



THE COMPOUND EFFECT

SUPPORT RESOURCES & PROPRIETARY WORKSHEETS

DESIGNED BY SUCCESS MENTOR DARREN HARDY

BE THE EXCEPTION

GRATITUDE ASSESSMENT

Three amazing people in my life are

1. _____
2. _____
3. _____

Three great things about my physical body are

1. _____
2. _____
3. _____

Three great things about my home and where I live are

1. _____
2. _____
3. _____

Three great things about where I work and what I do for a living are

1. _____
2. _____
3. _____

Three great gifts of unique talent and skill I have been given are

1. _____
2. _____
3. _____

Three great gifts of knowledge and experience I have been given are

1. _____
2. _____
3. _____

Three ways I have experienced “luck” in my life are

1. _____
2. _____
3. _____

Three ways in which my life is wealthy, abundant and prosperous are

1. _____
2. _____
3. _____

WEEKLY RHYTHM REGISTER

“The rhythm of daily action aligned with your goals creates the momentum that separates dreamers from super-achievers.” —Darren Hardy

Behavior/Action	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.

Date Range: _____

CORE VALUES ASSESSMENT

Your values are your GPS navigation system for life. Getting them defined and properly calibrated is one of the most important steps in redirecting your life toward your grandest vision. The below series of questions will help you evaluate and refine what is truly important to you and what matters most in life. Answer each question thoughtfully, and then I will help you select the top half-dozen values for your life.

Who is the person I respect most in life? What are their core values?

Who is my best friend, and what are his/her top three qualities?

If I could have more of any one quality instantly, what would it be?

What are three things I hate? (e.g., cruelty to animals, credit card companies, deforestation, etc.)

Which three people in the world do I dislike the most and why?

Which personality trait, attribute or quality do people compliment me on the most?

What are the three most important values I want to pass on to my children?

If I were to teach a graduating high-school class values that would give them the best opportunity for success in life, what would those be and why?

If I had enough money to retire tomorrow, what values would I continue to hold?

What values do I see being valid 100 years from now?

The top dozen qualities of the "ideal" man or woman:

Now take a look at your answers above. Do you notice any reoccurring themes? Taking what you've observed in others, what others have observed about you, what you want for others, and things you would fight for or against, create a list of your top 10 values (in any order) below.

Top 10 Values:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Now, let's reduce it down to the half-dozen most important to you. Put a star by the values you're sure about. Then take the ones you feel are important but aren't sure if they're top-six material and put them in pairs. Think about two of those values side by side, and ask yourself which of the two is more important, eliminating the other. Keep pitting the survivors against each other until you're down to six. If some of the values you listed are just two words describing the same idea, combine them.

Top 6 Values:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Now prioritize your core values in order of importance, with the most important first. All are important, of course, but which are the most important? If you had to choose between two values, which would you fight for, or even die defending? Now which are your top three?

MY TOP 3 VALUES IN LIFE ARE:

