



**Your Personal Assessment of Traits and Habits (PATH) to Success**  
**A Practical Strategy You Can Immediately Implement**

How do you define success? \_\_\_\_\_  
 \_\_\_\_\_

Why do you define it that way? \_\_\_\_\_  
 \_\_\_\_\_

**During the last \_\_\_\_\_ (ex: last 6 months) how frequently (*never • infrequently • often • always*) did you practice:**

**Belief based (Madame Walker)**

- 1. Believing you create your own life \_\_\_\_\_
- 2. Creating a vision for your life \_\_\_\_\_
- 3. Defining a specific goal \_\_\_\_\_

**Action based (Chris Gardner)**

- 4. Exercising self-discipline \_\_\_\_\_
- 5. Dealing with change \_\_\_\_\_
- 6. Rebounding from failure \_\_\_\_\_
- 7. Believing in yourself when others do not \_\_\_\_\_
- 8. Exhibiting courageous behavior \_\_\_\_\_

**Solution based (Valentino Deng)**

- 9. Getting comfortable being uncomfortable \_\_\_\_\_
- 10. Persevering through a difficult situation \_\_\_\_\_

**Resource based (Jimmy Wales)**

- 11. Locating new resources \_\_\_\_\_
- 12. Prioritizing your to do list \_\_\_\_\_
- 13. Collaborating with others \_\_\_\_\_

**Value based (S. Truett Cathy)**

- 14. Differentiating yourself \_\_\_\_\_
- 15. Communicating your value \_\_\_\_\_

**Understanding based (Dale Chihuly)**

- 16. Understanding events/people more clearly \_\_\_\_\_
- 17. Respecting and discussing new ideas \_\_\_\_\_
- 18. Taking calculated risks \_\_\_\_\_

- 19. Asking yourself empowering questions \_\_\_\_\_

**Self-based (You!)**

- 20. Practicing self-improvement \_\_\_\_\_

1. Identify top 3 traits you often or always practiced: \_\_\_\_\_  
 \_\_\_\_\_

2. How can you apply PATH to a current life situation? \_\_\_\_\_  
 \_\_\_\_\_

3. What traits/habits would you like to practice more frequently and why? \_\_\_\_\_  
 \_\_\_\_\_

Notes:

- Successful people do not always practice every trait/habit all the time. Other traits/habits also exist.
- PATH is a practice one can develop over time. It is not about strengths and weaknesses
- Download free copies of this @ <http://meapa.com/path/> and free online exercises @ <http://meapa.com/exercises/>