

TRANSFORMATION WORKSHEET #2:
Acknowledge Your Positive Past

Divide your life into three equal time periods. For example, if you were 45, your three time periods would be 0-15, 16-30, 31-45. List three successes you've had for each time period. Then continue to grow the list. See if you can get all the way to 100 successes!

First Third: Birth to _____	
1.	
2.	
3.	
4.	
5.	
Second Third: age _____ to _____	
1.	
2.	
3.	
4.	
5.	
Final Third: age _____ to _____	
1.	
2.	
3.	
4.	
5.	

Note: you will be asked to do this exercise again on page 197 of *The Success Principles*. Revisit this list whenever you can. Awareness of past successes leads to future success. I've seen it happen often!