



Success Test

Randall Bell, PhD



Thriving Behaviors

vs.

Toxic Behaviors

Me

Purpose



Frequent Reflection can alter the course of one's entire life.

Has Core Values
Open & Teachable
Does the Homework
Takes Notes
Stable & Disciplined
Responsible & Ethical
Kind Hearted
Enjoys Solitude
Meditates or Prays
Grounded & Has Faith
Optimistic & Enjoys Humor

Lacks Substance
Knows It All
Uninformed
Lets Wisdom Slip Away
Careless & Naive
Feels Entitled
Mean Spirited
Constantly Distracted
Superficial
In Spiritual Poverty
Pessimistic & Cynical

Pointless



Distraction is the enemy of intellectual, spiritual and philosophical development.

We

People



Connection with others creates a positive tone and life's greatest joy.

Loves People
Encourages Others
Expresses Thanks
Loving & Charitable
Builds a Success Circle
Sweet
Shares Ideas
Spices It Up
Admits Faults & Forgives
Open to Intimacy
Agreeable & Dignified

Loves Stuff
Enjoys Others' Failures
Ungrateful & Selfish
Self-Righteous
Follows the Crowd
Bitter
Shares Gossip
Boring
Stubborn & Holds Grudges
Cold & Uptight
Pushy or a Pushover

Poison



Alienation of others is the surest path to misery & failure.

Do

Productivity



Physical, environmental and financial synergy fuels all Production.

Makes It Happen
Eats Well & Hydrates
Exercises
Clean & Organized
Appropriate
Simplifies
Has Functional Space
Resourceful
Adds Value
Spends Less Than Earns
Walks the Walk

Lets It Happen
Consumes Junk
Intends to Exercise
Sloppy & Unorganized
Has Poor Etiquette
Accumulates Clutter
Has a Stuffy Environment
Dependent & Helpless
Stingy & Draining
Spends More Than Earns
Talks the Talk

Pathetic



Destruction comes from neglecting the basics of productivity.

Be

Progress



The highest satisfaction comes from continual Progression.

Has a Clear Target
Thinks Ahead
Conscientious
Punctual & Manages Time
Makes 'To Do' Lists
Creates 'To Be' Lists
Contributes
Secure & Committed
Keeps a Journal
Devoted to a Greater Cause
Makes a Difference

Lacks Goals
Immediately Gratified
Oblivious
Often Late & Wastes Time
Wanders Aimlessly
Empty & Lacks Ambition
Consumes
Easily Discouraged
Story is Untold
Serves as a Bad Example
Just Gets By

Perish



Procrastination stands at the core of every life that lacks meaning.