

You Don't Have a Retention Problem; You Have a Context Problem:
Shifting Paradigms to Improve Retention

Success Context Exercise

Topic: _____

Step 1: Success in this area is...

Write down what it means to be successful in this area of life:

Step 2: In order to achieve this success, I must...

Write down all that you must do to be successful in this area of life:

Step 3: Evaluate your Default Success Context ...

Would you sign up for this? What are the long-term outcomes?

Step 4: Redefine Success...

What do you really want or believe your success context will provide?

Step 5: Create a New (Empowering) Context

What will give you access to what you identified in Step 4?