- 1. _____
- 2. _____
- 3. _____

Memory Jogger of Values

Abundance	Cheerfulness	Creativity	Expressiveness	Humility	Order	Responsibility
Acceptance	Clarity	Curiosity	Fairness	Humor	Organization	Righteousness
Accountability	Cleanliness	Daring	Faith	Imagination	Originality	Risk-taking
Accomplishment	Collaboration	Decisiveness	Fame	Independence	Outcome	Romance
Accuracy	Longevity	Delight	Family	Influence	orientation	Safety
Achievement	Love	Dependability	Fidelity	Ingenuity	Outstanding service	Security
Acknowledgement	Loyalty	Desire	Flexibility	Inner peace	Passion	Selflessness
Adaptability	Love	Determination	Flow	Innovation	Peace	Self-esteem
Adventure	Making a difference	Devotion	Focus	Insightfulness	Perceptiveness	Seriousness
Affection	Mastery	Dignity	Forgiveness	Inspiration	Perseverance	Service
Aggressiveness	Maturity	Diligence	Fortitude	Integrity	Persistence	Simplicity
Agility	Comfort	Discipline	Freedom	Intelligence	Personal growth	Sincerity
Alertness	Commitment	Discovery	Friendship	Intensity	Pleasure	Skill
Ambition	Communication	Discretion	Frugality	Intimacy	Poise	Speed
Anticipation	Community	Diversity	Fun	Intuitiveness	Positive attitude	Spirit
Appreciation	Compassion	Drive	Generosity	Inventiveness	Power	Stability
Assertiveness	Competence	Duty	Giving	Investing	Practicality	Strength
Attentiveness	Competition	Eagerness	Going the extra	Joy	Precision	Style
Audacity	Concentration	Education	mile	Justice	Preparedness	Systemization
Awareness	Confidence	Effectiveness	Goodness	Kindness	Presence	Teamwork
Balance	Connection	Efficiency	Grace	Knowledge	Preservation	Timeliness
Beauty	Consciousness	Elation	Gratitude	Leadership	Privacy	Tolerance
Belonging	Consistency	Elegance	Growth	Learning	Proactivity	Tradition
Blissfulness	Contentment	Empathy	Guidance	Liberty	Progress	Tranquility
Boldness	Content over fluff	Encouragement	Happiness	Logic	Prosperity	Trust
Bravery	Continuity	Endurance	Harmony	Meaning	Punctuality	Truth
Brilliance	Continuous	Energy	Hard work	Merit	Quality	Unity
Calm	Improvement	Enjoyment	Health	Mindfulness	Quiet	Variety
Candor	Contribution	Enthusiasm	Helpfulness	Modesty	Rationality	Well-being
Carefulness	Control	Equality	Heroism	Money	Recognition	Wisdom
Caring	Conviction	Excellence	Holiness	Motivation	Relationships	
Certainty	Convincing	Excitement	Honesty	Nonviolence	Reliability	
Challenge	Cooperation	Experience	Honor	Openness	Religion	
Change	Courage	Expertise	Hopefulness	Opportunity	Resourcefulness	
Charity	Courtesy	Exploration	Hospitality	Optimism	Respect	

LIFE ASSESSMENT

Face the truth

There are no wrong answers, there is no grade, no rating, not even an interpretation of your responses other than your own thoughtful assessment. Be honest and truthful with yourself. Even when the truthful response is a little embarrassing or painful, remember that no one else need ever see it and that you never succeed by deceiving yourself.

Rate the following on a scale of 1 to 5, 1 being *Least True* and 5 being *Most True*:

RELATIONSHIPS & FAMILY	
I spend at least 10 hours of focused time with my family each week.	1 2 3 4 5
I get together with friends at least once a week.	1 2 3 4 5
There is no one in my life that I haven't completely forgiven.	1 2 3 4 5
I am actively engaged in learning how to be a better spouse, parent and/or friend.	1 2 3 4 5
I actively look for ways to support and help advance the success of my friends and family.	1 2 3 4 5
I take complete responsibility for all relationship conflicts when they arise.	1 2 3 4 5
I easily trust those I live and work with.	1 2 3 4 5
I am 100% honest and open with all those I live and work with.	1 2 3 4 5
It is easy for me to commit to others and honor those commitments.	1 2 3 4 5
I recognize when I need support and am continually seeking help.	1 2 3 4 5
Total Score:	

PHYSICAL	
I do strength training at least 3x a week.	1 2 3 4 5
I do cardiovascular exercise at least 3x a week.	1 2 3 4 5
I do stretching and/or yoga type exercise at least 3x a week.	1 2 3 4 5
During a typical day, I watch no more than 1 hour of TV.	1 2 3 4 5
I eat breakfast (more than just coffee) every day.	1 2 3 4 5
I don't eat fast food, ever.	1 2 3 4 5
I spend time outside for at least 30 minutes a day, every day.	1 2 3 4 5
I have undisturbed sleep for at least 8 hours each night.	1 2 3 4 5
I don't drink more than 1 caffeinated beverage per day.	1 2 3 4 5
I drink at least 8 glasses of water per day	1 2 3 4 5
Total Score:	

