



## Are You Being Your S.E.L.F.?

**Rather than answering from your self-awareness**, try answering as you believe your very closest beloved would answer about you. Whomever knows you best: spouse, sibling, bestie... Let that person's understanding of you be what you record her.

**So, what would your beloved say...**

### Trust as a Success Strategy (Infant)

Do you easily and comfortably ask for help?	Y	N
Do you accept offers of help, without feeling fear, guilt or shame?	Y	N
Do you accept praise or compliments graciously?	Y	N
Can you delegate tasks to others, when appropriate, without concern or apology?	Y	N
Do you work cooperatively on team projects?	Y	N
When you deserve them, do you ask for rewards (e.g., praise or a raise)?	Y	N

### Independence as a Success Strategy (Toddler)

Are you grateful when your mistakes are corrected?	Y	N
Can you calmly learn from personally attacking criticism of your work?	Y	N
Are you firm in your decisions without being rigid?	Y	N
Does knowing an act is wrong keep you from it, even when it has big rewards?	Y	N
Do you rarely accept what others say, as fact, without checking facts?	Y	N
Can you confidently answer, "What do you need?" or "What do you want?"	Y	N

### Faith as a Success Strategy (First Adolescence)

Do you feel passion and enthusiasm about your daily life?	Y	N
Are you easy to inspire, to motivate, to enthuse?	Y	N
Do you hold mostly positive expectations for friends and loved ones?	Y	N
Do you feel creative and open to possibility, ready for adventure?	Y	N
Do you mostly feel purposeful; rarely "just going through the motions?"	Y	N
Can you name a Big Dream or Life Mission you pursue?	Y	N

### Negotiation as a Success Strategy (Pre-K)

Do you find little value in cherished rules or established patterns?	Y	N
Can you get what you want? Never a "push over" or door mat for others?	Y	N
Do you just ask for what you want, without yelling or "the silent treatment"?	Y	N
When in a conflict/disagreement do you seek to understand the others POV?	Y	N
Do you gently offer helpful information when others make a misstep or error?	Y	N
Do you know how to create win-win solutions when there is a disagreement?	Y	N



**Remember**, answer about you as your beloved would...

### **Vision as a Success Strategy (Kindergarten)**

Do you meet goals on most tasks and timelines?	Y	N
Do you keep sight of a goal, stay focused, rather than getting sidetracked?	Y	N
Do you frequently feel productive, humming along smoothly?	Y	N
Do you clearly see a goal and quickly formulate a draft plan to achieve it?	Y	N
Do you almost always complete your projects?	Y	N
Are your new ideas usually “outside the box” rather than predictable?	Y	N

### **Compromise as a Success Strategy (First Grade)**

Can you usually find the common ground in a conflict?	Y	N
Do you often look beyond an either/or approach, seeing more options?	Y	N
Do you see subtle opportunities overlooked by others?	Y	N
Are you usually open to hearing others’ ideas and suggestions?	Y	N
Are your opinions somewhat open and flexible, rather than rigid, viewpoints?	Y	N
Are you comfortable with differences in appearance and communication styles?	Y	N

### **Acceptance as a Success Strategy (Second Grade)**

Have you forgotten most of your past errors, betrayals, and grievances?	Y	N
Do you usually find the prospect of change exciting or interesting?	Y	N
Do you often stop fighting when it’s clear a battle has been lost?	Y	N
Do you feel some control in your life, like have influence and direction?	Y	N
Do you rarely or never hear yourself say, “I had no choice.”?	Y	N
Are you likely to accept responsibility for your problems, rather than blame others?	Y	N

The more honest YES answers, the more ways you are using this Success Strategy from your early years.