



Self-Discovery

Name _____ Date _____

Word of the Year: _____

How do you know you are living it?

The ACHIEVE INDEX™

To help you understand your current state of success, please answer the following:

1. What are your top 3-5 Values?

2. How are your life choices aligned to your values listed above?

1	2	3	4	5	6	7	8	9	10
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Not Aligned

Completely Aligned

3. Overall, how successful do you currently feel?

1	2	3	4	5	6	7	8	9	10
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Very Unsuccessful

Extremely Successful

4. In your professional/business life, how successful do you currently feel?

1	2	3	4	5	6	7	8	9	10
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Very Unsuccessful

Extremely Successful

5. In your personal life, how successful do you currently feel?

1	2	3	4	5	6	7	8	9	10
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Very Unsuccessful

Extremely Successful

6. How happy do you currently feel?

1	2	3	4	5	6	7	8	9	10
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Very Unhappy

Extremely Happy

7. I know exactly what I need to do to improve my current success and happiness.

1	2	3	4	5	6	7	8	9	10
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No Clue

Absolutely

8. I have the knowledge and skill to improve my current success.

1	2	3	4	5	6	7	8	9	10
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No Clue

Absolutely

On a scale from 1-10, rate where you are right NOW, in each of the following 5 areas:



Think about your dreams, what would a “10” look like in each of the five key areas. Remember to reflect on your where you’re at now, and take into consideration your *core values* as you develop your “10”.

Self-Mastery Action - What does your 10 look like?

Spiritual: _____

Wellness: _____

Relational: _____

Career: _____

Financial: _____

Best Life Statement: