



CHAPTER 1 EXAMPLE

Create your own personal measurement of success

My name is <u>SUSAN</u> and my success is defined as	Within 5 years (long-term)	Within 3 years (mid-term)	Within 12 months (short-term)
Personal goals	I graduate with a nutritionist degree and start a non-profit organization to educate children about malnutrition.	I buy a new car and complete my nutritionist training.	I save enough to move to a place closer to work.
Relationship goals (love/family/friendships)	I get married. We manage to spend equal time with our respective parents, alternating holidays.	My girlfriend and I move in together and we get engaged.	I travel to see my parents for the summer, introduce them to my girlfriend, visit my best friend.
Professional goals	I use my experience to join a smaller firm focused on nutrition and run the entire department.	I land a supervisor position at my existing company and get promoted to a regional role.	I take internal training to apply for a supervisor role.
Financial goals	I've saved about 6 months' worth of income for rainy days. I feel financially stable.	I've saved enough for a down payment on a new car and an engagement ring.	I do not live paycheck to paycheck anymore and start saving.
Health goals	I qualify for the Boston and New York marathons and start training for those.	I run my first marathon and finish it within their guidelines.	I hit the gym more regularly, improve my endurance, and run a 10-minute mile for at least one hour.