you don't act!





# Note from the heart

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Trust yourself, believe in your dream, your dream is yours and everything you need to make things happen is within you, only you!

You can , you deserve, never wait for approvals or validation. Believe in yourself and give yourself the permission to live limitlessly.

Trust Your Path!

Keep On Thriving

Mira





# Join our circle

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Join our inner circle group where we share free training and support here:

<https://www.facebook.com/groups/www.thriveyourlifebymira>

If you wish to overcome the fear of failure, then request your free exploration call in the link below:

<https://forms.gle/mDFq8hMRc6V46xxy8>

or just email me at: [info@miramoufarrej.com](mailto:info@miramoufarrej.com)

*Mira Moufarrej*