

# Making It to the Top

**The reality is that life is a pyramid of work, family, friends, social commitments, finances and if we are lucky we can include some play, exercise and relaxation. The truth is we all have the freedom to create true happiness by our own definition. One of these definitions is “Making It to the Top”.**

Ask yourself the following questions. Listen to your Inner Coach. Be prepared for your response and above all be honest with your true self. Dreams are possible when you face the reality of their existence with both a sense of purpose and truth.

What is the grandest possible dream you have for yourself at this time?

If you had to change anything about this dream what would it be right now?

What is the time line for this dream? (Days, weeks, months, years)

Who is a part of your success or your ability to succeed? (Who will you need to be successful, for example: family, friends, business partners or networks of talent, people? Remember you cannot achieve this grand dream alone.)



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What skills, capabilities, experiences or competencies will you require to be successful?

Who is most excited to see you live this dream? (You, your family, your friends or colleagues)

What will enable your success the most? (Your skills, knowledge, networking with others, financial assets, other skills, time)

Who needs to be a part of your success for you to feel you have truly achieved the dream? (Just you, your family, friends and colleagues, others)

How will you know when you have reached your goal? (What milestones will you have covered in the process?)



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What obstacles, if any, do you need to be mindful of when planning to reach your dream?

What can you do to stay true to your dream?

What might you be willing to give up to achieve your dream? (Family, time for relaxation, money, love, relationships)

How will you know it is time to create another dream?

Beginning with just these few questions will hopefully help you direct your energies towards the right dream with an appropriate time frame in mind. Please feel free to add your own questions as they come to you to make the best possible plan for your dream(s) now or in the future.

Carefully understanding your responses will help you stay true to yourself, your values (see Exercise on Energy and Commitment), your motivations (see Motivation Exercise) and ultimately keep you on the path to success you have charted for yourself today and in the future. Happiness comes with honesty about yourself and key elements of planning. Making the best choices to underscore your happiness is one of the keys to avoiding the trap that Making It To The Top will be your crowning achievement in life.



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