

Attributes of Achievement Worksheet

Each week focuses on a different attribute. Spend five minutes a day at dinner, in a car, or other venue discussing the attribute of the week. Write down the name of a family member, friend, or other person who best exemplifies the attribute. Repeat this thirteen-week sequence after completing Attributes of a Good Life (Appendix D).

Week	Attribute	Best Example
1	Find your <u>C</u> reativity	
2	Be <u>D</u> etermined	
3	<u>E</u> xcitement	
4	Have <u>F</u> aith in God	
5	<u>F</u> ocus on the task at hand	
6	<u>G</u> o Beyond the call of duty	
7	Have a <u>G</u> ood Attitude	
8	Maintain your <u>H</u> ealth	
9	Be <u>P</u> leasant	
10	Allocate your <u>R</u> esources	
11	Find <u>S</u> ynergy	
12	Develop <u>W</u> illpower	
13	<u>W</u> orry Less	

Attributes of a Good Life Worksheet

As for Appendix C, each week focuses on a different attribute. Spend five minutes a day at dinner, in a car, or other venue discussing the attribute of the week. Write down the name of a family member, friend, or other person who best exemplifies the attribute. Repeat this thirteen-week sequence after reviewing Attributes of Achievement (Appendix C).

Week	Attribute	Best Example
I	<u>A</u> uthenticity	
2	<u>B</u> alance in your life	
3	<u>F</u> rugality	
4	The <u>G</u> olden Rule	
5	<u>G</u> ood Hygiene	
6	<u>M</u> odesty in all activities of living	
7	<u>O</u> rganization	
8	<u>P</u> acefulness	
9	<u>R</u> esolution	
10	A <u>R</u> ighteous Life	
11	<u>S</u> elf-Restraint in eating and drinking	
12	<u>S</u> erenity in thoughts and actions	
13	<u>S</u> tay Busy with meaningful activities	