

# Discover Your Definition of Success **Filled Example**

*\*Scroll down for the empty worksheet*

## The goal

What do you want to achieve?

*To get into a top tier university*

## The whys

Try writing 5 reasons why this is important to you.

- 1. Make my family proud*
- 2. Allow me to get a good job in the future*
- 3. Be around people who are smart and passionate*
- 4. Get to live in a different part of the country*
- 5. Allow me to study medicine.*

## The reflection

Is this what you really want? If not, what would be your goal based on those reasons?

*This is a good goal for me, I have 5 solid reasons to accomplish it and I can't serve all of them by doing anything else.*

## The goal

What do you want to achieve?

*To learn how to play the guitar*

## The whys

Try writing 5 reasons why this is important to you.

- 1. The people I know who play guitar are really popular*
- 2. It would be fun to play in a band*
- 3. I've heard the guitar isn't that hard to learn*
- 4. My brother has an old guitar I could borrow*
- 5. There are free guitar lessons on Youtube*

## The reflection

Is this what you really want? If not, what would be your goal based on those reasons?

*It seems like many of my reasons for wanting to learn the guitar are about it being easy and available and not because it would really improve my life. Maybe I should think about another goal.*

## The goal

What do you want to achieve?

*Visit Ireland*

## The whys

Try writing 5 reasons why this is important to you.

- 1. I want to better understand the place my grandfather came from*
- 2. I'm interested in maybe living abroad one day, so I want to see what other countries are like*
- 3. I could possibly go to university in Ireland*
- 4. I really want to see the Giant's Causeway*
- 5. I can visit my penpal Colm in Dublin*

## The reflection

Is this what you really want? If not, what would be your goal based on those reasons?

*This is a good goal for me, I have 5 solid reasons to accomplish it and I can't serve all of them by doing anything else.*

# Discover Your Definition of Success **Worksheet**

Changing what you're doing doesn't necessarily mean you've failed. It means you're thinking about why you did that thing to begin with.

*\*This should take 20-25 minutes to complete.*

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