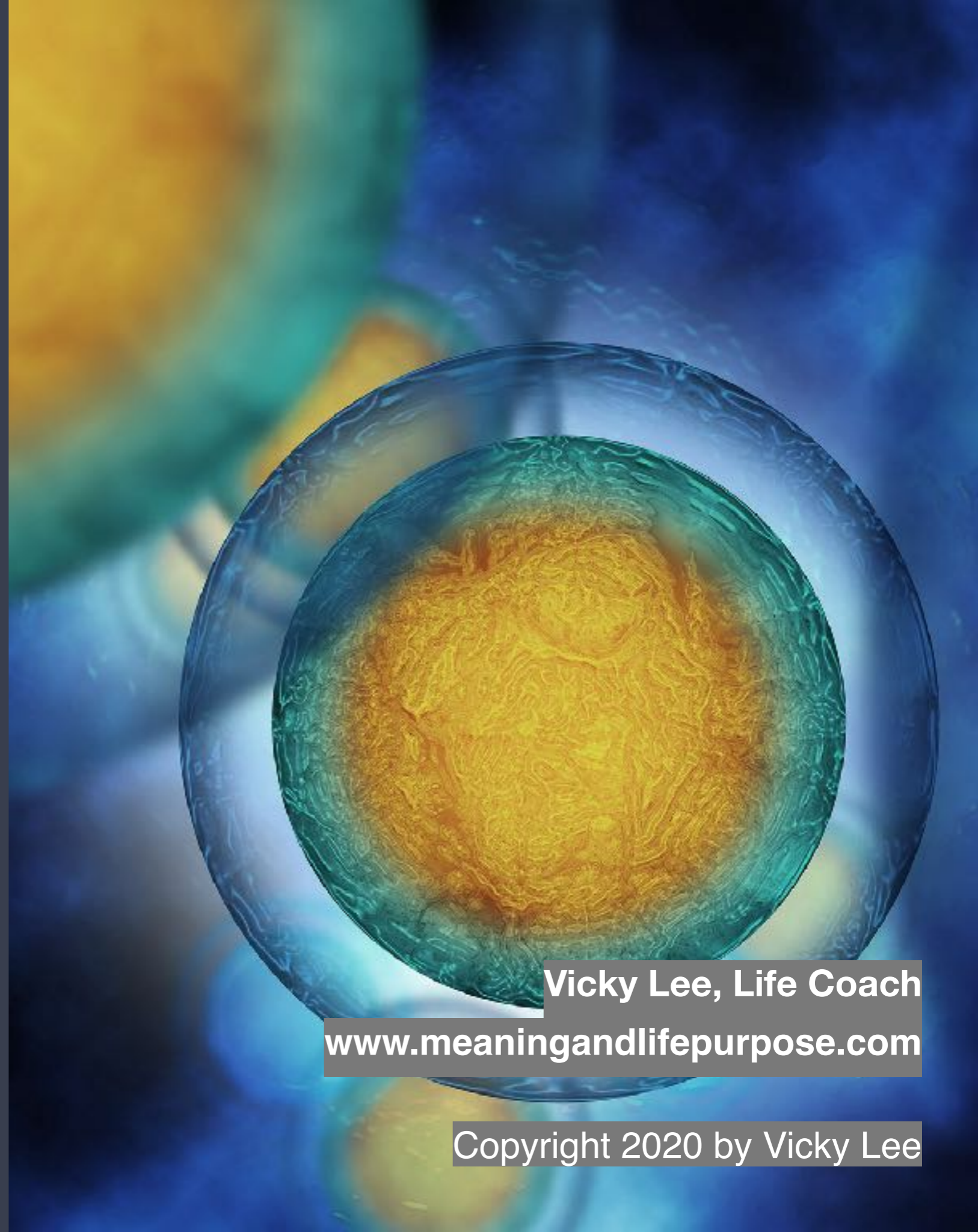


I'm doing everything  
right.

# WHEN WILL MY SUCCESS COME?

Worksheets



Vicky Lee, Life Coach  
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Step 1:

# VENT

- Rant about your problem
- Complain.
- Talk about what's going on

# PUT IT IN A NUTSHELL

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*I'm doing everything right . . .*

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*But still . . .*

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## Step 2:

# IF, THEN...

- List your action
- List the reward you expected from that action

# ...BUT

If I (action) . . .



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Then (reward) . . .



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But . . . (This is what I got, instead: )

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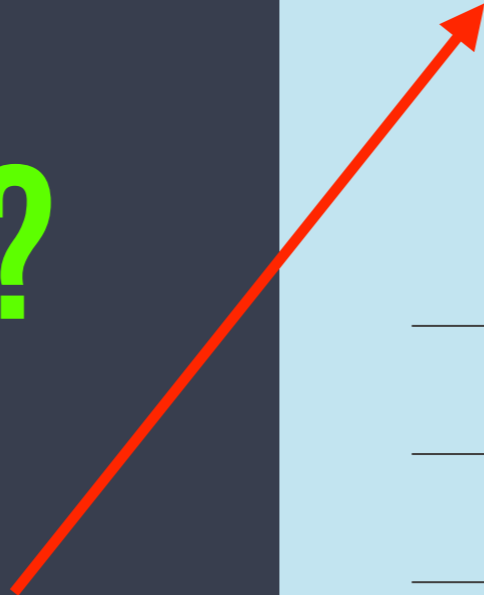
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Step 3:

# WHAT HAPPENED?

- A. I didn't get the reward
- B. I got the reward, then I lost it
- C. The reward didn't come yet
- D. The reward came in a different package



[Yellow box for writing]

*Explain why:*

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*What did you get instead?*

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Step 4:

# WHAT DID YOU GET, INSTEAD?

Which medal did I get?

- A. No medal
- B. Gold: Got what I wanted
- C. Silver: Almost got it
- D. Bronze: Got something (else)



My Medal:

Notes:

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Step 5:

# HOW DID IT BREAK YOUR PATTERN?

What have you never  
done before?

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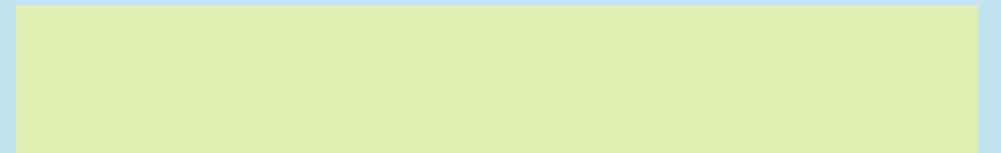
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I've never . . .



Write your thoughts:

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Step 6:

# HOW HAS YOUR REWARD CHANGED?

What was your reward "Before"?

What is your reward, "Now"?

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*What do you need right now?*

[Yellow rectangular box for writing]

*Before:*

[Yellow rectangular box for writing]

*After:*

[Yellow rectangular box for writing]

**Step 7:**

# NEXT STEPS

**Please stay in touch:**

[www.meaningandlifepurpose.com](http://www.meaningandlifepurpose.com)

**Linkedin:**

[www.linkedin.com/in/meaningandlifepurpose](http://www.linkedin.com/in/meaningandlifepurpose)

**Youtube:** [www.youtube.com/c/meaningandlifepurposecoach](http://www.youtube.com/c/meaningandlifepurposecoach)

**Huffington Post:**

[www.huffpost.com/author/vicky-lee-220](http://www.huffpost.com/author/vicky-lee-220)

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