

WORKSHEET

DEFINE YOUR SUCCESS



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How to define Success for Yourself and Live out Your Values

a simple worksheet to help you define success for yourself and live out your values

① Write down your values - what is most important to you in life?

② What does success look like to you? List specific goals you want to achieve.

③ Identify any conflicts between your values and your definition of success.

④ How can you align your goals with your values? Brainstorm specific actions you can take.

⑤ Revisit and revise your definition of success as needed to ensure it aligns with your values.

⑥ Track your progress towards your goals and evaluate whether they align with your values.

⑦ Celebrate your successes, even the small ones, along the way.

How to define Success for Yourself and Live out Your Values

Expanded version to go deeper

- 1 When writing down your values, try to be as specific as possible. Don't just write "family" or "health." Instead, think about what those things mean to you and how they play a role in your life. For example, "family" could mean spending quality time with loved ones or prioritising their needs over your own.
- 2 As you list your specific goals, make sure they are measurable and realistic. It's important to set yourself up for success, not failure.
- 3 If you identify conflicts between your values and definition of success, don't be discouraged. This is an opportunity to reflect and make adjustments. Think about why there is a conflict and what changes you can make to align your goals with your values.
- 4 When brainstorming actions to align your goals with your values, think about both short-term and long-term strategies. What can you do today to start moving in the right direction? What can you do over the next year to make significant progress?
- 5 Revisiting and revising your definition of success is an ongoing process. It's okay if your goals or values change over time. The important thing is to stay true to yourself and keep working towards what is important to you.
- 6 Tracking your progress and celebrating your successes is a great way to stay motivated and feel good about what you are accomplishing. Remember, even small steps towards your goals are worth celebrating.
- 7 By following these tips and using the worksheet, you can define success for yourself and live a life that is fulfilling and aligned with your values.

["Download My 100 page Self Love Journal to Clarify Your Goals and Values"](#)

The Self-Love Journal is a helpful tool to clarify values and goals. It includes morning pages, sections to reflect on the day, and express gratitude. Demonstrating gratitude helps keep us in a higher vibrational frequency. The journal is available for download in the shop.