

Workbook: Developing a Success-Mindset

Feel free to print these worksheets and use them to define your goals, discover your passions, and keep track of your progress.

Releasing Emotional Baggage

Recall the formative experiences that had a strong effect on who you are today:

List the limiting beliefs you likely hold as a result of these experiences:

List the opposite of these limiting beliefs so they become empowering beliefs:

Getting to Know Yourself

Use this worksheet during your quiet time alone, and answer the questions to the best of your ability. Add any of your own insights that may arise during your introspection. There are no right or wrong answers; let your heart lead you.

Who am I?
Why am I here?
What am I meant to be doing with my life?
Looking back at my life, I wish I had:
Looking back at my life, I wish I hadn't:
How could I have done things better in the past?
What can I change about my actions in the future?
Your insights:
Your insights:
Your insights:

What Do I Really Want?

Answer these questions from the heart. Don't ponder and try to come up with the "right" answers, simply jot down whatever comes into your head when you read the questions.

If I could change my financial situation, I would be earning:
If I could change my health situation, I would:
If I could change anything about my relationships, I would:
If I could change my self-image, I would:
If I didn't have to worry about money, I would:
If I couldn't fail, I would:
If I could add anything to my life right now, it would be:
If I could remove anything from my life right now, it would be:
More than anything, I want to:
I'm really satisfied with:

Forgiveness

I forgive myself for: (ex: things I feel guilty about, letting fear hold me back, not believing in myself, allowing others to define me, allowing others to diminish me, etc.)

I forgive others for: (ex: hurting me, neglecting me, abusing me, belittling me, not believing in me, doubting my abilities, making fun of my dreams, etc.)

Getting in Touch With Your Dreams

When I was a child, I wanted to be:

Do those old dreams still resonate with me?

My new dreams are:

Defining Meaningful Work

If money wasn't an issue, my dream career would be:

To me, meaningful work is:

Whose work do I admire, and why?

What qualities would my ideal career have? (dealing with people or long periods of solitude, fast-paced or quiet, logical or creative, etc.)

It is most important to me that my work _____. (Makes a difference in the world, helps others, makes me feel passionate, serves a valuable purpose, etc.)

Discovering Your Natural Talents and Passions

Most of us have spent so many years focusing on what we “have” to do that we’ve lost touch with the things we really enjoy doing. These questions should help you to rediscover your true passions. If you can’t come up with any clear answers, see the following page for a list of prompts.

I’m naturally good at:
_____ comes easily to me:
People are always saying I should:
I really enjoy spending time:
Some of my favorite hobbies are:
If I didn’t have to work, I’d spend most of my time:
My dream job would include these activities:
I’ve always wanted to learn more about:
If I had the money, I’d take courses in:
If I couldn’t fail, I’d pursue a career in:
I don’t care about success, as long as I have:

Prompts for Talents and Passions

There are so many possibilities for things we could be good at, or have a strong passion for. Look over this list and circle the items you’ve always enjoyed, have a natural talent for, or

wanted to learn more about. This is by no means an exhaustive list; some of the items listed might jog your memory for something similar, and if it's not on the list go ahead and add it in the last column.

Choose the things you are naturally good at, or enjoy:			
Writing	Dance	Interpreting	Add your own:
Painting	Acting	Sign language	
Sketching	Singing	Flying	
Photography	Playing instruments	Driving	
Sculpting	Hair styling	Racing	
Shopping	Manicures/pedicures	Sports	
Home improvement	Motivating others	Editing	
Computer work	Inspiring others	Proofreading	
Sales	Encouraging others	Broadcasting	
Graphic design	Serving others	Childcare	
Organizing	Fitness	Elderly care	
Communication	Health & wellness	Commentary	
Mediation	Relaxation	Opinion	
Science	Yoga	Designing	
Math	Meditation	Decorating	
Nurturing	Holistic healing	People person	
Gardening	Teaching	Law/legal	
Fishing	Mentoring	Fashion	
Natural living	Guidance	Merchandising	
Website design	Counseling	Programming	
Coaching	Bartending	Human rights	
Coordinating	Host/Hostess	Philanthropy	
Planning	Disc jockey	Weather	
Performing	Catering	Hiking	
Debating	Cooking	Canoeing	
Learning	Gourmet cooking	Research	
Sharing	Baking	Financial	
Simplifying	Cake decorating	Investing	
Sewing	Administrative work	Stocks	
Advice	Administration	Humor	
Dreaming	Managing	Positive thinking	
Planning	Supervising	Speaking	
Taking action	Marketing	Traveling	
Animal care	Leading	Medicine	
Animal training	Religion	Spirituality	
Animal behavior	Philosophy	Crafts	
Language	Metaphysics	Translating	

