



Strategies for Success



Strategies for Success

When values are clear...decisions are easy

Please list your top five core values in priority order, if possible.

_____ 1.

_____ 2.

_____ 3.

_____ 4.

_____ 5.

5 = Fully aligned

4 = Mostly aligned

3 = Inconsistent

2 = Rarely aligned

1 = Not aligned



Strategies for Success

What is your personal definition of success? What would have to happen in your life for you to feel that you are successful?

Score: _____

5 = Fully aligned

4 = Mostly aligned

3 = Inconsistent

2 = Rarely aligned

1 = Not aligned



P

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A

N

You become what you focus on and like the people you surround yourself with.

What are the top five things you spend your time on now?

_____ 1.

_____ 2.

_____ 3.

_____ 4.

_____ 5.

5 = Excellent use of my time

4 = Good use of my time

3 = Average use of my time

2 = Poor use of my time

1 = Waste of time / harmful



Strategies for Success

Who are the five people you surround yourself with that have the biggest influence on your life? For number six list yourself.

_____ 1.

_____ 2.

_____ 3.

_____ 4.

_____ 5.

_____ 6.

5 = Strong positive influence

4 = Positive influence

3 = Neutral

2 = Negative influence

1 = Toxic / harmful influence

Happiness

_____ 1.

_____ 2.

_____ 3.

_____ 4.

_____ 5.

5 = Very high — I experience this regularly

4 = High — I experience this often

3 = Moderate — sometimes

2 = Low — rarely

1 = None



Stress

_____ 1.

_____ 2.

_____ 3.

_____ 4.

_____ 5.

C = Control — I have direct control over this. My actions determine the outcome.

I = Influence — I cannot control the outcome, but I can take actions that may affect it.

NC = No Control — I have no ability to change this. It is outside my control.



Your Life Alignment Snapshot

Career / Work

I am doing work that feels meaningful. _____

Finances

I manage my money well (spending, saving, debt). _____

Values

I am living in alignment with my core values. _____

Health

I consistently take care of my physical health. _____

I manage stress well and maintain a positive, healthy mindset. _____

Relationships

I have strong, positive relationships with the people who matter most. _____

Influence

The people I spend the most time with positively influence my life. _____

Time / Focus

I spend my time on what matters most. _____

Personal Growth

I am consistently learning and improving. _____

Enjoyment / Happiness

I regularly experience enjoyment and satisfaction in my life. _____

Direction

I am clear on what I want my life to look like and where I am going. _____

5 = This is clearly true

4 = Mostly true

3 = Somewhat true

2 = Mostly not true

1 = Not true at all



Strategies for Success

What are three specific actions you could take, starting now, that would make a significant positive difference in your life?



NOTES