

# THE TIME TEST WORKSHEET

EPISODE #12

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## THE PSYCHOLOGY OF SUCCESS PART 2: THE TIME TEST

You're taking all the right actions and you've been consistent. But things are still not moving forward. Success is taking a lot longer than you initially thought and it feels like you're putting in a lot of effort yet getting a minimal reward.

It's called the time test because it's the time factor that is wearing you down.

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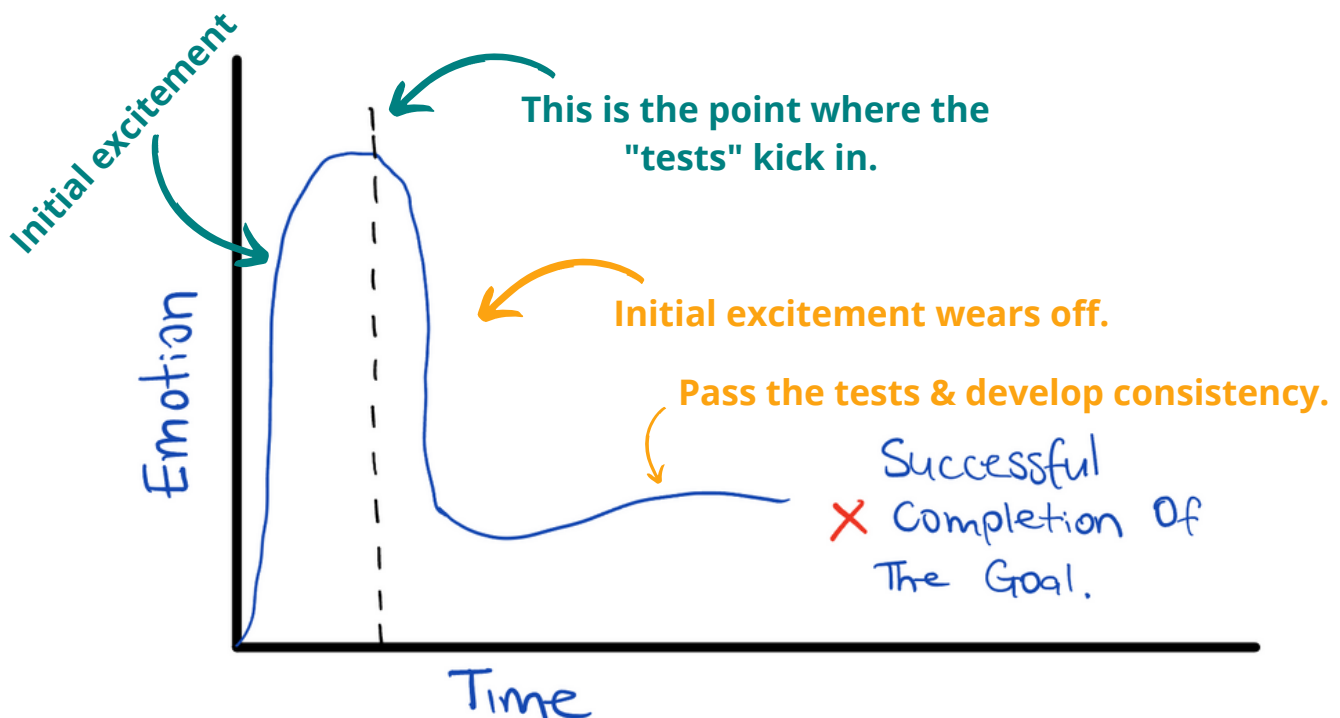
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## THE JOURNEY OF SUCCESS.

Initial excitement towards the goal (it's a shiny object). The emotion wears off when things start to get difficult/ uncomfortable. You'll face at least 1 of the 4 tests. Pass the test & develop consistency.



**Bonus tip: Learn to enjoy the process. That will add positivity to the process and add a sense of fulfilment**

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## 1. CHANGE YOUR PERSPECTIVE.

I know you want the results now but you have to use this time to your advantage. This is a time for growth and to set things up for long term success.

### QUESTIONS.

What can you do or focus on when you are tempted to quit?


In what ways or areas am I being impatient or rushing the process?


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## 2. DEVELOPING YOUR SKILLS AND ABILITIES.

The time test highlights our need to get better at what we do. We need to use this time to improve our skills, abilities and the quality of our output.

If the best in the world (at doing what you're trying to accomplish) stepped into your shoes, they would get the results faster. They have already worked on the skills and abilities. Now it's our turn.

You don't need to be the best in the world to succeed but you do need to improve to succeed.

### WHAT WILL YOU DO TO IMPROVE?

- ☐ Read books on the topic.
- ☐ Record meetings/ talks/ your performance.
- ☐ Track key stats and metrics.
- ☐ Journal and review your wins and losses.
- ☐ Spend time practicing the skill (get the reps in).
- ☐ Get feedback from a mentor or expert that you trust.
- ☐ Track your performance week to week.
- ☐ Other \_\_\_\_\_ .

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## 3. STRESS TEST.

They put bridges through stress tests or load tests to make sure they can handle the weight of the traffic and the pushing and pulling forces from the wind and weather.

There's something that you want. But can you actually handle it? Can you sustain it when you get it?

## FUTURE PACING.

**Imagine what life would look like if you had what you wanted.**

- Consider what would happen to your time and your lifestyle.
- Consider how it would make other people feel (would it benefit the key people in your life or would it make things more difficult for them)?
- Do you know how to manage it (the results, money, opportunity, the people etc).
- Are the right systems & strategies in place now? Are they proven, solid or tested?
- What are the holes, gaps or weaknesses that need to be fixed before the results start coming in?
- How else can you run a "stress test?"

**Write your answers on the next page.**

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**RECAP HOW YOU WILL USE THIS TIME TO YOUR ADVANTAGE.**




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