



# Reflections for your success

Personal success and business success are interlinked, as you are... well: One You!

This reflections workbook is like a small journey, and an experience.

It will help you understand yourself a little more

What is important to you?

Who do you need to become to contribute to your own future success and the business's future success alike?

What knowledge, skills, attitudes, and behaviours do you need to upgrade, improve, change, un-learn or relearn?

If some of the exercises are "too much" then just do as much as you can with them- try to pay a thought though over days, as they are having a sequence and meant to bring useful insights into your inner world.

Enjoy!

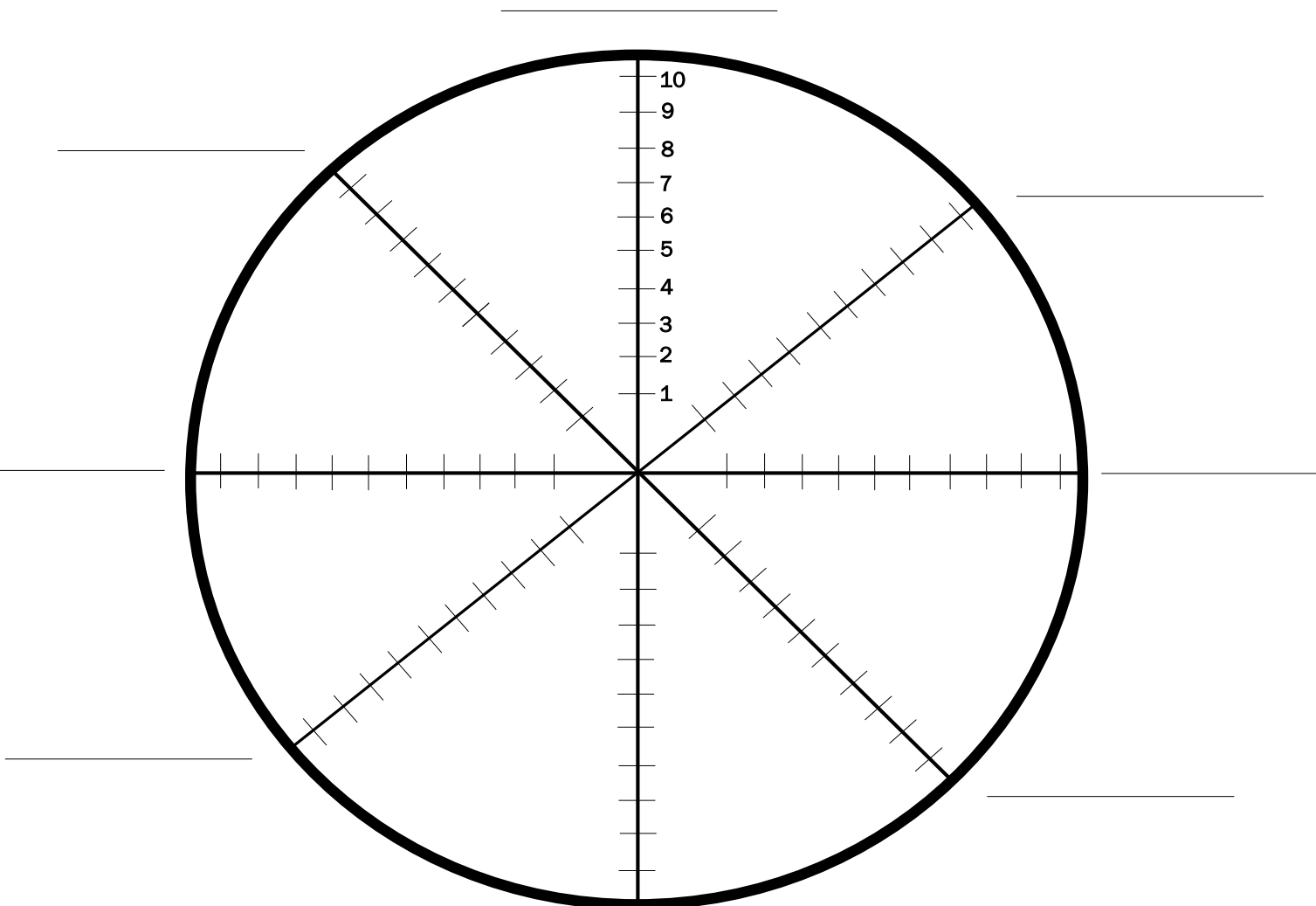


## 1. Wheel of life

The wheel (pie looking like) is meant to help you look at and assess all areas which are part of your life, and significant for you at this moment in time (think career, finances, family, what you feel is important to you).

