



SPARTHENIAN
CONSULTING

HOW I DEFINE SUCCESS

CHEAT SHEET

LET'S DEFINE SUCCESS

The easiest method to define success will be to answer a few questions first.

If you could Go Back In Time and Give Advice to Your 15 or 20 Year Old Self...What 3-6 Things Would You Tell Yourself? Rank the advice in order of importance.

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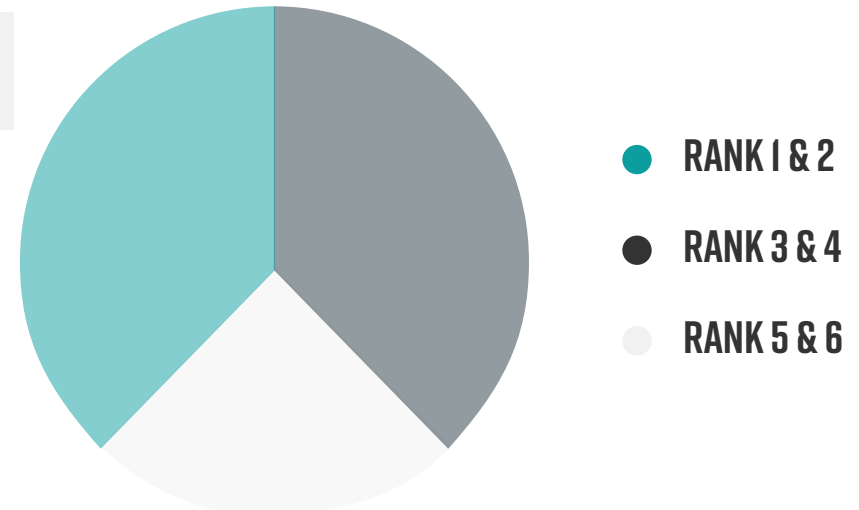
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HOW I DEFINE SUCCESS CHEAT SHEET

DATE: _____

What Category Would Each Piece of Advice Go Into? Options could include but are not limited to: Time with Family, Relationships, Health/Wellness, Faith/Spirituality, Career, Finances, Learning, Achievement, Etc.

Write In Your 6 Categories in the Pie Chart Below. (Not all things are equally important, so the pie chart below is for example only).



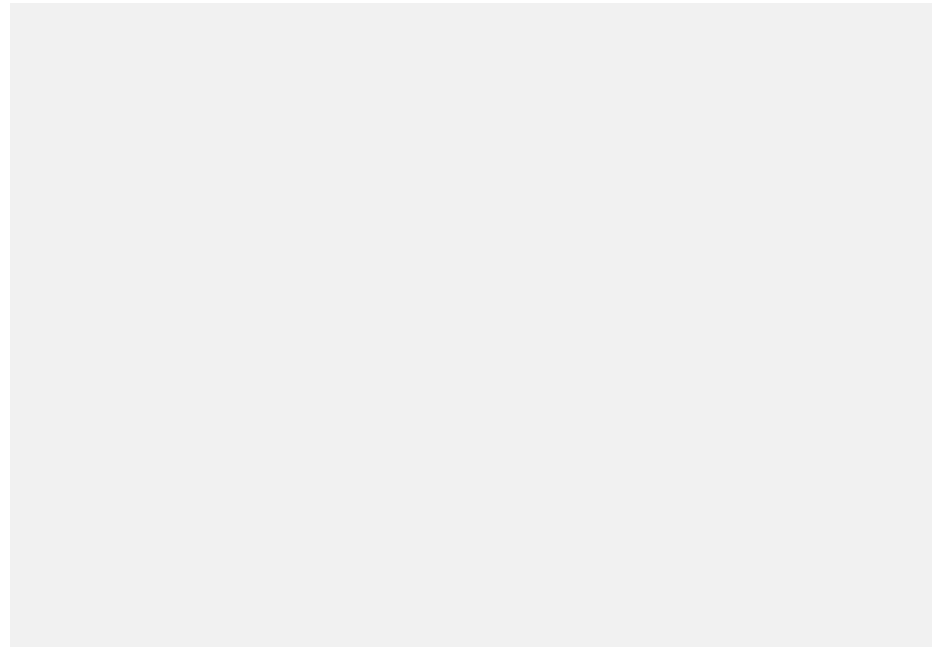
CHEAT SHEET

HOW DO YOU LEARN FROM YOUR PAST?

Face it head on...failed attempts, failed relationships, embarrassment and all.

Give yourself grace and realize much like everyone else around you, you were learning.

Realize that if you don't want your past to negatively define you or repeat, make different choices.



If you Could Go Forward In Time What Advice Do You think 60 or 70 Year Old Self Would Give Your Current Self? Rank the advice in order of importance.

