

## 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: Enitamur 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  “Success travels in the company of very hard work. There is no trick, no easy way.”	<ul style="list-style-type: none"> <li>• Fully engaged</li> <li>• Totally focused</li> <li>• Completely absorbed</li> </ul>	<ul style="list-style-type: none"> <li>• Working long hours without focus and discipline</li> </ul>			
	Enthusiasm  “Your energy and enjoyment, drive and dedication will stimulate and greatly inspire others.”	<ul style="list-style-type: none"> <li>• Filled with energy and eagerness</li> <li>• Joy and love for what I am doing</li> <li>• Real enthusiasm</li> <li>• Self-belief in what I am doing</li> </ul>	<ul style="list-style-type: none"> <li>• Phony enthusiasm e.g. imitating others without commitment</li> </ul>			
	Friendship  “Strive to build a team filled with camaraderie and respect: comrades-in-arms.”	<ul style="list-style-type: none"> <li>• Respect</li> <li>• Camaraderie – attitude of giving</li> <li>• Solid bond</li> </ul>	<ul style="list-style-type: none"> <li>• Good relations due to work or common interest like soccer</li> </ul>			

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

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

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

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