You have a scale from 1 to 10, where 1 is the lowest level imaginable compared to what you would like it to be, and 10 is excellent, as great as you want it to be.

Write all those sections, one corresponding to each slice, and rate it at its current level. Take as much time as you need, you could just leave it and come back later if you think that would give you time to reflect.



Now, once completed, please go to next page and reflect on those questions there



**Wheel Assessment**

**What area on the wheel would you like to improve your level of satisfaction?**

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**What is the current state of this area in your life?**

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**What is missing or not working for you in this area?**

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**What would you like to create in this area?**

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**What/ whom can support you to move on?**

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**What are the first 3 action points to get started?**

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## 2. Roles you play in your life:

List all your roles here (example:  
mother/ father, business owner, etc)

What is the ideal picture of each for  
you? Make it simple and inspirational

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Take a blank piece of paper (or, if feeling comfortable record yourself when telling the stories) and think of 3 excellent times in your life- at least one work related experience.

- What was special about it?
  - What made it so?
  - Who was there?
  - What have you felt during the experience?
  - What have you heard during the experience?
- Write down each of those experiences and circle words which might represent values
  - On another piece of paper write (or again, recording yourself telling the stories) 3 literally awful/ frustrating experiences, one at least work related, and thinking of the aforementioned questions, write it all down
  - Again, circle/ write down if recorded the words which might represent values

Now, go to table B, and bearing in mind those values highlighted from the experiences; as well as the ones you've selected earlier, ask yourself:

Which 10 ones are the ones which are the closest representing what you really stand for?

**Table B**

Rank	Value

And now, if your house were on fire and you had to take one single value with you, which one would it be?

**Value to take with me when house burning** \_\_\_\_\_

And the next one?

**Value to take with me when house burning** \_\_\_\_\_

And the next one?

**Value to take with me when house burning** \_\_\_\_\_

And the next one?

**Value to take with me when house burning** \_\_\_\_\_

And the next one?

**Value to take with me when house burning** \_\_\_\_\_

Are those last five featured on the list of 10? If not, how can you rearrange those so the final list of 5 will match as close as possible what your real values are?



#### 4. Describe your ideal profession/ role/ job/ work

This is as you think of it right now.

A few questions to help you: What do you do specifically? What kind of people are you working with? Are you travelling? How often? Where? How much do you earn? How many hours do you work? How many holidays do you have? How does what you do impact others, and in what way?

Use your imagination as much as you can, and write all down. If not sure yet, leave it and come back to it later.

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## 5. Exploring your legacy

This is a “looking from the future” exercise, and I invite you to immerse yourself in this experience. It is important to remember that if we don’t plan our life, someone else will do it for us. How do you want to have reached that point in life?

Imagine yourself being 90 years old, and sitting in your garden on a rocking chair.

**Who are you at that point in time?**

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**What have you accomplished?**

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**What makes you proud?**

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**What made it for a life really well lived?**

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Have you been true to yourself? How?

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Have you lived your life in your own terms? How?

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Who's with you?

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What do they say about you?

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What do you hear/ see/ smell?

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What regrets do you have (if any)?

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**6. Look at your answers and reflect:**

Have you discovered anything which helps you understand where you're heading?

What could you do starting now to shape those answers towards the direction you want?

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And, after all this reflection, would you be able to build a Vision Statement for yourself?

What about a Mission Statement?

Give it a try:

**Vision Statement**

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**Mission Statement**

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**Congratulations, great work! Can you start living by your statements? Are you inspired by them?**

**Do you need more help?**

**Book a 1 hr Free Strategy Session with me by clicking [here!](#)**