



## Checklist for Success

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There are many ways to stay on track with your goals and keep moving towards creating the life of your own design. Making a list of what you value most in life, and then being true to those things you value, is one of the best ways to get you from where you are now to where you want to be. This list becomes a Checklist for Success!

Begin your list by first taking a few moments to think of what is the one thing you value more than anything else in the world and then write it on the top of a page. Continue with the second thing you value most, and write it below the first one. Continue listing what you value most in order of importance. When your list is done, you have before you your hierarchy of what is most important to you in life. For example:

God  
Self  
Significant Other  
Children  
Family and Friends  
Pets and Plants

Next, write down everything you need to do in order to be true to each of the things you value. For example:

**1. God** – Create and/or maintain a strong relationship with God by doing good things such as solving problems instead of creating them; serve humanity through my work and/or life; do unto others as I would like to have done unto me; meditate and/or pray daily; be grateful for all the goodness in my life as well as for the challenges that help me grow and learn; and be more charitable.

**2. Self** – Be the best me I can possibly be by putting conscious effort into keeping healthy in the following areas:

Body – maintain health or do whatever is necessary to return to health; exercise and maintain a healthy weight; sleep as much as is needed for my body; be conscious not to abuse of drugs or alcohol; eliminate negative or harmful habits.

Spirit – keep a strong relationship with God; touch base with my inner self through meditation; be kind and generous to others; do something creative daily; enjoy art and music; and spend more time with nature.

Mind – think positive thoughts; search for solutions to all challenges; set and update goals quarterly; create mental pictures of desired future and revise them as necessary; practice mental gymnastics such as when using memory techniques.

Emotions – be true to what I believe in; set clear boundaries for myself and others; overcome even the slightest fears; be open to loving and being loved; do what ever I need to do to truly love myself; accept myself for who and how I am in the areas I cannot change; accept other for who and how they are realizing they are probably doing the best they know how; forgive myself and others and move forward.

**3. Significant Other** – Love and accept SO for who and how they are; have fun and laugh a lot with my SO; be affectionate to my SO and have a lot of physical, loving contact; be a source of emotional support for my SO; keep the spontaneity and passion alive; cater to my SO needs; be available; be sensitive to the needs of my SO; be totally honest, maintain clear lines of communication; always be best friends.

**4. Children** – teach them about God and goodness; love and accept them unconditionally for who and how they are; discover their unique nature and gift; acknowledge and respect them as individuals, be the best teacher and guide I can possibly be; be a good example; teach them healthy morals and values; teach them to take responsibility for all their actions and outcomes;

teach them how to make good choices and decisions, teach them about consequences; teach them how to create a life of their own design; keep a 24 hour open line of communication; be patient.

**5. Family and Friends** – stay connected; address unresolved issues when ever necessary and appropriate; do not enable un-resourceful behaviors; be honest; forgive and allow to be forgiven; make amends if necessary; lend a helping hand; be available; be supportive; encourage positive change when ever necessary; spend time together; remember their birthdays and special occasions; be there for them during tough times.

**6. Pets and Plants** – love, respect and appreciate them and their existence; be sensitive to their needs; provide them with the proper care for maximum health; spend time with them; have fun.

This sample list may or may not match the kind of person you are but, putting that aside, you will notice that material possessions or finances are not listed. This is because if and when you are doing everything you know how to do to keep your relationship with God and your Self strong, healthy and true, then you will have plenty of work and because you do your work so well since you have highly developed skills and talents, then you will be highly demanded giving you the corresponding income to buy the desired possessions.

**Note:** It would be interesting to see how your Checklist for Success compares to that of your Significant Other. If they are the same, you may have a match made in heaven. If they are slightly different, then you may each agree to modify your lists in order for them to match. This could be taken as a sort of written agreement between the two of you that basically states you will go through life together valuing the same things. If your lists are totally different and there is no desire to make any modifications in order to make a closer match, then you may want to reconsider how Significant the Other really is.

These kinds of lists can be made between you and any body else as well such as business partners, employees and children. Parents and children making a list with the title “What It Takes To Have And Maintain A Healthy, Loving And Open Relationship” may find it to be a real eye opener

when the most important thing for a parent is to have “open communication,” yet for the child it is having “total privacy.” As long as each person participating in this exercise is willing to be flexible and work together the outcome is more than likely going to be very positive.

Your Checklist for Success is a great way to set goals as well. Whenever you discover that you are not doing something that would surely improve how you relate to one of the persons or things on the list, and then make it a goal for you to reach. Your life will only move forward, and in a very positive manner.