

ASSOCIATION EVALUATOR

Assessing Your Current Associations

This is about the TIME you spend with people outside of your immediate household (spouse and kids) and your strict work interactions (those in your office, unless you spend time outside of work with them). Evaluate their level of success in each of the areas below.

Name	Physical	Financial	Business/ Profession	Mental/ Attitude	Spiritual/ Loving	Family	Relationships	Lifestyle	Average
1.									
2.									
3.									
4.									
5.									
6.									

Now, organize your associations into the following categories: Disassociations, limited associations, and expanded associations.

Disassociation

Maybe you need to disassociate from someone in the chart above, or anyone else who is involved in your life to any degree, who has a negative influence on you – mentally, emotionally, attitudinally, physically, or otherwise. These are people who have a negative effect on what you talk about, what you eat, drink, do, watch, listen to, etc.

Name
1.
2.
3.

Limit Association

Who do you spend a significant amount of time with that you might need to pull back from a bit? They are a good person, but they aren't necessarily going where you want to go. They don't have the same ambition, drive and goals as you do in life. Too much time with them might keep you stagnant, or worse, drag you down a bit.

Name
1.
2.
3.

Expanded Associations

Based on your goals and the person you want to become, who do you need to be around more often? Who in your expanded sphere of influence can you find a way to spend more time with?

Name
1.
2.
3.

Mentorship

Additionally, consider where you can hire a coach, trainer, or mentor to reinforce your accountability and accelerate your growth rate. You can also find mentors in books, CD programs, seminars, and most certainly on DarrenDaily (www.DarrenDaily.com)

Name
1.
2.
3.

INPUT INFLUENCES

Assessing your Input

Let's look at all the potential ways you are feeding your mind less-than-supportive input. Just put a zero if you do not do a particular activity.

Activity	Time		
	Per Day	Per Week	Total per Year
Read Newspaper			
Morning TV shows or news programs			
News radio in car			
Evening TV news			
TV news during day (CNN, etc.)			
News on Web site homepages			
RSS news feeds			
News, gossip, blogs, web sites, readers, etc.)			
News Magazines (Newsweek, TIME, etc.)			
Gossip Magazines (People, Vanity Fair, etc.)			
Other sources for news, gossip, and "social commentary"			
Sitcom or other TV viewing			
Less-than-life-affirming movie viewing			
Total			

List 3 ways you will cut or significantly limit your input of negative, fear mongering, worrisome, gossip or needless social commentary input via newspapers, TV, radio, magazines, Web sites or otherwise.

1. _____
2. _____
3. _____

Your Plan to Feed your Mind

What are the ways you will proactively feed your mind positive, inspirational, abundant, prosperity-minded ideas, information and input?

1. _____

2. _____

3. _____

4. _____

5. _____

GRATITUDE ASSESSMENT

Three amazing people in my life are

1. _____
2. _____
3. _____

Three great things about my physical body are

1. _____
2. _____
3. _____

Three great things about my home and where I live are

1. _____
2. _____
3. _____

Three great things about where I work and what I do for a living are

1. _____
2. _____
3. _____

Three great gifts of unique talent and skill I have been given are

1. _____
2. _____
3. _____

Three great gifts of knowledge and experience I have been given are

1. _____
2. _____
3. _____

Three ways I have experienced “luck” in my life are

1. _____
2. _____
3. _____

Three ways in which my life is wealthy, abundant and prosperous are

1. _____
2. _____
3. _____

CORE VALUES ASSESSMENT

Your values are your GPS navigation system for life. Getting them defined and properly calibrated is one of the most important steps in redirecting your life toward your grandest vision. The below series of questions will help you evaluate and refine what is truly important to you and what matters most in life. Answer each question thoughtfully, and then I will help you select the top half-dozen values for your life.

Who is the person I respect most in life? What are their core values?

Who is my best friend, and what are his/her top three qualities?

If I could have more of any one quality instantly, what would it be?

What are three things I hate? (e.g., cruelty to animals, credit card companies, deforestation, etc.)

Which three people in the world do I dislike the most and why?

Which personality trait, attribute or quality do people compliment me on the most?

What are the three most important values I want to pass on to my children?

If I were to teach a graduating high-school class values that would give them the best opportunity for success in life, what would those be and why?

If I had enough money to retire tomorrow, what values would I continue to hold?

What values do I see being valid 100 years from now?

The top dozen qualities of the “ideal” man or woman:

Now take a look at your answers above. Do you notice any reoccurring themes? Taking what you’ve observed in others, what others have observed about you, what you want for others, and things you would fight for or against, create a list of your top 10 values (in any order) below.

Top 10 Values:

- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Now, let's reduce it down to the half-dozen most important to you. Put a star by the values you're sure about. Then take the ones you feel are important but aren't sure if they're top-six material and put them in pairs. Think about two of those values side by side, and ask yourself which of the two is more important, eliminating the other. Keep pitting the survivors against each other until you're down to six. If some of the values you listed are just two words describing the same idea, combine them.

