

Consistent Persistence



Bedrock

Community

Career

Relationships

Soul





Build Your Own Well-Rounded Success Model

Life's a balancing act. Complete this visual tool to remind you to deliberately contribute to multiple areas of your life.



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The Foundation of Your Life

Proactively address your adult responsibilities.

Examples: Exercise, Nutrition, Health, Personal Finances, Responsibilities, etc.

Give Back While On Your Journey

Make a difference each day: locally or larger-scale.

Examples: Volunteer, Charitable Giving, Harmonious Living, Environment, etc.

Add Value And Gain New Skills

Help others and get better at what you do.

Examples: Work, School, Continuing Education, Growth, Networking, etc.

Appreciate Those In Your Life

Make time for and reach out to your contacts.

Examples: Partner, Family, Pals, Pets, Acquaintances, Network, etc.

Enjoy Your Journey

Gain confidence and improve resilience. SMILE!

Examples: Hobbies, Compassion, Travel, Joy, Self-Improve, Spirituality, etc.