

Pyramid of Success (PoS) Self-Reflection Guide

Name: _____

Class / CCA: _____

Success is peace of mind which is a direct result of self-satisfaction in knowing we made the effort to become the best of which we are capable of – John Wooden. (Our Schol Motto: Enitatur In Altiora – Be Our Best)

Identify 1 or 2 areas you are strong at and place a tick at the status. Provide some reflection points on why you see these as your strengths. Identify 1 or 2 areas you want to work on and place a cross at the status. Provide some reflection points on how you want to improve in these areas.

| | Building Block | What it is | What it is not | Status (Sem 1) | Status (Sem 2) | Reflection points |
|---------------------|--|---|---|----------------|----------------|-------------------|
| Stout Hearts | Industriousness <i>"Success travels in the company of very hard work. There is no trick, no easy way."</i> | <ul style="list-style-type: none"> • Fully engaged • Totally focused • Completely absorbed | <ul style="list-style-type: none"> • Working long hours without focus and discipline | | | |
| | Enthusiasm <i>"Your energy and enjoyment, drive and dedication will stimulate and greatly inspire others."</i> | <ul style="list-style-type: none"> • Filled with energy and eagerness • Joy and love for what I am doing • Real enthusiasm • Self-belief in what I am doing | <ul style="list-style-type: none"> • Phony enthusiasm e.g. imitating others without commitment | | | |
| | Friendship <i>"Strive to build a team filled with camaraderie and respect: comrades-in-arms."</i> | <ul style="list-style-type: none"> • Respect • Camaraderie – attitude of giving • Solid bond | <ul style="list-style-type: none"> • Good relations due to work or common interest like soccer | | | |

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| | Loyalty <i>"Be true to yourself. Be true to those you lead."</i> | <ul style="list-style-type: none"> • Loyalty to self by setting high standards, putting in place good processes and living by right values • Loyalty to others by caring for others, being fair, respectful and considerate | <ul style="list-style-type: none"> • Consider what others can do for me and take advantage of them | | | |
| | Cooperation <i>"Have utmost concern for what's right rather than who's right."</i> | <ul style="list-style-type: none"> • Committed to what is right rather than who is right • Open to feedback and welcoming honest feedback • Respecting final decision made by the team or leader • Sharing ideas, information, responsibilities and tasks | <ul style="list-style-type: none"> • Expecting all to listen to me • Trying to get everyone to do what I expect | | | |
| Great Thoughts | Self-Control <i>"Control of your organisation begins with control of yourself. Be disciplined."</i> | <ul style="list-style-type: none"> • Control of emotions • Resist easy choices • Avoid temptations | <ul style="list-style-type: none"> • Hype myself just before the competition or test without prior planning and preparation | | | |

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| | Alertness <i>"Constantly be aware and observing. Always seek to improve yourself and the team."</i> | <ul style="list-style-type: none"> • Mental quickness • Constantly observing, absorbing and learning from what is going on around you | <ul style="list-style-type: none"> • Too focused in one area and lose concentration in others | | | |
| | Initiative <i>"Make a decision! Failure to act is often the biggest failure of all."</i> | <ul style="list-style-type: none"> • Courage to make decisions • Strength to risk failure • Taking a stand even when it goes against the opinion of others | <ul style="list-style-type: none"> • Making a decision without thinking through carefully and in the process losing the team • Taking risk without considering the safety and well-being of the team and others | | | |
| | Intentness <i>"Stay the course. When thwarted try again; harder; smarter. Persevere relentlessly."</i> | <ul style="list-style-type: none"> • Persevere when the going gets tough • Being clear of intent and staying focused • Diligence and determination | <ul style="list-style-type: none"> • Being focused in what I am doing without knowing what exactly needs to be done | | | |
| Brave Deeds | Condition <i>"Ability may get you to the top, but character keeps you there – mental, moral and"</i> | <ul style="list-style-type: none"> • Physical, mental and moral strengthening • Accountability for self and team | <ul style="list-style-type: none"> • Focusing on one aspect at the expense of another e.g. working too hard and | | | |

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| | <i>physical.</i> " | | compromising on health in the process | | | |
| | Skill <i>"What a leader learns after you've learnt it all counts most of all."</i> | <ul style="list-style-type: none"> Knowing everything which is needed to be known Able to execute action quickly and accurately Continuous learning to remain updated and relevant | <ul style="list-style-type: none"> Specialised in one area but weak in others | | | |
| | Team Spirit <i>"The star of the team is the team. 'We' supersedes 'me'."</i> | <ul style="list-style-type: none"> Eagerness – sacrifice personal interests for the good of the team Unselfish and considerate Place the goals of the organisation above self Attitude of 'There is only one star that counts: The Team' | <ul style="list-style-type: none"> Merely showing willingness – doing what is required for the team | | | |
| Mortar | Faith <i>"Have boundless belief that things will work out as they should."</i> | <ul style="list-style-type: none"> Never give up Develop the Can-Do attitude | <ul style="list-style-type: none"> Being stubborn and not reflecting, in the name of having a strong belief in something | | | |
| | Patience <i>'Genius is nothing but a greater aptitude for</i> | <ul style="list-style-type: none"> Not easily giving up Seeing through the work despite challenges faced | <ul style="list-style-type: none"> Not putting in effort and yet expecting to succeed through | | | |

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| | <i>patience.'</i> | | patience | | | |
| Acquired strengths | Poise <i>"Be yourself. Don't be thrown off by events whether good or bad."</i> | <ul style="list-style-type: none"> • Not getting rattled, thrown off or unbalanced regardless of circumstances • Holding fast to beliefs • Acting in accordance to beliefs, regardless of how bad the situation is | <ul style="list-style-type: none"> • Pretending to be poised by imitating someone else | | | |
| | Confidence <i>"The strongest steel is well-founded self-belief. It is earned, not given."</i> | <ul style="list-style-type: none"> • Knowledge that I have done all things possible to prepare myself and the team to perform at the highest level | <ul style="list-style-type: none"> • Showing arrogance – feeling of superiority that fosters the assumption that past success will be repeated without same hard effort | | | |
| | Competitive Greatness <i>"Perform at your best when your best is required. Your best is required each day."</i> | <ul style="list-style-type: none"> • Love for hard battle, knowing it offers the opportunity to be at my best when my best is required | <ul style="list-style-type: none"> • Driven by medals and trophies • Winning at all costs | | | |