Career

Prompt Questions:
What are my values in this area of life?
What do markers of success in these 9 areas that reflect my core values look like, and how can I choose to achieve them, in a way that supports my values.
What do I want to feel, what do I want to see happen, what do I want to hear or receive?
What do I want to think about myself in this area, and how does basing success on my values help me with this?
CHECK: Is this MY criteria of success, or have I inadvertently adopted someone else's?

My values are:

My definition of success is:

My score on a scale of 1-10 based on my criteria (where 10 is nailing it!) is:

Personal Development

Prompt Questions:
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My score on a scale of 1-10 based on my criteria (where 10 is nailing it!) is:

Romance

Prompt Questions:
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Health

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My score on a scale of 1-10 based on my criteria (where 10 is nailing it!) is:

Fun and Recreation

Prompt Questions:
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My definition of success is:

My score on a scale of 1-10 based on my criteria (where 10 is nailing it!) is:

Physical Environment

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My score on a scale of 1-10 based on my criteria (where 10 is nailing it!) is:

Money

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Relationships

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My definition of success is:

My score on a scale of 1-10 based on my criteria (where 10 is nailing it!) is:

Time

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How will you define improvement??

List here the lowest scoring 3 of your 9 categories.

What would it take to make each a 10?

Make your success criteria measurable so you can see when you are reaching a higher score.

As you focus on these, notice how other areas also climb closer to 10!

My lowest 3 areas are:

My measurables for focusing on and improving each are:

1.

2

3