BUSINESS	
I plan my day out the day before.	1 2 3 4 5
My goals are written, prominently displayed and regularly reviewed.	1 2 3 4 5
I love what I do and enjoy getting up every day to do my job.	1 2 3 4 5
I am continually filled with feelings of accomplishment and satisfaction from my work.	1 2 3 4 5
I am constantly improving my professional strengths and weaknesses.	1 2 3 4 5
If I could, I would still do my job without pay.	1 2 3 4 5
I am home with my family on time every day.	1 2 3 4 5
My current business/job has the realistic potential of accomplishing all my financial goals for the next year.	1 2 3 4 5
My current business/job has the realistic potential of accomplishing all my financial goals for the next 10 years.	1 2 3 4 5
My current business/job gives me a feeling of significance as it makes a positive difference in the lives of others.	1 2 3 4 5
Total Score:	

FINANCIAL	
I have a completely detailed budget and unfailingly stick to it.	1 2 3 4 5
I have a professionally designed and diversified financial portfolio.	1 2 3 4 5
I save at least 10% of my income every month.	1 2 3 4 5
I am credit card debt-free.	1 2 3 4 5
I have a dedicated six-month reserve account completely funded and set aside.	1 2 3 4 5
I feel that I am compensated completely according to my worth.	1 2 3 4 5
I have an updated and complete last will and testament.	1 2 3 4 5
I have the needed insurance and financial plan in place for my family should something happen to me.	1 2 3 4 5
I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life.	1 2 3 4 5
I live well below my means and never spend money imprudently.	1 2 3 4 5
Total Score:	

SPIRITUAL	
I consider myself a spiritual person.	1 2 3 4 5
I take at least 20 minutes each day to meditate and reflect on my life.	1 2 3 4 5
Others who experience me would consider me a spiritual person.	1 2 3 4 5
I have a personal relationship with my spiritual source.	1 2 3 4 5
I study my spiritual beliefs daily.	1 2 3 4 5

I practice my spiritual beliefs daily.	1 2 3 4 5
I teach my spiritual beliefs daily.	1 2 3 4 5
I live completely in accordance to my spiritual beliefs.	1 2 3 4 5
I consistently use my spirituality to help resolve my problems.	1 2 3 4 5
I consistently use my spirituality to help others.	1 2 3 4 5
Total Score:	

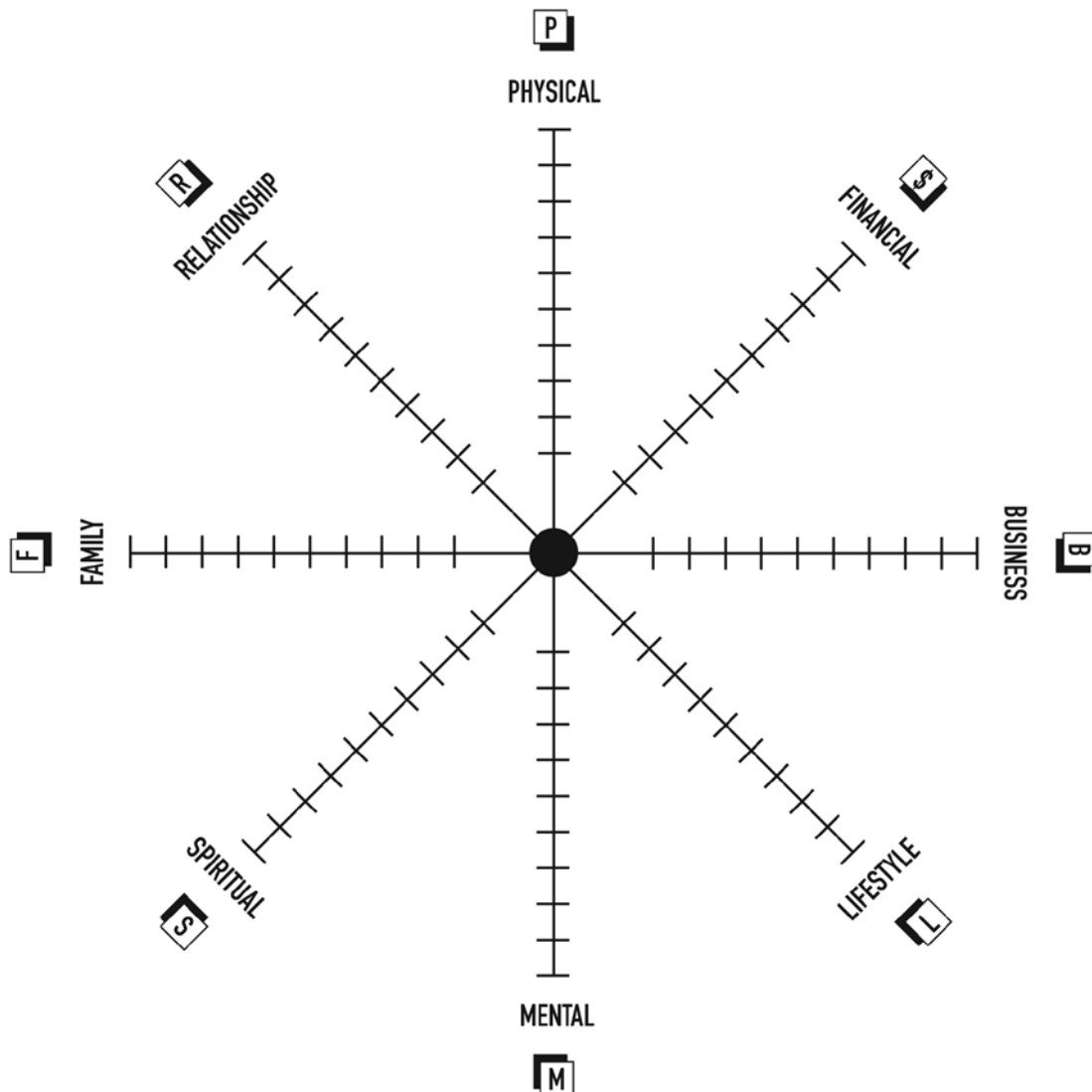
MENTAL	
I read something instructional or inspirational for at least 30 minutes each day.	1 2 3 4 5
I listen to something instructional or inspirational for at least 30 minutes each day.	1 2 3 4 5
I stay completely current with my industry news.	1 2 3 4 5
I seek instructional information in my field every day.	1 2 3 4 5
I have a mentor whom I trust.	1 2 3 4 5
All my friends are a positive influence in my life.	1 2 3 4 5
I never engage in gossip.	1 2 3 4 5
I review my major goals every day.	1 2 3 4 5
I review what I am grateful for every day.	1 2 3 4 5
I always say no to requests or obligations that don't fit my core values or objectives.	1 2 3 4 5
Total Score:	

