

exercise - define success

Success is different for each and everyone one of us, and so really the exercise is something that is relevant only to you. Below are some general topic headings to start you off. Add to them as other ideas for success come to you.

In order for this to be a useful tool, there are a few things that are important to think about:

- **Identify 6 – 8 different Topic areas in your life right now – there are some examples shown on the following page.**
- **Identify whether you feel successful in that area or not.**
- **Identify what 'sub-headings' fit under the topic heading.**
- **Identify your current scale of success:- 1 – 10 (1 = not successful / 10 = highly successful)**
- **Sense check that scale against what others may say – this will help clarify your scoring – is it just your thoughts or is a really a current reality.**
- **Identify what success would look like for you in each area – be specific.**

Once you have completed the first part of the exercise, use the 'Actions' spreadsheet to document what actions you will take to help you achieve success in the areas that you have defined.

Examples of Topic Areas:

- Fun
- Finance
- Love
- Outlook
- Positivity level with others
- Positivity level with myself
- Spiritual
- Work
- Charitable
- Health
- Friendships
- Learning / Personal Development

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Example – defining my success

Top Topic Areas:	Successful Y / N	Scale of Success 1 – 10	What others may say...	What success would look / feel like:
Finance	N			
My relationship with money – e.g. does it burn a hole in my pocket / do I save	N	3	Very generous	Having some money saved at the end of each week. Having someone else take me out 1 night a month.
Love	Y			
Relationship with my partner	Y	8	Great relationship	
Relationship with my son / daughter	Y	6	Sometimes comes across too hard	Spend more time at home – just being there, without planning to do something at least once a week.
Relationship with my friend (s)	Y	6	We don't have to be in each other's pockets	A get-together / catch up with a friend once a week.
Health	Y			
My relationship with food	Y	6	Eats healthily	Healthy snacks only being consumed and monitored weekly. Once identified how much rubbish I eat, reduce it by 10% each week. Target none-healthy snacks – 4 / week
The amount of exercise I take	N	4	Runs around everywhere	20 minute speed walk every day.
Self-esteem	N	4	Very self-confident	Getting through 1 week acknowledging when I stay to feel low and writing it down. Responding to the thought not from it.

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defining my success

Top Topic Areas:	Successful Y / N	Scale of Success 1 – 10	What others may say	What success would look / feel like:

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defining my success (cont'd)

Top Topic Areas:	Successful Y / N	Scale of Success 1 – 10	What others may say	What success would look / feel like:

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what actions I take to help me achieve my successes...

Write your own action (s) for each of the areas you have defined success in:	I will start the action(s)... <i>(date)</i>	I will complete the action(s) by...	I will measure my success by...