

The background of the cover is a photograph of a grand, ornate theater interior. The ceiling is a large, circular dome with intricate carvings and a central chandelier. The walls are covered in detailed architectural decorations, including columns and arches. The stage is visible in the distance, featuring a set with a large, arched structure and several people standing on it. The foreground shows rows of empty seats, suggesting a quiet moment in a grand performance space.

# The Portfolio Composer's RE-DEFINING SUCCESS WORKBOOK



WITH GARRETT HOPE

**Re-Defining Success Workbook**  
**by The Portfolio Composer**

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*This worksheet is an adaptation of Zig Ziglar's Wheel of Life. An eighth category was added to Ziglar's original wheel: Creativity.*

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Completed by: \_\_\_\_\_ Date: \_\_\_\_\_

## ABOUT THE PORTFOLIO COMPOSER

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Welcome to The Portfolio Composer community! The goal of The Portfolio Composer is to help you with the business end of writing music. We do that through the (always free) podcast, public speaking, webinars, and group and one-on-one coaching.

One of the primary beliefs at The Portfolio Composer is that as composers, and musicians of all types, we are small business owners. As such, we need to treat what we do as a business—marketing, networking, finances.

Most of The Portfolio Composer resources are free, such as the podcast and this workbook. If you would like access to group coaching become a Patreon sponsor at <http://patreon.com/portfoliocomposer>.

For one-on-one coaching contact Garrett through The Portfolio Composer website: <http://theportfoliocomposer.com>.

Garrett Hope, the host of the podcast, teacher, and coach at The Portfolio Composer, loves to hear from people just like you. What questions do you have and what struggles are you facing in your composition business?

You've got this composers. To your success.

Poor definitions of success look at just one, or possibly two, areas of our lives. It has been my experience that many people focus on money and career (job status, education level) as the primary measures of success in their lives. Focusing on only a few areas, instead of everything about you as a person and musician, will leave you unsatisfied.

It might even lead to anxiety and depression.

**FOCUSING ON ONLY A FEW AREAS OF YOUR LIFE, INSTEAD OF YOUR WHOLE-LIFE, WILL LEAVE YOU DEEPLY UNSATISFIED.**

I encourage you to redefine what success means to you. To do so you need to look at your whole life. A successful person is well-balanced among all eight areas.

This does not mean that every area needs to rank 10/10. Instead, it means that across the board the numbers are even. Ideally, you will be able to score a 6 or higher in each area. I also truly hope that you are working on increasing that score in all areas.

Why does this matter?

It matters because every area of our lives require attention. I am also of the opinion that a happy person, and one who has a healthy definition of success, is one that is fairly balanced.

These categories are also connected. There are not areas of your life that are isolated from the others. For instance, you cannot commit all your time to building your career and also maintain a thriving social life and family. Or, you cannot feed your mind and continue to learn—or maintain high levels of creativity—if you are not feeding your body what it needs and giving it plenty of rest through sleep.

If you find that one or more areas are very low (and I'm willing to bet that you will), this does not mean that you are a failure. What it does mean is that you need to divide your time and attention in new ways so you can re-balance your whole life.

Action Taker's Workshop:

This exercise is no good if you don't act on what you learn. You **MUST** take action. Simply recognizing a problem (or a win!) in your life is just the first step. Use this worksheet to make a plan to re-balance your whole-life.

**INSTRUCTIONS:**

1. Analyze each area of your life and rank it on a 1–10 scale. 1 being low and 10 being high. Use the questions provided as a guide to ranking. Don't over-think this exercise and don't spend too much time on it. Your initial and gut reaction might be the most accurate.
2. List out the areas of your life that need more attention.
3. For each area that you find needs attention list three to four steps you can take starting today to make change. The goal is to be well-balanced across all areas and ideally be 6 or higher in each area.
4. Write down your current definition of success and examine how this definition has served you.
5. Write down a new definition of success that will serve you better.

**AREAS/CATEGORIES OF LIFE:**

- **Creativity:** Are you satisfied with your creative output? Are you creating passion projects as much as you are creating for your vocation, if at all?

1 ●●●● 2 ●●●● 3 ●●●● 4 ●●●● 5 ●●●● 6 ●●●● 7 ●●●● 8 ●●●● 9 ●●●● 10

- **Family:** Are closest and most intimate relationships in your life healthy? Are you spending time developing and nurturing relationships in your family?