Clearing Out the Cobwebs

From the lists below, identify situations that are out of balance and in need of attention. Circle the items you want to heal or release, and underline the items you want to strengthen and improve, then list some possible action steps for bringing the situation back into harmony.

Work	Incomplete tasks and projects, overloaded schedule, cluttered office, unproductive habits, unresolved resentment, unhealthy work relationships, unclear objectives, lack of long-term planning, passion, fulfillment, better compensation, more opportunities for advancement, clear purpose.
Action Steps:	
Relationships	Unspoken truths, bitterness, unaddressed anger, grudges, guilt, regrets, dishonesty, destructive behavior, abuse, trust, passion, cooperation, partnership, hope, clear vision.
Action Steps:	
Financial	Increasing income, reducing unnecessary expenses, proper money management, long-term planning, saving and investing, budgeting, reducing debt, collecting monies owned to you.
Action Steps:	
Physical, Emotional, Spiritual	Poor health habits, excessive work, procrastination, work/life balance, recreational time with loved ones, proper rest and nutrition, anti-social tendencies, moodiness, anger, spiritual disconnection, inner emptiness, excessive obligations, lack of purpose or direction, personal time, personal growth, self-improvement.
Action Steps:	

Qualities I Admire About Myself, and Things I Would Change

Qualities I am pleased to have: (ex: confidence, determination, self-discipline, focus, self-worth, self-esteem, self-assurance, creativity, flexibility, resiliency, vision, patience, courage, self-sufficiency, etc.)

Qualities that need to be strengthened:

Qualities that I would like to release: (ex: fear, impatience, procrastination, doubt, disbelief, self-disgust, confusion, scattered focus, defeatism, lack mentality, etc.)

Sacrifices and Gains

I am willing to sacrifice:

In return I will gain:

Conquering the Fear of Success

My definition of success:

The vision I hold for my life is:

Given an opportunity to step into this reality, I might hesitate because:

Goal-Setting

List your ultimate goals for all aspects of your life: career, financial, relationships, personal growth, spiritual, physical, etc. Then break them down into smaller, more manageable goals.

My ultimate goal is:	
Broken down into smaller goals:	
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Choosing Focused Action Steps

Use this worksheet to identify key action steps that will create results, attract opportunities or attention, and noticeable progress.

Goal:	
Focused action steps:	
Goal:	
Focused action steps:	
Goal:	
Focused action steps:	
Goal:	
Focused action steps:	
Goal:	
Focused action steps:	
Goal:	
Focused action steps:	
Goal:	
Focused action steps:	

Staying Motivated

Write the highlights of your dream in detail, and read it to yourself each day:

List the benefits of your dream (what you stand to gain):

(Ex: happiness, freedom, abundance, pride in accomplishments, personal mastery and growth, passion, fulfillment, etc.)

Creative Ways to Deal with Obstacles

Use this worksheet to come up with creative ideas for dealing with obstacles. The next time you feel stuck, review these options and create a plan to move forward again.

See obstacles as:

1) A momentary detour on your path.
2) An opportunity to step out of your comfort zones.
3) A chance to re-evaluate your progress, and perhaps change direction.
4) An opportunity to strengthen your resolve.
5) A chance to believe more deeply in your ability to succeed.
6)
7)
8)
9)
10)
11)
12)
13)
14)
15)

Affirm the Possibilities

Write your own success story as if it were already true:

List the reasons why it is possible for you to succeed:

(Ex: others have done it, you have had smaller successes when you put your mind to it, you are more determined than ever before, etc.)