

STEP

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	SUCC	ESS &	SELF	ESTE	EM
				a guide, as develc	
What	is one of	your inte	rnal con	flicts?	

STEP

CONT.

Create your own mental s	scoreboard.
GOOD	BAD
Have a look at your scorel two lists is larger? Which was to come up with?	
Does your list of 'good' h you? Explain:	ave a positive effect on



Look at your list of 'bad'. Do you think about these things often? Describe how this list makes you feel:	STEP 2 CONT.	WANTS	NEEDS
How can you go about reinforcing the 'good' and undermining the 'bad'?		What distractive substan	
<b>△ WANTS VS NEEDS</b>		What could you do inste	ad to build your inner self



STEP

3

#### **BEING VS DOING**

Give yourself a ranking for where you habitually dwell by putting a dot somewhere along the length of the arrow:

BEING	1	DOING
DEIING		DOING

Starting from today and going back to when you were a child, make a list of your main personal achievements in the table below.

Beside each achievement that was done simply for you as a person write BEING. For each achievement that was done for the sake of achievement or success, write the word DOING.

ACHIEVEMENTS	BEING OR DOING

STEP	How many were for DOING?
<b>3</b>	How many were for BEING?
CONT.	How can you spend more time being?

STEP



#### STRENGTH VS VULNERABILITY

Give yourself a ranking for where you habitually dwell by putting a dot somewhere along the length of the arrow:

STRENGTH	<b></b>	VULNERABLE
		V O LI VLIV VD LL

What has been your experience with vulnerability?



ΤΕΡ <b>1</b>	How was vulnerability expressed in your family or origin when you were growing up?
DNT.	
	What are your beliefs about vulnerability?
	What has been your experience with strength?

TEP



#### **UNKNOWN VS PREDICTIONS**

Give yourself a ranking for where you habitually
dwell by putting a dot somewhere along the length
of the arrow.

of the arrow:
UNKNOWN ← PREDICTIONS
Do you have a constant need to feel safe? Describe how it shows up in your day to day life:
Are you always trying to be in control? What things are you most concerned about controlling?
How can you meet your need for security and certainty in a way that supports you?



STEP

6

Give yourself a ranking for where you habitually dwell by putting a dot somewhere along the length of the arrow:
SEPARATION ← UNITY
Do you feel safe to be separate? Explain:
Do you have a strong need for connection? Where does the need come from?

TEP | /

### **ETERNITY VS TIME VANISHES**

Give yourself a ranking for where you habitually dwell by putting a dot somewhere along the length of the arrow:

ETERNITY	•		TIME	VANISHE
	e time as an ex ow it shows up		lay to c	lay life:
	rule your life? ow it shows up	o in your c	lay to c	lay life:
How could choices wit	you take more :h time?	e responsi	bility fo	or your



STEP

8

## **ABUNDANCE VS SCARCITY**

Give yourself a ranking for where you habitually dwell by putting a dot somewhere along the length of the arrow:

ABUNDANCE ← SCARCIT
What are your beliefs about scarcity?
What are you beliefs about abundance?
What did you learn about abundance and scarcity in your family or origin?

STEP



#### **ME FIRST VS SERVICE**

Give yourself a ranking for where you habitually
dwell by putting a dot somewhere along the
length of the arrow:

ME FIRST ← SERVICE
Do you use time as an excuse not to 'give' to yourself? Describe how it shows up in your life:
What amount of time do you spend nurturing your mind, body and spirit each day / week?
With regard to putting yourself first what patterns do you have that you recognise hold you back?



STEP

**9** CONT.

This week schedule some time each day to ask yourself three questions:

- 1. What did I enjoy yesterday?
- 2. What am I looking forward to today?
- 3. Am I being true to myself?

STEP

10

What changes could you make that would better support you living the life you want?				

STEP

## PERSONAL SUCCESS ROUTINE

Bring your awareness to how you start your day and describe your morning routine as it is now:
Does this routine support you living the life you want?

Design your personal success routine. If you already have one, make the changes you think will improve it for the coming year.

Keep in mind the key elements:

- Exercise
- Space
- Introspection
- Inspiration



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THE PARADOX OF SUCCESS
Our desire to be successful is driven by our dreams of what that success will mean.
What are your dreams of success?
What meaning does the success have for you?

Who will you have to become to achieve your dreams?
In what specific areas do you need to raise your awareness?
What can you do each day to make that happen?