



## MEL ROBBINS' SUCCESS BALANCE SHEET

Defining what success means to you is the first step in pursuing your dreams. Here's how you do it:

**STEP 1** – Ask yourself, “What does success mean to ME in each of these following areas?” Remember think big picture here. Forget about your parents, your spouse and your friends. WHAT DOES SUCCESS MEAN TO YOU! Try to avoid putting a dollar value on this and think instead about what would make you PROUD. Write your answers:

Family/Relationships	Career	How you feel about yourself

**STEP 2** – Imagine you already have that success today. Ask yourself, “What are the three things I can do on a daily basis now that I have that success?” Get granular. When do you wake up? What conversations do you have? Do you exercise? What do you wear? What habits do you need to capture and sustain that success? Remember, these are the actions you must make happen daily to make you feel successful. Write them out here:

Family/Relationships	Career	How you feel about yourself
1.	1.	1.
2.	2.	2.
3.	3.	3.

**STEP 3** – Here's how you use this Balance Sheet.

1. Post your definition of success where you will STARE AT IT EVERYDAY to remind yourself that you are up to something big in your life. Let that “up-to-something” feeling inspire you and encourage you to push through your day with confidence and fun.
2. EVERY NIGHT BEFORE YOU GO TO BED. I want you to look at your list of 3 things you should be doing. Now schedule the next day and be sure to fit those habits / activities / conversations into your day. Trust me, this is essential! If you start to do the three things you listed and you do them on a regular basis – you will soon start to FEEL successful. The more successful you FEEL in your day-to-day life the more of a success you will become.
3. REVISIT YOUR BALANCE SHEET – at least once a year. Over time, you achieve, you fail and you succeed – your circumstances and your life will change – and so too will your definition of success in each of these areas. By revisiting it and redefining it, you will stay in control and on track to reaching your dreams.
4. If you are still running into obstacles, I am here to help. NO joke. Just call my radio show 888-454-3378 any day of the week between 1-3pm EST. Or listen live on [www.bordersmedia.com](http://www.bordersmedia.com). Or send me an email [radio@melrobbins.com](mailto:radio@melrobbins.com) I will be sure to get you the no-nonsense advice and kick in the ass you need. Because helping you make it happen in your life – is my personal definition of success in my career.