

WHAT IS SUCCESS? WORKSHEET

What are the stories you are currently telling yourself about what success is?	Identify how you are feeling:	Things I can't control:	Things I can influence or control:
	<ul style="list-style-type: none"> <input type="checkbox"/> worn out <input type="checkbox"/> exhausted <input type="checkbox"/> defeated <input type="checkbox"/> confused <input type="checkbox"/> lost <input type="checkbox"/> grateful <input type="checkbox"/> clear <input type="checkbox"/> improving <input type="checkbox"/> achieving goals <input type="checkbox"/> other <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ 		

What is success for you?	What actions will you take going forward: