

Note 1: Reflect upon each of the nine questions below and mark your answers for the years 2010 and 2011. After that, think about what that number should be for 2012. Please be honest! [Introductory blog post: [Metrics that Matter for 2011](#)]

Note 2: If you received this list from someone, just know that they sent this to you because they **care** for you.

| METRIC | 2010 | 2011 | 2012 (PLAN) |
|--|---|---|---|
| 1 Your capacity to make a significant positive contribution to the world at large | Choose a number 1 2 3 4 5 6 7 8 9 10 | Choose a number 1 2 3 4 5 6 7 8 9 10 | Choose a number 1 2 3 4 5 6 7 8 9 10 |
| 2 Number of people whose capacity was enhanced to make a significant impact in their lives and in the lives of those around them (because of you) | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more |
| 3 Number of lifetime relationships (relationships that span beyond events, companies, causes, geographies etc.) you have invested in. | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more |
| 4 Number of high-quality help requests from people that matter (Note: You get high-quality help requests only when people know you are capable of fulfilling them) | A. Zero B. 0 - 10 C. 11 - 19 D. 20 or more | A. Zero B. 0 - 10 C. 11 - 19 D. 20 or more | A. Zero B. 0 - 10 C. 11 - 19 D. 20 or more |
| 5 What it costs you to make someone's day (Note: As your power and influence grows, cost to make someone's day is lower) | A. Very high B. High C. Medium D. Low E. Very Low | A. Very High B. High C. Medium D. Low E. Very Low | A. Very High B. High C. Medium D. Low E. Very Low |
| 6 Number of days you were "working" in a year (It better be only a few) | A. All the Time B. Most of the Time C. Sometimes D. Rarely | A. All the Time B. Most of the Time C. Sometimes D. Rarely | A. All the Time B. Most of the Time C. Sometimes D. Rarely |
| 7 Number of days you were in a "flow" (passionately engaged in your craft) in a year | A. Rarely B. Sometimes C. Most of the Time D. All the Time | A. Rarely B. Sometimes C. Most of the Time D. All the Time | A. Rarely B. Sometimes C. Most of the Time D. All the Time |
| 8 Number of memorable "moments" that you created for others in a year | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more |
| 9 Number of people who miss you in their past (True test of enrichment. If people miss you in their past, they are thinking their lives would have been better if they had met you earlier.) | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more | A. Zero B. 0 - 10 C. 11 - 49 D. 50 - 99 E. 100 or more |