

THE PRODUCTIVITY SECRET

WORKSHEET 1

DEFINING SUCCESS

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HOW DO YOU DEFINE SUCCESS?

Before we make any huge commitments in life, it's crucial that we establish our own definition of success and then figure out how to achieve it.

This exercise might seem a little bit 'pointless' to some people, however for the sake of investing 15 minutes today; you might just begin saving yourself years of wasted time in the future.

Few of us ever stop for long enough to really define what success would look like, and if we don't know what it would look like... how would we know how to achieve it? Or how would we know when we've eventually arrived?

GET READY

FIRST THINGS FIRST: Get Yourself Fully Prepared

1. Get your writing surface ready:

(Either this document, a fresh Word doc or a scrap piece of paper).

2. Turn your brain off for 15 minutes & be honest instead:

(This exercise will be more impacting without your internal commentary).

3. Set a stop watch or timer for 15 minutes:

(If you've only got 5 minutes to spare, then do that. Any time is better than none).

HOW DO YOU DEFINE SUCCESS?

Imagine that you're sitting at your 80th Birthday party. You're looking back fondly on a life you have lived well and fully.

What are the things that you've achieved throughout your life that are producing these feelings of peace and contentment?

- a)** Is it an amount of money or quality of possessions?
- b)** Is it a degree of time that you've spent with your family or loved ones?
- c)** Is it being able to do the work you love or avoiding the work that you hate?

Whatever it is that this 80-year-old version of you feels great about, write it all down on paper, as many words as you can manage before the 15 minute timer goes off. Go on – get writing!

GET SET GO!

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Please Note: There are no right or wrong answers for this exercise - just be completely honest with yourself and this 80-year-old version of you will thank you for it someday!