

# The Formula for Success Worksheet

# $A(SK) + Goals = PBC \rightarrow IR$

Attitudes plus Skills & Knowledge directed by Goals delivers Positive Behavior Change which yields Improved Results

This worksheet is designed to help you determine how to get to the results you want – this year and longer-term. Start by answering question #1 on the top right. Based on the answer to that question, continue through the chart in numerical order. When you are done, spend a few minutes determining your next steps. Best of success!

### **Attitudes**

6. Did my attitudes this year positively contribute to my results or did it negatively impact what I've received?

### Skills

5. How did my current set of skills contribute to my results?

## Knowledge

4. How did my current knowledge contribute to my results?

## **Written Goals**

3. What were my written goals and how did they contribute to my results?

# Positive Behavior Change

2. What helped me achieve these results?

# **My Results**

1. What are my results so far this year?

#### Attitudes

12. Are my attitudes congruent with this?

#### Skills

11. What new skill do I need to learn and/or master?

### Knowledge

10. What knowledge do I need to gain to make this happen?

#### **Written Goals**

9. Do I have written goals to make these changes happen?

# Positive Behavior Change

8. What behavior do I need to modify to achieve these future results? What am I unwilling to change?

# **My Results**

7. What do I want my results to be in the future?

Actions to take: