



SUCCESS & YOU

Success Action

“DREAM – BELIEVE – CREATE – SURRENDER – SUCCEED”

Date: _____ Name: _____

Complete the following Success Tracking Sheet

SUCCESS TRACKING SHEET

Place a tick in each box that you feel is correct for you at the moment, place your total number of ticks at the end of each area:

AREA: BUSINESS/FINANCES

- My work is personally rewarding
- I am proud of what I do for a living
- I feel appreciated in my workplace
- I get along well with the people I work with
- I know where I am going in my career
- I reply to calls and emails within 48 hours
- I keep on top of my paperwork
- I complete my work within reasonable hours
- I manage my time well
- I delegate without guilt
- I have a rewarding life beyond my work or profession
- I consistently save at least 10% of my income
- I have paid back/returned all borrowed money and goods
- I have all current agreements in writing
- I live within my means
- I have personal insurance (life, accident, disability, medical etc.)
- My car, home, contents are insured at their correct value
- I have no legal matters outstanding
- I have a will which is current
- My investments do not keep me awake at night
- I know how much I am worth
- My earnings are commensurate with what I undertake in my job
- I am continuing to develop my career/professional development
- I rarely miss work due to illness
- My financial plan will allow me to reach financial independence
- I am happy with my income
- I live on a budget that I stick to
- I pay my bills by their due date



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- I know how much my debts are and when they will be finished
- I reward myself regularly
- I use my credit card responsibly
- My wallet only has in it what I need
- My taxes are filed and paid

TOTAL: _____ (Out of 33)

AREA: HEALTH/RELATIONSHIPS

- I use caffeine less than 3 times per week (chocolate, coffee, colas, tea)
- I watch less than 5 hours of television per week
- I have had a dental checkup in the last 6 months
- My cholesterol levels are normal
- My blood pressure levels are normal
- I have had a complete physical examination within the past year
- I do not smoke tobacco or other substances
- I do not use illegal drugs or misuse prescribed medications
- I have had an eye examination within the past two years
- My nails are healthy and look good
- I wear well-fitting sunglasses
- I walk or exercise at least three times per week (for at least 20 mins)
- My hearing is good
- There is ample and healthy lighting around me
- I am happy with my hair
- I don't injure myself, fall or bump into things
- I am happy with my current weight
- I have a balanced diet including lots of fresh food
- I don't drink alcohol excessively
- I drink at least 8 cups of water every day
- I am happy with the sleep I get
- I have appropriate clothes for my work & personal interests
- I am not concerned about my stress levels
- I feel generally well
- I am happy with the level of intimacy in my life
- My partner & I respect each other
- I make amends easily with people in my life
- I consider myself to be a good friend
- I see people who are important to me regularly
- I have told my friends how much I care about them in the last 6 months
- I am satisfied with my social life
- I have told my family, in the last 3 months, that I love them
- There is no one I would dread or feel uncomfortable seeing
- I put people first and results second
- I am not attached to any relationships, which drag me down or damage me
- I have communicated or attempted to communicate with everyone whom I have hurt, injured or seriously upset, even if it wasn't fully my fault
- I do not gossip or talk negatively about others
- I have a circle of friends/family who love and appreciate me unconditionally
- I tell people what I want



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- I always tell the truth and don't exaggerate
- I receive enough love from people around me
- I have forgiven anyone who has hurt me
- People can count on me
- I quickly correct miscommunications
- I live my life the way I want to, not how others want me to
- I do not judge or criticise others
- I do not "take personally" the things that people say to me
- I have a best friend or soul mate
- I make requests rather than complain
- I am comfortable saying no when I need to

TOTAL: _____ (Out of 50)

AREA: EMOTIONAL/SPIRITUAL

- My personal files, papers and receipts are neatly filed away.
- My car is in excellent condition
- My home is generally clean and tidy
- My appliances, machinery and equipment work well
- My clothes are clean and make me feel good
- My plants and animals are healthy
- My bed/bedroom lets me have the best sleep possible
- I live in the location of my choice
- I consistently have adequate time, space and freedom in my life
- I am not tolerating anything about my home or work environment
- I recycle
- I use environmentally friendly products
- My bed is made every day
- People feel comfortable in my home
- I am consistently on time
- I have something to look forward to virtually every day
- I have no habits, which are unacceptable to me
- I am aware of the physical or emotional challenges I have, and I am taking care of all of them
- I consistently have time off and take at least four weeks of holiday time each year
- I laugh every day
- I am happy with my home
- I surround myself with things that I love
- I don't acquire clutter
- I have photos of loved ones on display
- I am happy with my mode of transport
- I love myself
- I have had a birthday party in the last two years
- I have a life outside of my work
- I have enough confidence to do what I want in life
- I have a form of creative expression

TOTAL: _____ (Out of 30)