



Doing You Well

Personal
Success
Workbook

KEY QUESTIONS TO
ENSURE YOUR
SUCCESS IN LIFE

THANK YOU FOR YOUR PURCHASE!

I hope you'll get out of this workbook, everything I intended when I created it. My hope is that you'll do some deep self-reflecting and answer the questions honestly, in order to get the most from this workbook.

Some helpful tips to keep in mind when filling out the workbook:

- Be thorough and honest while working through the questions.
- Consider each section carefully, but most importantly, take your time and don't rush through it.
- You may find some questions hard to answer, but if you honestly dig deep, you'll be surprised by what you'll discover. I promise!
- One thing I love about this workbook is that it's editable, which allows you to reuse it over and over again.
- I suggest you redo it every 3-6 months (to track your progress) to see if there's an area of life you need to put forth more effort towards.
- Remember, the more you work at it, the closer you'll get to your desired results.
- ENJOY!

CAREER

Whatever your hand finds to do, do it with all your might.
Ecclesiastes 9:10

How happy and fulfilled are you by your work? If you're not, explain why?

How satisfied are you with your salary/income? Why or why not?

Are you satisfied with the challenges and opportunities your career gives you? If not, why?

No__Yes__

Do you love what you do? Why, or why not?

No__Yes__

Do you find your career satisfying? Why, or why not?

No__Yes__

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Do you like the people you work with? Why, or why not?

No__Yes__

Do you like the people you work for? Why, or why not?

No__Yes__

Do you often consider changing careers? If yes, why?

No__Yes__

Do you enjoy your work atmosphere? Why, or why not?

No__Yes__

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YOUR CONCLUSIONS

At this point look through your answers and describe the conclusions you have come to, this is where you identify what needs work

Consider setting goals towards it and brainstorm what needs to be done to achieve what you want. Use the space below.

FUN/ RELAXATION

Come to Me, all you who are weary and burdened, and I will give you rest. Matthew 11:28

Do you typically find time for fun and relaxation? If not, why?

No__Yes__

Do you look for new ways to relax and have fun? If not, why?

No__Yes__

Do you take regular vacations? If not, why?

No__Yes__

Is your leisure activity life lacking? If yes, why?

No__Yes__

Do you make time to do the things you love? If not, why?

No__Yes__



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TIME WITH: FAMILY/FRIENDS

Behold how good and pleasant it is when brothers dwell together. Psalm 133:1

Do you have a fulfilling and satisfying social life with your family and friends? If not, why?

No__Yes__

Do your family and friends support you? If not, why?

No__Yes__

Do your relationships with your family and friends uplift you and make your life better. If not, why?

No__Yes__

Do you have healthy boundaries with your family and friends? If not, why?

No__Yes__

How satisfied are you in your ability to lead, help and contribute to the lives of those close to you?



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ROMANTIC RELATIONSHIPS

In your relationships with others, have the same mindset as Christ. Phil 2:5

Are you happy in your current relationship?

If not, why?

No__Yes__

If you're not in a relationship, are you putting effort towards having one? If yes, how?

No__Yes__

Describe your ideal mate....

Are you emotionally ready for a mature and healthy relationship? Why or why not?

No__Yes__

Are there issues you need to work on to make yourself a better partner or to attract a better partner? If so, list them.

No__Yes__

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PHYSICAL HEALTH/FITNESS

You were bought with a price. Therefore honor God with your bodies. 1 Cor 6:20

Do you take good care of your body? If not, explain why.

No__Yes__

Are you neglecting your physical health? If yes, how? Be specific.

No__Yes__

Is your diet healthy? If not, explain and consider what needs to be done.

No__Yes__

Do you exercise regularly, at least 3 times a week? If not, why?

No__Yes__

Do you participate in preventative medical care? If not, explain why?

No__Yes__

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Do you participate in high risk behaviors, such as smoking and drinking? If yes, why?
No__Yes__

Is your environment healthy? If not, explain.
No__Yes__

Do you listen to your body and give it what it needs? If not, why?
No__Yes__

Does food play a role in how you deal with unhappiness or discomfort? If yes, explain.
No__Yes__

Are you happy with your overall health? Why or why not?
No__Yes__

A measuring tape is coiled on the left side of the top image, and a glass bowl containing several strawberries is on the right side. The background is a soft, light purple color.

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FINANCES AND WEALTH

The blessing of the Lord makes a person rich, and he adds no sorrow to it. Proverbs 10:22

How comfortable are you about your financial situation, both present and future? Explain

Do you have control over your finances? If not, why?

No__Yes__

Do you have enough money to pay for things you need? If not, explain why.

No__Yes__

Are you capable of managing your money? If not, why?

No__Yes__

Are you happy with your financial situation? Why or why not?

No__Yes__

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If you're married, do you have a separate bank account, where you set aside money for yourself? Explain why, or why not?

Do you practice Biblical principles when it comes to your finances? Explain.

No __ Yes __

What are your financial goals for the next 2, 5, 10 years?



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MY LIFE

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11

I wish I could _____.
Why?

I wish I had more _____.
Why?

I wish I was _____.
Why?

If I had 3 wishes they
would be _____.
Why?

I am
missing ____ from
my life. How do
you plan to get it?

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I regret _____.
Explain why?

I have issues with _____.
Why?

I fear _____.
What about it makes
you afraid?

I need to learn
to _____.
What ways or
resources are you
going to use to learn
it?

I set out to _____.
What plans do you
have to make it
happen?

MY LIFE

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11

I am proud of the life I
have created
because....

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PERSONAL GROWTH

Be diligent in these matters,; give yourself wholly to them, so that everyone may see your progress. 1 Timothy 4:15

I love myself just as I am. If not, what would you like to change?

No__Yes__

I respect myself. If not, why?

No__Yes__

I believe I have control over my life and its destination. If not, why?

No__Yes__

I live my own life, not a life that others think I should live. If not, why is this?

No__Yes__

I am emotionally stable. I not, what triggers you?

No__Yes__

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I live true to my values. If not, what makes you compromise?

No__Yes__

I keep a check on my self-awareness. If yes, how? If not, why and do you plan to?

No__Yes__

I work towards goals I've set for myself. If not, what prevents you from doing so?

No__Yes__

My success matters to me. If not, why doesn't it?

No__Yes__

I have peace of mind. If not, what causes chaos in your life?

No__Yes__

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I learn from my mistakes. If not, explain why?

No__ Yes__

I evaluate my life regularly. If not, why?

No__ Yes__

My beliefs inspire me. If yes, how? If not, why not?

No__ Yes__

I am motivated to achieve. If not, what discourages you?

No__ Yes__

I take action in my life to achieve. If not, what holds you back from doing so?

No__ Yes__

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I have a daily routine to ensure that I care for my spiritual well-being. What does that routine look like?

No__Yes__

My life has meaning and purpose. If not, why?

No__Yes__

My future excites me. If it doesn't, why?

No__Yes__

I have a vision of what I want my life to be in 5, 10, 15 years. If so, what is it? If not, are you working on having one?

No__Yes__

I feel fulfilled in my life. If yes, in what way? If not, why?

No__Yes__

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CONGRATULATIONS!

You have completed the workbook...yayy! I hope by the time you finished it, you became more self-aware and discovered more about yourself. With focused thinking and deep diving, you were probably able to become more conscience and aware of why you are or aren't implementing certain things in your life. I hope you'll take what you've learned about yourself to further work on the goals you want to see completed in your life, so you can finally begin living the life you desire.

If you'd like to go deeper into these exercises or need help in developing a plan to see your desires unfold, consider working with me. You can inquire [here](#).