Top 6 Values:

4. _____

5. _____

6. _____

1. _____

2. _____

3. _____

Now prioritize your core values in order of importance, with the most important first. All are important, of course, but which are the most important? If you had to choose between two values, which would you fight for, or even die defending? Now which are your top three?

MY TOP 3 VALUES IN LIFE ARE:

1. _____
2. _____
3. _____

Memory Jogger of Values

Abundance	Cheerfulness	Creativity	Expressiveness	Humility	Order	Responsibility
Acceptance	Clarity	Curiosity	Fairness	Humor	Organization	Righteousness
Accountability	Cleanliness	Daring	Faith	Imagination	Originality	Risk-taking
Accomplishment	Collaboration	Decisiveness	Fame	Independence	Outcome	Romance
Accuracy	Longevity	Delight	Family	Influence	orientation	Safety
Achievement	Love	Dependability	Fidelity	Ingenuity	Outstanding service	Security
Acknowledgement	Loyalty	Desire	Flexibility	Inner peace	Passion	Selflessness
Adaptability	Love	Determination	Flow	Innovation	Peace	Self-esteem
Adventure	Making a difference	Devotion	Focus	Insightfulness	Perceptiveness	Seriousness
Affection	Mastery	Dignity	Forgiveness	Inspiration	Perseverance	Service
Aggressiveness	Maturity	Diligence	Fortitude	Integrity	Persistence	Simplicity
Agility	Comfort	Discipline	Freedom	Intelligence	Personal growth	Sincerity
Alertness	Commitment	Discovery	Friendship	Intensity	Pleasure	Skill
Ambition	Communication	Discretion	Frugality	Intimacy	Poise	Speed
Anticipation	Community	Diversity	Fun	Intuitiveness	Positive attitude	Spirit
Appreciation	Compassion	Drive	Generosity	Inventiveness	Power	Stability
Assertiveness	Competence	Duty	Giving	Investing	Practicality	Strength
Attentiveness	Competition	Eagerness	Going the extra	Joy	Precision	Style
Audacity	Concentration	Education	mile	Justice	Preparedness	Systemization
Awareness	Confidence	Effectiveness	Goodness	Kindness	Presence	Teamwork
Balance	Connection	Efficiency	Grace	Knowledge	Preservation	Timeliness
Beauty	Consciousness	Elation	Gratitude	Leadership	Privacy	Tolerance
Belonging	Consistency	Elegance	Growth	Learning	Proactivity	Tradition
Blissfulness	Contentment	Empathy	Guidance	Liberty	Progress	Tranquility
Boldness	Content over fluff	Encouragement	Happiness	Logic	Prosperity	Trust
Bravery	Continuity	Endurance	Harmony	Meaning	Punctuality	Truth
Brilliance	Continuous	Energy	Hard work	Merit	Quality	Unity
Calm	Improvement	Enjoyment	Health	Mindfulness	Quiet	Variety
Candor	Contribution	Enthusiasm	Helpfulness	Modesty	Rationality	Well-being
Carefulness	Control	Equality	Heroism	Money	Recognition	Wisdom
Caring	Conviction	Excellence	Holiness	Motivation	Relationships	
Certainty	Convincing	Excitement	Honesty	Nonviolence	Reliability	
Challenge	Cooperation	Experience	Honor	Openness	Religion	
Change	Courage	Expertise	Hopefulness	Opportunity	Resourcefulness	
Charity	Courtesy	Exploration	Hospitality	Optimism	Respect	

Weekly Rhythm Register

“The rhythm of dAily ACTION Aligned with your goAls creates the momentum thAt sepArates dreAmers from super-ACHIEVERS.” —Darren Hardy

Behavior/Action	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.

Date Range: _____ - _____

YOUR ACTION STEPS

- ⇒ Identify the influence the input of media and information is having on your life. What do you need to protect your mind from this, and how you are going to keep your mind regularly flushed with positive, uplifting, and supportive input?
- ⇒ Evaluate your current associations. Who might you need to further limit your association? Who might you need to completely dissociate from? Strategize ways you will expand your associations.
- ⇒ Pick a peak-performance mentor. Decide when, how regularly, to what you will hold each other accountable, and what ideas you will expect the other to bring to each conversation.
- ⇒ Identify the three areas of your life you are most focused on improving and seeing massive results Find and engage a mentor in each of those areas. Your mentors could be people who have accomplished what you wish to and with whom you have brief conversations, or they could be experts who have written down their ideas in books or recorded their ideas on CDs.
- ⇒ When do you hit your moments of truth (e.g., making prospecting calls, exercising, communicating with your spouse or kids)? Identify so you know when to push through to find new growth and where you can separate yourself from others and your old self.
- ⇒ Find three areas in your life where you can you do “extra” (e.g., weight-lifting reps, calls, recognition, sentiments of appreciation, etc.).
- ⇒ Identify three areas in your life where you can beat the expectations. Where and how can you create “wow” moments?
- ⇒ Identify three ways you can do the unexpected. Where can you differentiate from what is common, normal, or expected?