

What Is YOUR Top Reason?

If you cannot achieve what you want in your life, there is at least one reason behind it. What if you could know what the main reason is so that you can find a solution? Well, you can. Below are 5 categories to consider when trying to figure out the top reason. With each category, give yourself a rating of 1-10 as described. After you complete all categories and scaling, find out your overall score and its implications by adding all of your ratings.

Categories

Your Rating

Yes, very much = 10, No, not at all = 1

CLARITY

I don't know exactly what I want. I cannot clearly define what I want in details?
I cannot summarize what I want in a short statement right away. I cannot vividly visualize what I want in my mind.

1 2 3 4 5 6 7 8 9 10

OWNERSHIP

I am not passionate about what I want. I don't take ownership for the outcome of my efforts.
What I am after is what others want for me. I don't care if I fail. I tend to blame others if I don't
Get what I want. I am not willing to do the necessary work for getting what I want.

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

I am not confident that I will get what you want. I don't you trust myself
and others for getting what I want. I don't feel comfortable asking others for help
and support. I have fear and doubt. I am not willing to take risks toward my success.

1 2 3 4 5 6 7 8 9 10

DISCIPLINE

I cannot commit to taking consistent action. I am too busy to work toward what I want.
I tend to procrastinate. I am busy with other things. I cannot overcome my bad habit in order
to get what I truly want. I want to see the results very quickly. I cannot wait long.

1 2 3 4 5 6 7 8 9 10

KARMA

I feel that despite all my positive efforts I do not get what I want and I don't know why. I have
done everything right but still have not got what I wanted. I see repeating events in my life
that prevent me from achieving what I want.

1 2 3 4 5 6 7 8 9 10

Total Score _____

Results: The category that has the highest rating is an indicator of your top or main reason for not getting what you want. If your total score is over 20 (remember that for this exercise a lower score is better), there are more than one reason why you don't get what you want. If your score is over 30, it's likely you will not feel excited about pursuing what you want and the odds of achieving what you want is low. If your rating for KARMA category is high, you need some inner work to break the repetition cycle. Otherwise, you would experience similar events that would lead to similar unwanted results in your life. Knowing your top reason is important. Spend some time looking at each category that didn't get a rating of 3 or lower, and ask yourself, "What could I do in this area so that my rating would be lower?"