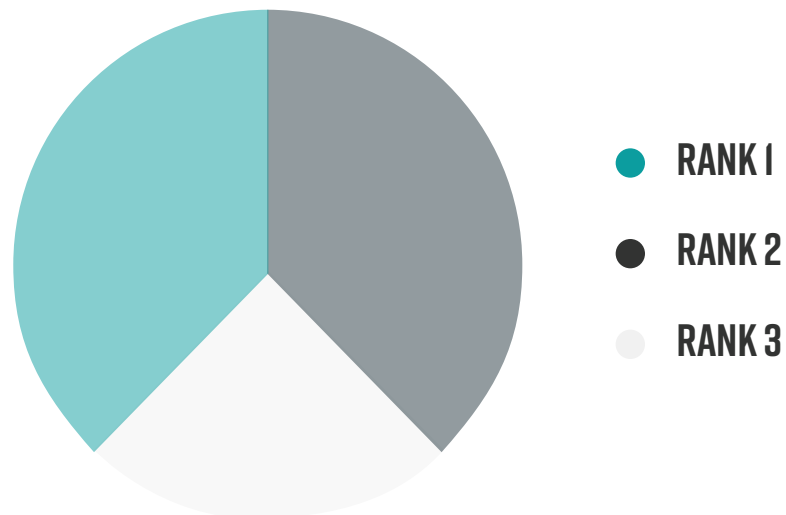
01

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What Category Would Each Piece of Advice Go Into? Options could include but are not limited to: Time with Family, Relationships, Health/Wellness, Faith/Spirituality, Career, Finances, Learning, Achievement, Etc.

Write In Your 3 Categories in the Pie Chart Below. (Not all things are equally important, so the pie chart below is for example only).



ADVICE TO YOUR FUTURE SELF

The benefit of age should be wisdom, but now also having the distinct advantage of knowing if your earlier decisions 'worked out' or not. Future state should be highlighted by reflection and pursuing remaining goals.

At this age, the prospects of retirement, a grown family, relationships, and legacy will likely start to matter much more than they did in your youth. Additionally, as you age, your 'world' typically is no longer expanding as you have explored almost everything that you will explore and physical limitations may begin to hinder your ability to explore new frontiers.

Overlap Between 15 and 20 Year Old Advice Categories
and 60 to 70 Year Old Advice Categories

HOW DO YOU DEFINE SUCCESS NOW?

Use this section to explain how you define success. Use the lessons learned from the past and the projection into the future as guard rails to better understand where to course correct. Current you is likely at both the largest level of opportunities mixed with the benefit of the wisdom that comes from time and experience.

The goal should be to reduce regret and live a life that is the best version of life for you.

OVERLAP BETWEEN 15 AND 20 YEAR OLD ADVICE CATEGORIES AND 60 TO 70 YEAR OLD ADVICE CATEGORIES

01

02

03

01 THIS IS HOW I USED TO DEFINE SUCCESS WHEN I WAS YOUNGER:

02 THIS IS WHAT I LEARNED FROM MY PAST REGARDING SUCCESS:

03 THIS IS HOW I WILL LIKELY DEFINE SUCCESS AT 60-70 YEARS OLD:



04 THIS IS WHAT I WANT MY LIFE TO LOOK LIKE AS I AGE:

05 THIS IS WHAT I LEARNED FROM MY PAST REGARDING SUCCESS:

OVERLAP 1

OVERLAP 2

OVERLAP 3

06 WHAT SHOULD I START DOING OR STOP DOING CURRENTLY IN MY PURSUIT OF SUCCESS?

07 RE YOU READY TO COMPLETE THIS EXERCISE, DEFINE SUCCESS, AND MAKE REAL AND LASTING CHANGES TO YOUR LIFE? IF **YES**, THEN COMPLETE THE EXERCISE BELOW...

HOW DO YOU DEFINE SUCCESS?

You may enter your definition of success here or use the below template and fill in your information.

My name is XXXXX, and when I was younger, I defined success as x. Over the course of time, I now learned a, b, c (lessons from reflected on younger you), and would now advise myself to behave, act, or think in (enter what you learned) manner.

AS I AGE, I THINK THAT I WILL DEFINE SUCCESS AS X. ALTHOUGH I AM NOT THAT AGE YET, I THINK THE FOLLOWING 3 THINGS WILL BE MOST IMPORTANT TO ME:

01

02

03



BASED ON WHAT I'VE LEARNED FROM THE PAST AND PROJECTING WHAT I THINK WILL MATTER IN THE FUTURE, I THINK I NEED TO MAKE THE FOLLOWING CHANGES NOW TO BE SUCCESSFUL.

01

02

03

Ultimately, I define success as x (try to keep the definition to one sentence to one paragraph).

CLOSING THOUGHTS:

Thank you for taking the time to define success. I hope this process leads to even greater and more fulfilling success in your future!

Remember, having a plan is very important, but even the greatest plan without action, will remain nothing more than an idea. A moving sail boat can always course correct....however, a docked speed boat will go nowhere.

