

## **How To Succeed Despite Who Takes Credit**

### **QUESTION:**

How do I keep moving forward and thriving when others try to take credit for my effort, ideas, or growth?

### **ANSWER:**

When others attempt to claim credit for what you've worked for, it can feel like your value is being erased. But true success isn't that fragile; no one can own what lives in your bones. No one can rewrite the truth of who you are; you don't need to fight for the spotlight – you just need to stay rooted on your path.

Your success is measured by what *you* build, and there's no way someone else can justify taking credit for it. Here's how to heal your fears:

### **1. Understand the Nature of Credit-Stealing**

There are countless reasons why people take credit for the work you've done or for something you've achieved. The obvious reasons are jealousy and resentment; other reasons are more nuanced. A neglectful parent may use it as proof they were loving and attentive, a demanding partner or boss may use it to show them as supportive co-creators. Whatever the motivation you can bet they believe recognition will fill a void they cannot fill themselves.

Seeing it this way doesn't make their behaviour right, but it frees you from carrying the insult of having your success undermined like a festering wound. Taking credit where credit is **not** due exposes their lack.

## **2. Separate Recognition from Worth**

Recognition can be stolen; worth cannot. You are not the applause, the award, or the mention in the room. You are the builder, the thinker, the dreamer, the one who showed up when no one else would. The work itself – the inner transformation, the resilience, the healing you've fought for – is already yours. It cannot be claimed by anyone else, because it lives in you.

## **3. Decide What Kind of Success You're Building**

There are two types of success: fragile success, built on validation, and unshakable success, built on truth. If you anchor your worth in the external, someone taking credit will always destabilise you. But when your definition of success is wholeness, freedom, and integrity, you become untouchable. They may grab the surface-level rewards, but the deeper rewards are yours.

## **4. Let Their Actions Build Your Resilience**

Every time someone attempts to diminish you, you're offered a chance to strengthen your core. You learn to stop tying your worth to external approval. You discover

that your fire burns regardless of who tries to extinguish it. Resilience grows every time you succeed in silence, knowing that your life itself is the evidence of your contribution.

### **5. Protect Your Energy Instead of Proving Yourself**

Spending energy trying to expose or confront those who steal credit often costs more than it heals. Instead, redirect that energy into building. Let your work, your transformation, and your presence be so consistent, so undeniable, that no one's false claims can overshadow it. Protect your energy by refusing to fight battles that don't serve your focus.

### **6. Keep Succeeding Anyway**

The most powerful response to credit-stealing is to keep creating, keep growing, keep walking forward. Those who thrive on stealing credit for your considerable efforts will eventually run out of borrowed glory. But you – rooted in authenticity – will keep rising. Because success is not what people say you've done; it's what you've built, live, and embody. Keep succeeding, and your life will always tell the truth about what you've created.

**Affirmation:**

My success belongs to me, no matter who claims the credit. My life is the proof of my commitment, my creativity, and my success.

**Journal Prompts:**

1. When have I felt robbed of recognition, and how did it affect me?
2. What parts of my success can never be stolen, no matter what others claim?
3. How do I define success in a way that makes me untouchable?
4. Where am I spending energy trying to prove myself that could be better spent creating?
5. What would it look like to succeed anyway, even if no one ever acknowledged it?

**Visualisation:**

Picture yourself holding a glowing orb in your hands – it represents your success, your essence, your work. As you look around, you see people reaching out, trying to grab the orb but when they touch it, it vanishes - only reappearing in your hands. It cannot be stolen, because it was never transferable. You walk forward, the orb lighting your path, reminding you that your success is yours and yours alone.

**Conclusion:**

People may try to take credit for your growth, your brilliance, or your breakthroughs, but they cannot take your essence. Your success is not fragile, and your worth cannot be rewritten. The truth of your life stands taller than any false claim.

**Final Thought:**

When others steal credit, let them. You'll keep building the kind of success that no thief can hold.