

The Future *Commitment and* *Success* **Worksheet**

— RORY DIXON



Your Future Commitment

Designing Your Personal Version of Success

One of the most powerful things you can do is write a description of your future life as if you are already living it.

Not a vague goal. Not a list of ambitions.

A clear picture of what your life looks like when you are living your own version of success.

This exercise forces you to answer the three most important questions in life:

- Who do I want to spend most of my time with?
- What do I want to do with my time?
- Where and how do I want to live?

When these questions become clear, decision-making becomes easier. Your time, energy and priorities begin to align with the life you are trying to build.

1. The Setting - Start by imagining where you are.

What year is it?

What time of day is it?

Where are you sitting or standing?

What can you see around you?

What does the environment look like - nature, city, countryside, ocean?

What sounds do you hear?

What does the atmosphere feel like?

Reflection:

2. The Start of Your Day – Think about how your day begins.

What time do you wake up?

What is the first thing you do?

What morning rituals or routines are part of your life?

How do you feel when you wake up?

Who do you spend your mornings with?

Reflection:

3. The People Around You - Now think about the people who are part of your life.

Who are the most important people you spend time with each day?

What role do you play in their lives?

How do you show up for them?

How do you support and care for the people you love?

Reflection:

4. Your Role in the World – Consider the work or contribution you make.

What kind of work, projects, or activities fill your days?

Are you doing work you're passionate about, building businesses, mentoring others, creating something, serving your community, or pursuing personal passions?

How much of your time is spent working versus living?

What parts of your work genuinely energise you?

Reflection:

5. Your Lifestyle - Think about how you actually live your life day-to-day.

Where do you live?

What kind of home or environment surrounds you?

How do you spend your afternoons and evenings?

What activities or hobbies bring you joy?

What does a perfect ordinary day look like?

Reflection:

6. Your Family and Relationships - Relationships are often the foundation of a fulfilling life.

How often do you see your parents, siblings, children or extended family?

What traditions or rituals do you share together?

How do you stay connected with the people who matter most?

What kind of partner, parent, friend or sibling are you?

Reflection:

7. The Feeling of Success – Now think about what success actually feels like in this future life.

When you reflect on your life, what makes you feel proud?

What moments matter most?

What does a successful life mean to you?

Reflection:

8. Now Write Your Future Commitment

Date: _____

It's the year _____ and it's _____ a.m.

Step 2 - Defining Your Personal Version of Success

My Personal Version of Success

Success to me means:

Step 3 - The Three Core Questions

1. Who do I want to spend most of my time with?

2. What do I want to do with my time?

3. Where and how do I want to live?

Step 4 - Aligning Today with Your Future

What parts of my future life already exist today?

What needs to change to move closer to that vision?

What is one step I can take this year to move toward it?

Final Reflection

Success is not universal.

It is not what society tells you it should be. It is not what your parents, friends or peers expect of you.

It is entirely yours.

When you define your own version of success and begin aligning your life with it, something remarkable happens.

You stop chasing someone else's dream. And you start living your own.