

Worksheet: Redefining Success with John Wooden

Theme: Success = Peace of Mind



Notable Quotes

- “Success is peace of mind, which is a direct result of self-satisfaction, knowing you made the effort to become the best you are capable of becoming.” — John Wooden
- “You can’t control the outcome, but you can control the input. And the input is your effort.”
- “No rollover minutes. Yesterday doesn’t count. Every day starts at zero.”



Self-Reflective Questions

1. Where in my life am I chasing outcomes instead of focusing on effort?
2. What’s one area today where I know I could give more?
3. What standard—my “no matter what”—do I want to hold myself to this week?
4. If success really is peace of mind, what would that look like for me right now?



Action Step

Today, pick one situation where you normally stress about the result. Instead, shift all your focus to giving the best quality effort you’re capable of. At the end of the day, ask yourself: Did I make the effort to become the best I could today?