



A Simple Guide to True Success

Defining growth

Is your idea of growth purely income-based? Consider the following:

How healthy are you?

What life changes might you make to improve your health?

Your skills

What do you want to learn other than making money?

Creative satisfaction

Do you get fulfillment from expressing your creative side or working on projects you enjoy?

Relationships

List three people you would like to cultivate better relationships with in your life:

How much fun do you have?

When was the last time you did something for pure enjoyment? List the next three fun activities you will complete:



3 areas to look at to become a more complete person:

The Past

Look at the past with gratitude. Remember the things you did and the hard work you went through to get to where you are now.

Now

Live in the now. Enjoy the detail in what's happening right here right now. Remove distractions.

The Future

Complete things that will set you up for a better future.

Take back control of your life and do your own thinking. Overcome your need to please the following:

- Your peers
- Your parents
- Your children
- Your siblings

Find your ikigai

What is one thing that makes you happy, that you can do daily and build your routine around?

Cooperate rather than compete

How can you help other people reach success while you achieve your own?

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