



## Personal Success Parameters Worksheet

Welcome to your journey of defining personal success! This worksheet is designed to guide you in identifying what success truly means to you. Take your time to reflect on each question and feel free to revisit this worksheet as your perceptions of success may evolve over time.

### Part 1: Reflection

#### 1. Reflect on Your Past Achievements:

List down your past achievements that made you feel genuinely proud and fulfilled.

Why did these achievements matter to you?

#### 2. Identify Your Values:

What are your top five personal values? (e.g., family, integrity, creativity, service, etc.)

How do these values align with your idea of success?

### Part 2: Visualization

#### 1. Envision Your Ideal Life:

Describe a day in your life 5 years from now where you feel successful. What are you doing?

Who are you with? How do you feel?

## **2. Roles and Relationships:**

What roles do you play in life (e.g., parent, leader, volunteer, artist)? How does success look in each of these roles?

Think about your relationships. What role does success play in them?

## **Part 3: Goal Setting**

### **1. Short-term Goals:**

Set three short-term goals (next 12 months) that align with your definition of success.

What steps will you take to achieve these goals?

### **2. Long-term Goals:**

Set three long-term goals (next 3-5 years) reflecting your personal success parameters.

Identify key milestones for each goal.

## **Part 4: Overcoming Obstacles**

### **1. Anticipate Challenges:**

What potential challenges might you face in achieving these goals?

How do you plan to overcome these challenges?

### **2. Support System:**

Who in your life can support you in your journey towards success?

How can you foster these support relationships?

## **Part 5: Review and Adapt**

### **1. Regular Check-ins:**

Schedule regular intervals (e.g., monthly, quarterly) to review your progress.

Be open to adapting your goals as your life and perceptions of success evolve.

### **Conclusion:**

Remember, success is a personal and evolving journey. This worksheet is a starting point for you to define and pursue your own version of success.

Naise Silapa

*CEO Naise Silapa Coaching*

[www.naisesilapa.com](http://www.naisesilapa.com)