

Pillars of Success

Character and Leadership Development Program for Young Adults

CREATE SUCCESS RITUALS

Success rituals are things we do on a regular basis until they become a habit and a way of life.

List two things that you would like to accomplish or improve this year.

1. (ex. hold a 5 minute horse-stance)

2. (ex. get better grades in school)

List some success rituals you can do to help you achieve your goals.

(Ex. Practice horse-stance every other day)

(Ex. Do homework as soon as it is assigned)

Schedule your success rituals into your days so you know when they will be accomplished and you won't have an excuse not to follow through.

(Ex. Practice while eating breakfast)

(Ex. Do homework as soon as I get home)



Name of Student _____

Parent Signature _____

Rank _____ # of Stars _____