

Reflecting on Past Successes

This worksheet is to remind you that they can do anything you set out to achieve.

Identify your most significant successes below – they may include promotions, educational success, and also finding a loving partner and having a great family.

Start by completing the second column only, and add other rows for other areas of your life:

Area of your life	Describe your biggest successes	Why is it important?
Career		
Education		
Family		
Sports		
Hobbies		

Area of your life	Describe your biggest successes	Why is it important?
Friendships		
Other		

Once complete, review the list and answer the “why is it important?” column. This column will closely tie in with the values you hold dear and shed light on those areas where you should be spending more time.

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