

Success | Failure Analysis

S uccess:	F ailure:
1. Brief description of success (life aspect, type of goal, what, when):	1. Brief description of failure (life aspect, type of goal, what, when):
2. Why it was a success – what you did well (see guide)	2. Why it was a failure – what you didn't do well (see guide)
3. Warning signs – were you just lucky? What can you do better next time (see guide)	3. Hopeful signs – were you just unlucky? What you would still do next time (see guide)
4. What do you think are the primary reason/s for success?	4. What do you think are the primary reason/s for failure?
5. Take-away messages for next goal: 1. 2. 3.	5. Take-away messages for next goal: 1. 2. 3.

Success | Failure Analysis - summary

S uccess:	F ailure:

1. Brief description

Include a brief description of the successful or unsuccessful goal – what was the goal and when did it happen. Include the life aspect the goal applies to, the type of goal (skill, habit or outcome goal) and whatever detail you think is necessary.

2. Why was it a success or failure

Brainstorm reasons for the success or failure – use another sheet of paper if you have to. This step is all about analysing every aspect of the goal and you to see what the contributing factors were, so think of all the things you did well and all of the things you didn't do so well. To help you with this step, ask yourself the following questions:

- * Was I really serious about the goal?
- * Did I have a positive, can-do attitude?
- * Was I paralysed by fear?
- * Was the goal ever put in writing?
- * Did I follow the goal through?
- * Did I lose interest/ focus in the goal?
- * Did this goal apply to one of my 5 most important life aspects?
- * Did this goal lead me to my vision for this life aspect?
- * Is this goal identified on my Mind-Map?
- * From my personal SWOT analysis are there any personal strengths that came into play?
- * Are there any personal weaknesses that came into play?
- * Was this goal an 'opportunity'?
- * Did any of my personal 'threats' affect this goal?
- * I am a Dove|Owl|Peacock|Eagle. Did my natural behaviour affect my success/failure?
- * My natural intelligences are
Did my natural intelligences affect my success/failure?
- * Did the goal conflict with my motivational needs according to Maslow's hierarchy?
- * Was the goal specific and significant to me?
- * Was the goal measurable?
- * Did the goal have an actionable path to achievement? Was this action plan documented?
- * Was the action plan realistic and achievable?
- * Can I come up with a meaningful and personal reason to achieve this goal? Was it really important to me?
- * Did I have a realistic timeframe for this goal?
- * Was this goal ethical, enjoyable and exciting?
- * Did I have sufficient resources (time, money, information, support) to achieve this goal?
- * Did I take action to achieve this goal?

Don't just limit yourself to the above questions, try to think of all possible reasons for the success or failure. Also think of this analysis along the lines of Cause and Effect, in other words identify what you did/ didn't do and how this affected your goal setting.

3. Warning signs and Hopeful signs

Were you just lucky/ unlucky with this particular goal? All successes will have areas for improvement and all failures will include things you actually did well. Using the above questions to jog your memory, ask yourself:

- Success – what could you do better next time?
- Failure – what did you do well?

Again, write down whatever comes into your head.

4. Primary reason for success or failure

From all of the above brainstorming activity, you probably have a pretty good idea of the fundamental reason for the success or failure.

5. Take-away messages

What are the 3 key lessons you've learnt from this analysis?

Summary

As you complete success/ failure analyses for all of your goals, add the take-away messages to the summary page. Make sure you refer to these on a regular basis and endeavour to follow the pattern of success rather than fall into the same traps that lead to failure.