

RESET

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

Don Reiman

www.resetforsuccess.com

Success Pattern Analysis

“In order to succeed, your desire for success should be greater than your fear of failure.”

- Bill Cosby

Name: _____

Analyze Your Success Patterns

Success Pattern Analysis is a process of reviewing the patterns of your past experiences. Look at those events that stand out in your mind. The positive and negative, or successful and unsuccessful, will provide you with the keys to your historical success patterns that you can apply in the future.

STEP 1 Think back over your life time about any events that you consider to have been successes. List the events or situations on the Successful Accomplishments List on page 3.

STEP 2 Number the events in chronological order. Write them down again in chronological order.

Example:

Job with the Fire Department (1)
Barefoot water skiing (2)
Pilot License (3)
Skiing off cornice (4)
MDRT-Million Dollar Round Table (5)
Designations- CFP, ChFC, CLU (6)
Start my own business (7)
College Degree (8)
Master's Degree (9)
Ride Idaho (10)
Kortelopet Cross-country Ski Race
Boise Ironman 70.3 Triathlon
Climb Mt. Kilimanjaro
Swim mile in less than 30 minutes
STP-Seattle to Portland Ride in one day
LOTOJA – Logan, Utah to Jackson, Wyoming ride in one day
Triple ByPass ride from Evergreen to Avon Colorado

Step 3 Start with the first item on your list and write down the criteria that allowed you to successfully complete it.

Example:

Studied (1)
Set a goal to complete it (1)
Encouragement from a friend (1)
Initiated first step of action (1)
Reviewed all requirements (1)
Designed a plan to accomplish (1)
Trained (1)
Shared goal with others (1)
Committed to completing (1)

Step 4 Repeat for each event on your list of successes. For duplicate items simply add the number behind the characteristic already listed. New items should be added to the bottom of the list.

Example:

Studied (1) (3) (6) (8) (9)
Set a goal to complete it (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
Encouragement from a friend (1) (5)
Initiated first step of action (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
Reviewed all requirements (1) (5) (6) (8) (9)
Designed a plan to accomplish (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
Trained (1) (3) (10)
Shared goal with others (1) (3) (4) (6) (7) (8) (10)
Committed to completing (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
Failed initial attempt(s) and tried again (2) (7) (8)
Coaching / Instruction (2) (3) (8) (10)
Asked for help (2) (10)

Step 5 Review list and look for consistent patterns that are consistently present. Underline or highlight those characteristics

Example:

Studied (1) (3) (6) (8) (9)
Set a goal to complete it (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
Encouragement from a friend (1) (5)
Initiated first step of action (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
Reviewed all requirements (1) (5) (6) (8) (9)
Designed a plan to accomplish (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
Trained (1) (3) (10)
Shared goal with others (1) (3) (4) (6) (7) (8) (10)
Committed to completing (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
Failed initial attempt(s) and tried again (2) (7) (8)
Coaching / Instruction (2) (3) (8) (10)
Asked for help (2) (10)

Step 6 Write out a concise summary line for each of your Success Pattern key criteria.

Example:

- 1.) A clear goal.
- 2.) A well-defined plan of action.
- 3.) Act – take the first step.
- 4.) An absolute commitment to completing the goal.

Step 7 (Optional)

Make a list of what you consider your biggest failures. Look and see how many of the Success Pattern key criteria were absent.

