

# LEAD WELL

*from a place of*

# Well♥Being

Success Scorecard

**A Tool for Insight**

by Lourdes Gant



# Lead Well from a place of Well-Being

## Scorecard: Your Life

If you were to give yourself a "score" as you answer these questions about your life, what would it be?

### MINDSETS

1 2 3 4 5 6 7 8 9 10 11 12

### Your Life

How well do you think you set aside time for yourself amidst the demands of your business?



How successful are you with setting boundaries with your friends/family and work?



How often do you push aside things you want to do because you are completely focused on your business?



Do you wish to take a trip or vacation but keep putting it off?



How strongly do you feel there is something you've wanted to learn and you haven't yet?



How much do you desire to have a healthier lifestyle, make time for exercise or learn how to eat better?



How well do you think you prioritize your mental health?



# Lead Well from a place of Well-Being

## Scorecard: Your Family

If you were to give yourself a "score" as you answer these questions about your family, what would it be?

MINDSETS

1 2 3 4 5 6 7 8 9 10 11 12

### Your Family

One of the top five regrets of the dying is that they did not spend enough time with family and friends. How accurate do you feel that is for you at this point in your life?



How well are you nurturing your relationships so they can grow more meaningful, for both parties?



If applicable, how well do you feel you fulfill your role as a partner to your significant other?



If applicable, how well do you feel you fulfill your role as a parent?



# Lead Well from a place of Well-Being

## Scorecard: Your Business

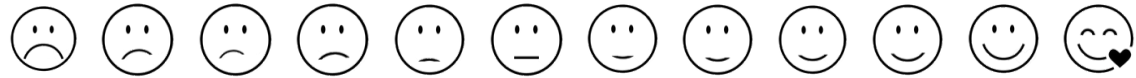
If you were to give yourself a "score" as you answer these questions about your business, what would it be?

MINDSETS

1 2 3 4 5 6 7 8 9 10 11 12

### Your Business

Do you still get excited about new possibilities in your business?



How much do you feel there could be a more satisfying path or that something is missing in your work?



How motivated and inspired do you think your team is?



How accurately do you think you are compensated (or are compensating yourself) for your true value?



How secure do you feel financially?



How much confidence do you have in your investments and your retirement?



Do you think you assess your financial well-being often enough?



# Lead Well from a place of Well-Being

## Scorecard: Your Social Contribution

If you were to give yourself a "score" as you answer these questions about your social contribution, what would it be?

MINDSETS

1 2 3 4 5 6 7 8 9 10 11 12

### Social Contribution

How satisfied do you feel about your level of "giving back" (with time, energy, money, etc.)?



How successful do you think your company or business is with supporting local community activities of worth?



How accomplished do you feel you are in regards to your legacy through your business and contributions to the planet in your lifetime?



# Lead Well from a place of Well-Being

## Scorecard: Your Spirituality

If you were to give yourself a "score" as you answer these questions about spirituality, what would it be?

MINDSETS

1 2 3 4 5 6 7 8 9 10 11 12

### Your Spirituality

Whatever your beliefs, how much do you feel you are in alignment with them?



How closely do you feel that what you do and who you are represents who you aspire to be?



How satisfied do you feel about the amount of time you attend to your spirituality on a regular basis?



# Lead Well from a place of Well-Being

## Scorecard: Overall

Now that you've gone through each section, how would you score yourself overall in each area of your life?

### MINDSETS

1 2 3 4 5 6 7 8 9 10 11 12

Your Life



Your Family



Your Business



Your Social Contribution



Your Spirituality

