

YOUR PERSONAL SUCCESS BLUEPRINT

Define success on your own terms.

If you've read about six ways people chase success that drain their energy, now it's time to figure out what success means to you. This worksheet will help you identify which conventional success measures you've been unconsciously following and create your own definition based on what genuinely matters to you. [Read the article here](#)

1. Which success traps are you caught in?

Consider how often you experience each of the six patterns and rate them 1-5:

1 - Never. 2 - Rarely. 3 - Sometimes. 4 - Often. 5 - All the time.

Score:

Promotion or climbing the career ladder. I feel pressure to advance my career even when I'm not sure I want the next level. ☐

Earning more money or hitting salary targets. I measure my worth by my income and constantly want to earn more. ☐

Being busy or having a packed schedule. My busy-ness is a badge of honour and I feel guilty when I'm not productive. ☐

Recognition or being seen as successful. I need other people to acknowledge my achievements to feel good about myself. ☐

Having my shit together or being everyone's rock. I never let people see me struggle, I'm always the strong, reliable one. ☐

Agreeable or never expressing what I want. I go along with what others want, even when I have different preferences. ☐

Highest scores:

These are the success traps draining your energy the most. Choose one to focus on for the rest of this worksheet.

The pattern I want to work on:

2. What's really driving this pattern?

Let's explore why you are caught in this particular trap:

When did you first learn this was 'success'? (Think back. Who taught you this mattered? Family? School? Work culture? Social media?) _____

What do you think this success measure will give you? (Security? Recognition? Love? Approval? Freedom? Status?) _____

What are you afraid will happen if you don't pursue this? (Being left behind? Disappointing people? Not being good enough?) _____

Who are you trying to impress or prove something to? (Be honest. Whose approval are you seeking?) _____

3. Exploring what you actually want

Now let's move beyond conventional expectations to discover what success means to you.

If money, status, and other people's opinions didn't matter. What would you choose to focus your energy on? _____

Think of a time when you felt genuinely satisfied and proud of something you did. What was it about that experience that felt meaningful? _____

What matters most to you in your daily life? Connection? Creativity? Learning? Helping others? Challenge? Peace? Independence? _____

If you could only achieve three things in the next five years, what would they be?

1. _____
2. _____
3. _____

How would these achievements make you feel? _____

4. Redefining success for you

Based on your reflections so far, we can now create your personal definition of success.

Complete this statement: For me, success means... _____

What would need to be true in your life for you to feel genuinely successful? Think about relationships, work, personal growth, contribution, lifestyle, values. _____

How would you know you were living successfully according to YOUR definition? What would you feel? What would others notice about you? _____

5. Taking action

One way your current approach to success is draining your energy: _____

One small change you could make this week to align with your personal definition of success: _____

One conventional success measure you're willing to care less about: _____

One person you could talk to about what success really means to you: _____

6. Your success blueprint summary

My personal definition of success: _____

The success trap I'm stepping away from: _____

The one action I'm taking this week: _____

Remember: There's no right or wrong answer here. Your version of success might look completely different from everyone else's - and that's exactly how it should be.

If this pattern doesn't feel like the right focus anymore, go back to Part 1 and choose a different one.

Next steps: take advantage of an **exclusive free 30 minute call** to explore what's really keeping you stuck and see how the Energy Blueprint method could help you. Only available to people who have completed this worksheet. [Click to book your call now](#)