LIFESTYLE	
I have hobbies outside of work that I enjoy and take part in at least 3 times a week.	1 2 3 4 5
I attend cultural events (e.g., opera, museums, theatre) at least 2 times a month.	1 2 3 4 5
I vacation at least once a year with no work communications.	1 2 3 4 5
I spend as much time as I want with my family.	1 2 3 4 5
I spend as much time as I want with my friends.	1 2 3 4 5
I am constantly seeking adventure, trying something new and creating diverse experiences.	1 2 3 4 5
I feel like there is enough time in the day to do what I both need and want to do.	1 2 3 4 5
I live life to the fullest every day.	1 2 3 4 5
I take time out to daydream every day.	1 2 3 4 5
I am completely present in every moment of every day.	1 2 3 4 5
Total Score:	

THE WHEEL OF LIFE

To determine your current balance sheet of your life, take your scores from the previous pages and plot them on the wheel below. Start from the center and use the key to mark your current status. Then connect all the dots and you will see how balanced your wheel is or isn't. If it has serious deviations or flat spots you now know why your life doesn't "roll" along as smoothly as you would wish.

KEY: Score of 5 = 1 notch. Score of 6-10 = 2 notches. Score of 11-15 = 3 notches. Score of 16-20 = 4 notches. Score of 21-25 = 5 notches. Score of 26-30 = 6 notches. Score of 31-35 = 7 notches. Score of 36-40 = 8 notches. Score of 41-45 = 9 notches. Score of 46-50 = 10 notches. Use the same score for both Family & Relationship line.



HABIT ASSESSMENT

The magic comes from becoming the person you need to be in order to attract the people or results you wish to meet or achieve. Use the example below to determine the magic factor for achieving your goals.

