

# FRUSTRATIONS & DISLIKES

## SUCCESS SHEET #3

Below are a series of questions relating to each of the areas in the Wheel of Life. These questions are meant to generate thoughts and help you more clearly identify your frustrations and dislikes. If you already know what these are, you can use the next following page to list out your frustrations.

### General

1. What childhood dream has not come to pass in my life that I regret?
2. What is not happening the way I'd like it to happen.
3. What would I like to see happen right now?
4. Do you live from weekend to weekend, simply enduring in between?

### Job/Career

1. Is what I am doing now what I want to be doing?
2. Have I found myself to be increasingly critical or cynical about my job?
3. Do the requirements of my job seem confusing or overwhelming?
4. Am I noticing that job satisfaction is practically nonexistent?

### Finances

1. Do I like things more than people?
2. What potential memories am I bartering and is the profit worth the price?
3. Are my debts overwhelming, making me feel trapped?
4. Do I manage my finances poorly?

### Family/Relationships

1. Do I have a healthy romantic relationship?
2. Do I have friends that I spend time doing things together with?
3. How is my family life? Do I get along with my family and enjoy spending time with them?
4. Are my children obedient and disciplined or frustrating?

### Health/Wellness/Emotional

1. What am I worrying about? Why? Has your appetite or sleep schedule dramatically changed?
2. What are my thoughts and do my thoughts hurt or heal me?
3. Are you using food, alcohol, or drugs to cope with the stress from your job?
4. Are you often experiencing negative physical symptoms like headaches, back aches, or digestion issues?

### Recreation/Fun/Leisure

1. Have you had a vacation recently? Did you enjoy your vacation?
2. Do you enjoy activity and staying healthy and having a good time?
3. Outside of work and home life, what entertainment do you enjoy?
4. What do you want to be doing that you're not doing right now?



# FRUSTRATIONS & DISLIKES SUCCESS SHEET #4

If you already know what your frustrations and dislikes are, simply list them here.

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## THE KEY TO SUCCESS

The real key to success is to overcome these thoughts. So, for each item listed, make a note of what a positive thought would be in the same situation or circumstance.

For Example:

"I hate my job" to "I am finding a new job in the field of my passion."

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