



My Definition of Success is:

This worksheet is from *Sponsor Success* (A Workbook for Turning Good Intentions Into Positive Results) written By Bob Younglove.

Complete the sections below:

Success in your physical life (health, energy, fitness, etc.) =

Success in your mental life (thinking, knowledge, memory, etc.) =

Success in your spiritual life (faith, values, peace, etc.) =

Success in your personal life (character, satisfaction, etc.) =

Success in your family life (relationships, love, helping, etc.) =

Success in your work life (career, reputation, achievement, etc.) =

Examples

Success in my physical life:

- My body is lean, fit, strong and flexible
- I workout 4 - 5 times a week
- I sleep well through the night
- I eat healthy, nutritious food

Success in My Mental Life

- I am calm
- I appreciate things
- I am organized
- I schedule time for me
- I am patient
- My self talk is loving

Success in My Spiritual Life

- I meditate for 20 minutes 5 times a week
- I nurture my connection to the divine
- I am patient, kind and loving

Success in My Personal Life

- I feel good about myself
- I have achieved the things I want to achieve
- I help others
- I am able to support myself
- I help others

Success in My Family Life

- I have a loving relationship with my husband
- I have great friends
- I enjoy my family
- I have a loving relationship with my brothers and sisters
- I have compassion for my mother

Success in my work life

- I am excited about my work
- I earn a good living
- I use my talents, skills and abilities
- My work is helpful to others