EXAMPLE:

GOAL: Earn an extra \$100,000 in income this year.	
General description of WHO I NEED TO BECOME:	
<ul style="list-style-type: none"> • I am a disciplined master of time efficiency. • I focus solely on high-payoff and high-productivity actions. • I wake up an hour earlier and review my priority objectives each morning. • I fuel my body properly and exercise four days a week so I am energetic and highly effective each work hour. • I feed my mind ideas and inspiration that will support and bolster my passion. • I surround myself with peers and mentors who elevate my expectations and prod me to rise to greater levels of discipline, commitment and achievement. • I am a smart, confident and effective leader. • I seek and cultivate the strength and greatness in everyone around me. • I deliver excellence to my clients and continually find ways to ‘wow’ them, encouraging repeat transactions and abundant referrals. 	
New habits, disciplines or behaviors I need to START:	
<ul style="list-style-type: none"> • Get up by 5am, feed my mind with positive material—30 minutes reading and 30 minutes of audio of something inspirational and instructional every day • 30 minutes of quiet thinking time • 30 minutes of planning time, eating a healthy fiber and protein rich breakfast • Exercise for at least 30 minutes three times a week • Calling on 10 new major accounts per week, checking in, servicing and further developing 10 existing clients per week, planning each day the night before, remembering birthdays and anniversaries of employees and clients, following news, blogs and updates of target accounts... 	
Existing healthy habits, disciplines or behaviors I need to EXPAND:	
Recognizing my teammates when they achieve, delegating administrative tasks, going into the office early, being prompt, professional dress...	
Poor habits or behaviors I need to STOP:	
<ul style="list-style-type: none"> • Watching two hours of TV at night and listening to news in the car • Attending unproductive meetings and saying yes to projects in conflict with my highest priorities • Gossiping with colleagues, complaining about the economy, the market, team members or customers • Taking personal calls or spending time on Facebook or other personal social media sites during the day • Eating after 7:30pm, more than one glass of wine at night, extended lunches without clients... 	
Top three modifications and how I will implement it into my daily routine:	
HABIT, BEHAVIOR OR DISCIPLINE	IMPLEMENTATION IN ROUTINE
Feed mind	Read 30 min first thing in morning while coffee brews. Listen to audio on commute to and from office.
Call on 10 new clients per week	Tues 2pm-5pm, Weds 10am-12pm, Thurs 1pm-4pm
Supportive associations	Join and commit to bi-weekly mastermind forum

TOP THREE GOALS

GOAL NO. 1:	
General description of WHO I NEED TO BECOME:	
New habits, disciplines or behaviors I need to START:	
Existing healthy habits, disciplines or behaviors I need to EXPAND:	
Poor habits or behaviors I need to STOP:	
Top three modifications and how I will implement them into my daily routine:	
HABIT, BEHAVIOR OR DISCIPLINE	IMPLEMENTATION IN ROUTINE

GOAL NO. 2:**General description of WHO I NEED TO BECOME:****New habits, disciplines or behaviors I need to START:****Existing healthy habits, disciplines or behaviors I need to EXPAND:****Poor habits or behaviors I need to STOP:****Top three modifications and how I will implement them into my daily routine:****HABIT, BEHAVIOR OR DISCIPLINE****IMPLEMENTATION IN ROUTINE**

GOAL NO. 3:**General description of WHO I NEED TO BECOME:****New habits, disciplines or behaviors I need to START:****Existing healthy habits, disciplines or behaviors I need to EXPAND:****Poor habits or behaviors I need to STOP:****Top three modifications and how I will implement them into my daily routine:****HABIT, BEHAVIOR OR DISCIPLINE****IMPLEMENTATION IN ROUTINE**

INPUT INFLUENCES

Assessing Your Input

Let's look at all the potential ways you are feeding your mind less-than-supportive input.

Just put a zero if you don't do a particular activity.

Activity	Time		
	Per Day	Per Week	Total per Year
Read newspaper			
Morning TV shows or news programs			
News radio in car			
Evening TV news			
TV news during day (CNN, etc.)			
News on Web site homepages			
RSS news feeds			
News, gossip blogs, Web sites, readers, etc.			
News magazines (<i>Newsweek</i> , <i>TIME</i> , etc.)			
Gossip magazines (<i>People</i> , <i>Vanity Fair</i> , etc.)			
Other sources for news, gossip and "social commentary"			
Sitcom or other TV viewing			
Less-than-life-affirming movie viewing			
Total			

List three ways you will cut or significantly limit your input of negative, fear mongering, worrisome, gossip or needless social commentary input via newspapers, TV, radio, magazines, Web sites or otherwise.

