

Ordinary+

Worksheet: Rethinking Success – Through the Lens of the 8 Ds

Podcast Companion Worksheet

Use this guided journal to explore the difference between achievement (external) and success (internal). Reflect on your thoughts and feelings as you work through each of the 8 D-words that form the foundation of your personal growth.

Important! If it helps you complete the worksheet, do so with a mindset of I'll throw it in the bin afterwards. You do not have to commit to the thoughts and decisions you write down. This is just an exercise to help you understand yourself.

Desire – What Do You Truly Want?

1. What do you currently *desire* most—not in terms of possessions or titles or academia, but in how you want to *feel*?

2. Do your desires reflect what genuinely matters to you rather than what you think others (or the world) expect of you?

3. How do your current goals reflect your inner sense of what success *feels* like?

Decision – Choosing a Direction

4. What decisions have you made recently that were based on how you wanted to *feel*, not what you wanted to achieve?

5. Are there decisions you're avoiding because you're unsure if they will bring external validation or internal satisfaction?

6. If you could make one bold decision today to feel more successful emotionally, what would it be?

Dream – Visualising Your Inner Success

7. When you visualise a successful life, what do you see—and more importantly, what do you *feel*?

8. Imagine waking up in a life where you feel successful every day. What three elements are present in that dream?

9. Do your current dreams include space for peace, joy, gratitude, or growth—or are they solely goal-focused?

Drive – The Energy That Moves You

10. What energises you *internally*? What activities or environments make you feel most alive or aligned?

11. Are you using your drive to chase results or to create a life that feels meaningful and fulfilling?

12. Do you ever feel burnt out from chasing achievements? What would a more *sustainable* drive look like?

Discipline – Staying Aligned Daily

13. What daily habits or disciplines help you feel like your life is on track—even if nothing big gets achieved?

14. Do you measure your discipline in terms of output, or by how consistent and present you are?

15. How could you reshape your habits to support *internal* success instead of external progress alone?

Determination – Staying the Course

16. When things get difficult, what keeps you going - results or your desire for inner peace, growth, or impact?

17. Can you recall a time when your determination brought emotional satisfaction, not just a tangible result?

18. What does *successful persistence* look like when it's focused on the *feeling* of success, not just finishing the race?

Delight – Joy, Gratitude, and Meaning

19. What experiences, people, or places give you a deep sense of delight—even when you've achieved nothing?

20. How often do you pause to notice and appreciate the small, fulfilling moments of your day?

21. What does joy mean to you, and how do you define a successful day based on how much joy you've felt?

Develop – Ongoing Learning and Growth

22. What have you learned recently that made you feel fulfilled or proud—regardless of whether anyone else noticed?

23. How does your growth as a person contribute to your internal sense of success?

24. What areas of self-development do you want to focus on next, not to *achieve more*, but to *become more*?

Final Reflection: Define *Your* Success

25. If success were measured only by how you *feel*, what would your life need to look and feel like?

26. Complete this sentence:

“For me, true success means...”

27. Looking back over this worksheet, what themes or patterns emerge about what success means to you?

Weekly Practice: The Feeling of Success Tracker

For 7 days, write one small moment that made you feel successful—emotionally, not outwardly. At the end of the week, reflect:

- What themes repeated?
- Did any of these moments involve achievement?
- Which gave you the deepest sense of fulfillment?