

How to define success and life metrics

Success is not a subjective category. You can measure how successful you are in life. In the table below you will find **success metrics for the different areas of life**. The only important thing while following the metrics is, that you compete with your previous self, not with other people. And make sure you are better and better every month.

Health	Money
<ul style="list-style-type: none"> • Exercise frequency • Potential progress of illness • Managing your body weak points • Regular blood test • Body composition (% of fat, muscle size) • Aerobic endurance (run a mile, VO2 max) • Muscular endurance (push-up test, plank) • Muscular strength (one-rep max) • Flexibility (yoga poses) 	<ul style="list-style-type: none"> • Personal income statement <ul style="list-style-type: none"> a. Earned income b. Passive income c. Portfolio income d. Expenses e. Taxes f. Monthly plus/minus • Net-worth <ul style="list-style-type: none"> a. Assets b. Doodads c. Liabilities (Debt)
Career	Relationships
<ul style="list-style-type: none"> • Your company position (employment contract vs. organizational chart) • Public influence (number of interviews, public ratings) • Social media influence (Klout score) • Work enjoyment (from 1 to 10) • Professional connections • Your legacy (number of positive ideas that influenced local/global society) 	<ul style="list-style-type: none"> • Number of close friends you have • Time spent with the people you love • How much you do for your partner (massage, dinner, etc.) • How much you get out of a relationship (giving and receiving must be in balance) • How often you say I love you • How often you give a compliment to your partner • How often you make love
Competences	Mind/Emotions
<ul style="list-style-type: none"> • Number of books you read • Number of seminars you visit • Domain knowledge you possess • Number of skills you master • Number of tech skills • Number of creative ideas you have • Your IQ • Your EQ 	<ul style="list-style-type: none"> • How well you are able to control your mind (your maximum meditating time) • Your daily Happiness index • Number of negative thoughts daily (with use of emotional accounting) • Dominating cognitive distortions
<p>Number of new things you tried in life Number of breath taking experiences you have encountered etc.</p>	