

# WORKSHEET - Finding your Pillars

Finding your 'pillars for success' is a concept that I discovered watching Matthew McConaughey give a commencement speech at the University of Houston. This worksheet will provide you with the steps to discover your own pillars for success.

**STEP 1** - Watch the video ([here](#)). The full video is 46 minutes long (which I'd recommend watching if you have the time!), but the link is timestamped to 11 minutes in when Matthew starts talking about his pillars.

**STEP 2** - Use the prompts below to reflect on your pillars and core aspects of your life

What areas of life do you currently find fulfilling? What energises you? When was the last occasion you lost track of time? What activity could you do all day without getting bored?

Imagine your life in 5 years. Everything has gone well. You're nailing it. What does this life look like? What do you do on a typical day? What do you look like? Who are you spending time with?  
*If you find this difficult, then think about people you admire - what aspects do you admire about their life?*

With the image of the above in mind, what are the foundations that this life is built on? What are the fundamental categories that you're maintaining at a high level?

*i.e. if you see yourself as running regular marathons, then perhaps one of your pillars might be health and fitness. If you've got a thriving social life, then perhaps friendships should be on the list.*

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## STEP 3 - Finding your Pillars

Using the information from STEP 2, bring together the shortlist for your current pillars.

Remember that we can reassess this list in the future, your pillars should reflect your life as it is now, and the balance you want to achieve for a successful life with your current resources.

*If you're struggling to come up with 4-6 pillars, then why not take some time to dive deeper and [write your own eulogy](#)? It's a great exercise in perspective and it's not as morbid as it sounds!*

<b>Pillar 1</b>	
<b>Pillar 2</b>	
<b>Pillar 3</b>	
<b>Pillar 4</b>	
<b>Pillar 5</b>	
<b>Pillar 6</b>	

Other pillar suggestions for the future

*Use this space to add any other notes for potential future pillars*

Other notes

*Space for reflection*