

What Are You Measuring?

The CEO of Your Life Success Reset

Set aside 10 minutes. Discover one place where your definition of success and your everyday life need to meet. Then take one small action today.

1 Look at your current scorecard

What tells you that you have had a successful week?

2 Look at the life that scorecard is creating

Rate each statement from 1 to 5. 1 = rarely true; 3 = sometimes true; 5 = consistently true. Reflect on the past two weeks. You can type in the fields or print this guide.

My time reflects what matters most to me in this season.

I have energy left for the people and activities I care about.

I can step away from work without feeling I must always be available.

My business supports the life I want to live.

I make commitments intentionally, rather than automatically saying yes.

These ratings are reflection prompts, not a diagnostic test. There is no total score or passing grade. Choose the statement that matters most to you, even if it is not your lowest rating.

Make One CEO Decision

Pause | Clarity | Alignment | Trust

PAUSE Where am I reacting or continuing on autopilot?

CLARITY What matters to me here, in this season of my life?

ALIGNMENT What one change would bring my actions closer to that priority?

TRUST What next step can I take before I have every answer?

3 Move the decision into your day

Today I will take this specific action

I will do it at this time or after this existing activity

Before you close this guide, take the first step: put it on your calendar, draft the message, or change one commitment. Make the step small enough to begin today.