1 ●●●● 2 ●●●● 3 ●●●● 4 ●●●● 5 ●●●● 6 ●●●● 7 ●●●● 8 ●●●● 9 ●●●● 10

- **Financial:** How well are you doing at maintaining a positive cash flow? Are you staying within your budget? Are you saving? Are you investing for the future?

1 ●●●● 2 ●●●● 3 ●●●● 4 ●●●● 5 ●●●● 6 ●●●● 7 ●●●● 8 ●●●● 9 ●●●● 10

- **Health:** Are you eating well? Sleeping enough? Are you drinking too much? Are you exercising?

1 ●●●● 2 ●●●● 3 ●●●● 4 ●●●● 5 ●●●● 6 ●●●● 7 ●●●● 8 ●●●● 9 ●●●● 10

- **Mental:** Are you still learning? Are you growing in knowledge and skill? Are you challenging yourself to grow?

1 ●●●● 2 ●●●● 3 ●●●● 4 ●●●● 5 ●●●● 6 ●●●● 7 ●●●● 8 ●●●● 9 ●●●● 10

- **Relationships & Self-Care:** Are you happy with your non-intimate relationships? Are the things you are doing in your personal time helping or hurting?

1 ●●●● 2 ●●●● 3 ●●●● 4 ●●●● 5 ●●●● 6 ●●●● 7 ●●●● 8 ●●●● 9 ●●●● 10

- **Spiritual:** No matter your religious affiliation, or lack of one, are you nurturing the spiritual part of your life?

1 ●●●● 2 ●●●● 3 ●●●● 4 ●●●● 5 ●●●● 6 ●●●● 7 ●●●● 8 ●●●● 9 ●●●● 10

- **Vocation:** Are you happy with your work? Does your career look like you want it to? Is your composition business where you want it to be?

1 ●●●● 2 ●●●● 3 ●●●● 4 ●●●● 5 ●●●● 6 ●●●● 7 ●●●● 8 ●●●● 9 ●●●● 10

## AREAS FOR IMPROVEMENT

- Area: \_\_\_\_\_

- 3–4 action steps you can take today to see improvement:

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- Area: \_\_\_\_\_

- 3–4 action steps you can take today to see improvement:

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- **Area:** \_\_\_\_\_

- **3–4 action steps you can take today to see improvement:**

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- **Area:** \_\_\_\_\_

- **3–4 action steps you can take today to see improvement:**

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## DEFINITION OF SUCCESS

- Your current definition of success:

- Success is:

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- I will be successful when:

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- This definition of success is true because:

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- This definition of success is false because:

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- I need to change my definition of success because:

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- Your new definition of success:

- Success is:

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- I will be success when:

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## WANT MORE GUIDANCE TO BUILDING YOUR COMPOSITION BUSINESS?

The Portfolio Composer is building a platform with multiple resources for you to use as you build your career. We are working hard to create even more right now!

If you have questions or have a specific problem let Garrett know by using the contact form at <http://theportfoliocomposer.com>.

Here are three amazing resources from The Portfolio Composer for you to begin with:

- 1. The Portfolio Composer Newsletter**

The newsletter is the best place to remain up-to-date with the happenings at The Portfolio Composer. To get the latest information on live events, webinars, online courses, the podcast, and regular Action Taker's Workshop inspiration and advice sign up for the newsletter at <http://theportfoliocomposer.com>.

- 2. The Portfolio Composer Podcast**

The podcast is the best free resource for composers wanting to build a business writing music. With weekly episodes (and sometimes more than one episode a week) since February 2015 there is over a hundred hours of interviews and content for you to learn and be inspired by the careers of others. Most of the episodes are interviews with composers, authors, business leaders, performers, and anyone who can help composers understand what it means to be a composers in the 21st Century. Subscribe via your favorite pod-catching app on your smart phone.

- 3. The Portfolio Composer Monthly Group Coaching Calls**

The Group Coaching Calls are an excellent resource for you to learn skills and ask questions of Garrett or other leaders joining the call as guest teachers. These calls are held as a benefit for *Portfolio Builder* level and higher of Patreon sponsors. To join the Coaching Calls become a sponsor at <http://patreon.com/portfoliocomposer>.