1. _____
2. _____
3. _____

Your Plan to Feed Your Mind

What are the ways you will proactively feed your mind positive, inspirational, abundant, prosperity-minded ideas, information and input?

1. _____
2. _____
3. _____
4. _____
5. _____

ASSOCIATION EVALUATOR

Assessing Your Current Associations

This is about the amount of TIME you spend with people outside of your immediate household (spouse and kids) and your strict work interactions (those in your office, unless you spend time outside of work with them). Evaluate their level of success in each of the areas below.

Name	Physical	Financial	Business/ Profession	Mental/ Attitude	Spiritual/ Loving	Family	Relationships	Lifestyle	Average
1.									
2.									
3.									
4.									
5.									
Average									

Now, organize your associations into the following three categories: dissociations, limited associations and expanded associations.

Disassociation

Maybe you need to disassociate from someone in the chart above, or anyone else who is involved in your life to any degree, who has a negative influence on you—mentally, emotionally, attitudinally, physically or otherwise. These are people who have a negative effect on what you talk about, what you eat, drink, do, watch, listen to, etc.

Name
1.
2.
3.

Limit Associations

Who do you spend a significant amount of time with that you might need to pull back from a bit? They are a good person, but they aren't necessarily going where you want to go. They don't have the same ambition, drive and goals as you do in life. Too much time with them might keep you stagnant, or worse, drag you down a bit.

Name
1.
2.
3.

Expanded Associations

Based on your goals and the person you want to become, who do you need to be around more often? Who in your expanded sphere of influence can you find a way to spend more time with?

Name
1.
2.
3.

Mentorship

Additionally, consider where you can hire a coach, trainer or mentor to reinforce your accountability and accelerate your growth rate. You can also find mentors in books, CD programs, seminars, and most certainly on DarrenDaily (www.DarrenDaily.com)

Name
1.
2.
3.

ADDITIONAL RESOURCES



DARRENDAILY

DarrenDaily is the number one morning program (free!) to jumpstart your success and help you become... Better Every Day. Join the over 200,000 achievers each morning as Darren shares one idea, tip or insight you can use to level up your success and transform your life.

DarrenDaily.com



INSANE PRODUCTIVITY

This is Darren's highly sought-after 12-week training course (with lifetime access) on learning to achieve extreme productivity. Unleash your most productive and powerful self when you learn the productivity system, tools, and strategies used by the most elite achievers of our time, delivered directly to your digital device.

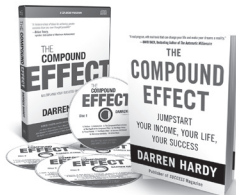
InsaneProductivity.com



HIGH-PERFORMANCE FORUM

An invitation-only private forum led personally by Darren Hardy for CEOs and business leaders committed to building high-growth, high-impact, and high-performing companies.

High-PerformanceForum.com



THE COMPOUND EFFECT BOOK AND AUDIO PROGRAM—JUMPSTART YOUR INCOME, YOUR LIFE, YOUR SUCCESS

This is Darren's internationally renown New York Times best-selling book. It is a distillation of the fundamental principles that have guided the most phenomenal achievements in business, relationships, and beyond. Industry experts, such as David Bach, have called The Compound Effect "the new bible for the self-improvement space."

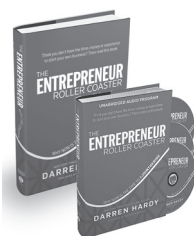
TheCompoundEffect.com



LIVING YOUR BEST YEAR EVER—A PROVEN SYSTEM TO ACHIEVE BIG GOALS

This is the system Darren has used for more than 25 years to design, stick to and achieve his own big goals. Included this annual journal is a step by step, week by week Achievement Management System™ which will act as your GPS guidance system all year long.

DarrenHardy.com/BestYear



THE ENTREPRENEUR ROLLER COASTER BOOK AND AUDIO PROGRAM

Sixty-six percent of small business fail. It doesn't have to be that way. The Entrepreneur Roller Coaster is the essential guidebook you need to survive the scariest and most thrilling ride of your life. It will guide you safely past mistakes most make and equip you with the essential skills you need to thrive as an entrepreneur.

RollerCoasterBook.com