

# **RESET**

Harnessing Change, Fear, and Risk as  
Catalysts for an Extraordinary Life

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## **Definition of Success**

**“I have learned that if one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours.”**

**- Henry David Thoreau**

Name: \_\_\_\_\_

## **What is success?**

*Write your response in the space below:*

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### ***“Maybe you need to change your definition of success!”***

These are simple words that have the power to influence every decision you make. Having your own definition of success is the foundation for transforming your life and raising your bar for achievement. Having your own definition of success provides clear guidance and direction for making lifestyle choices. It will propel you forward with clarity and momentum you may never have experienced before.

The exercises that follow are designed to help you clarify who you are and who you aspire to be. The results will provide the foundation for developing your own definition of success.

To experience the best results from the exercises follow these tips:

- Do each step of the exercise without interruption.
- Do not overthink your thoughts.
- Write down everything even if it doesn't seem to make sense.
- Don't evaluate or make judgments.
- Cover all aspects of your personality and life.







As you complete steps four through six, it is critical to remember that the traits you choose should be traits that are important to you. Traits that you want to be known for, not what other people who have influenced your life think. For instance, if one of the traits listed is wealthy but being wealthy isn't important to you, then don't list it.

**Step 4** Identify positive traits that describe how you want to be perceived.

Review the Positive Trait lists created in Step 1 and Step 2. Circle the main traits that you think are core traits that are representative of your definition of a successful person as you want to be described.

Honest  
Good at everything  
Person of integrity  
Hard working  
Financial Responsible  
Funny  
Balanced Life  
Fun  
Interesting  
Considerate

**Step 5** Identify negative traits that you want to eliminate to improve your definition of a successful you.

Review the Negative Trait lists in Step 1 and Step 2. Circle the main traits that limit your success.

Too Busy  
Distracted  
Critical  
Unrealistic  
Always in a hurry  
Inconsistent

Beside each trait you want to improve, change, eliminate write in a corresponding positive trait.

Distracted -- Focused  
Critical -- Encouraging  
Inconsistent -- Dependable

**Step 6** Memorial Service thoughts and comments review.

Circle the comments and thoughts you think are positive and represent how you would like to be remembered.

He lived a full life.  
Thank you for helping me.  
He really loved his wife.

**Step 7** Memorial Service thoughts and comments that are warnings or alerts for you.

One of the surprising benefits of the memorial service perspective exercise in Step 3 will be revealed to you in this step. Do another review of your thoughts, comments, and perceptions in Step 3. This time underline any of the items that create a sense of regret.

I wish you hadn't lied to me.  
I wish you had spent more time with your children.

These items are warnings for you to heed from your subconscious. These are red flags that indicate your life is out of balance and things you want to change or improve to eliminate any regrets when you reach retirement and beyond.

Review the underlined items and place an asterisk by the ones that you recognize are important enough to start working on to improve.

**Step 8** Make a list of the people that have impacted your life. Those that you respect, admire, or had a lot of positive influence in your development.

Example:  
Opal, instilled a love for reading. Chuck, willing to learn anything by doing.

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**Step 9** List the positive characteristics of the people above that have had the biggest impact on you.

Example:  
Curious, Adventurous, Funny, Loving

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***“It is important to determine what your definition of success is or by default, you allow others to define you.” Don Reiman in RESET***

**Step 10** Write Your Definition of Success. Review all the insight and information from Steps 1-9 and use the information to write your own definition of success. It is important that you identify what the concepts, traits, and principles that represent who you are and who you want to become. First use the life areas to write a brief sentence or two. Then combine them in a paragraph form to complete “Your Definition of Success.”

Spiritual: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mental: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physical: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Financial: \_\_\_\_\_

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Work: \_\_\_\_\_

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\_\_\_\_\_

Relationships: \_\_\_\_\_

\_\_\_\_\_

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