

THE SPIRITUAL LAWS OF SUCCESS

Grading Element	Exceptional (4 pts)	Competent (3 pts)	Needs Improvement (2 pts)	Unsatisfactory (1 pts)	Score
Success and Self Esteem	I always understand the relationship between self esteem and success; I evaluate myself in a realistic way, reinforcing the 'good' and undermining the 'bad'.	I often understand the relationship between self esteem and success; I often evaluate myself in a realistic way, reinforcing the 'good' and undermining the 'bad'.	I sometimes understand the relationship between self esteem and success; I am often critical of myself and often engage in unhelpful thoughts and behaviours.	I always evaluate myself in a negative way: I am harsh and critical of myself and others. I hold on to my failures, embarrassments, and mostly feel humiliated and shamed.	
Wants vs Needs	I am always connected to the 'inner me' and experience ease, grace, truth and harmony. I can always refocus from wants to needs or from needs to wants very quickly.	I am often connected to the 'inner me' and experience ease, grace, truth and harmony. I can sometimes refocus from wants to needs or from needs to wants quickly.	I am sometimes connected to the 'inner me' and experience ease, grace, truth and harmony. I struggle with my self image and spend more time on my wants than needs.	I never connect to the 'inner me' and experience internal conflict and struggle daily; I often feel guilty, possessive and overindulge myself while being very judgmental of others.	
Being vs Doing	I am always able to stop, be still and present and connect with my essence: joy, peace and love. I always set myself challenges to go after goals and develop as a person.	I am often able to stop, be still and present and connect with my essence: joy, peace and love. I often set myself challenges to go after goals and develop as a person.	I am sometimes able to stop, be still and present and connect with myself. I sometimes set myself challenges to go after goals and develop as a person.	I never stop; I use busy-ness as a distraction and set goals from an ego point of view, constantly comparing myself to others.	
Strength vs Vulnerability	I always have an inner strength which gives me power over myself, endurance, resilience and authenticity; at the same time I am always open, vulnerable and flexible, connected to myself and others.	I often have an inner strength which gives me power over myself, endurance, resilience and authenticity; at the same time I am often open, vulnerable and flexible, connected to myself and others.	I sometimes have an inner strength which gives me power over myself, endurance, and perseverance; at the same time I am sometimes open and vulnerable but need to examine my desire to 'be right' and my lack of identity.	I lack inner strength, endurance, and perseverance; I am hard and inflexible, experience a lot of fear and am not open to new ideas.	
Unknown vs Predictions	I always embrace the unknown and set myself free from expectation, false hope and stress; I enjoy mystery, wonder and magic. I can always work towards targets with focus, determination and effort.	I often embrace the unknown and set myself free from expectation, false hope and stress; I often enjoy mystery, wonder and magic. I can usually work towards targets with focus, determination and effort.	I sometimes embrace the unknown and set myself free from expectation, false hope and stress. I can sometimes work towards targets but need more focus, determination and effort.	I rarely embrace the unknown and experience the pressure of expectation. I can work towards targets but do that in a fear based way. I lack spontaneity.	

Action Items

Sub Total

/20

THE SPIRITUAL LAWS OF SUCCESS

Grading Element	Exceptional (4 pts)	Competent (3 pts)	Needs Improvement (2 pts)	Unsatisfactory (1 pts)	Score
Separation vs Unity	I always feel connected and experience 'oneness'; I always experience peace love and joy with others at the same time as being separate enough to recognise my uniqueness and be true to my values.	I often feel connected and experience 'oneness'; I often experience peace love and joy with others at the same time as being separate enough to recognise my uniqueness and be true to my values.	I sometimes feel connected and experience 'oneness'; I sometimes experience peace love and joy with others but have difficulty recognising my uniqueness.	I rarely feel connected and experience 'oneness'; my thoughts are self centred and I am often in conflict and overcome by guilt.	
Time Stands Still vs Time Vanishes	I always take the time to be still and to connect; I always treat time with respect and treat it as my most valuable asset.	I often take the time to be still and to connect; I often treat time with respect and treat it as my most valuable asset.	I sometimes take the time to be still and to connect; I allow myself to be too busy for introspection and often fear loss of time.	I never take the time to be still and to connect; I am too busy trying to get ahead and fear loss of time to make it happen.	
Abundance vs Scarcity	I always have an abundant mindset, knowing I will always have what I need; at the same time I always experience sacredness, wonder and connection.	I often have an abundant mindset, knowing I will usually have what I need; at the same time I often experience sacredness, wonder and connection.	I sometimes have an abundant mindset, knowing I will mostly have what I need; at the same time I sometimes experience sacredness, wonder and connection.	I rarely have an abundant mindset, I am driven by the need to earn acceptance; at the same time I feel lost and confused and behave childishly.	
Me First vs Service	I always take the time to renew, revitalise and refresh; I always have the ability to perform at high levels for long periods. At the same time I always serve others with humility, respect and care.	I often take the time to renew, revitalise and refresh; I often have the ability to perform at high levels for long periods. At the same time I often serve others with humility, respect and care.	I sometimes take the time to renew, revitalise and refresh; I sometimes have the ability to perform at high levels but need more endurance. I often serve others but need their acknowledgement.	I never take the time to renew, revitalise and refresh; I feel guilty, ashamed and often resentful. I do help others sometimes but for the wrong reasons, my thoughts are all about me.	
Personal Success Routine	I always implement my personal success routine, action taken daily, disciplines set and motivation always high.	I mostly implement my personal success routine, action taken most days, discipline mostly good and feel motivated.	Rarely implement my personal success routine, action taken some days, discipline and motivation comes and goes.	Never use a personal success routine, rarely take action; mostly undisciplined and unmotivated.	

Action Items

Final Score

/40