

The C.A.R.E.S. Success Checklist



Are you prepared
to grow your value
and skills for the
next level, despite
the current
challenges?

Let me show you
how.

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The C.A.R.E.S. Success Checklist

WHAT IS C.A.R.E.S. SUCCESS?

As you prepare to achieve better business outcomes and meet the challenges posed by this unprecedented health and economic crisis, it's time to retool and develop a unique edge. Here's how!

C.A.R.E.S. Success is a proven, transformative framework, which stands for:

Connect to your truth and purpose
Align what you want and where you are today
Rise above your real and fictitious challenges
Envision the future you desire
Seek support and serve others



By applying the five strategies in this proven framework, you can understand your unique value, purpose, strengths, and marketable skills to rise to your full potential.

With a clear vision, you can position yourself to add the most value in your organization or business and develop a roadmap to strengthen your personal brand and increase your influence, impact, and your physical, emotional, and spiritual health.

Use this checklist to assess where you are today, where you want to be, and what you need to do to get there based on your specific needs.

Like many of my clients, you can also create a feasible action plan to achieve the results you want, with accountability and support.

Ultimately, you will have developed your unique edge and created a purposeful, abundant, joyful life for yourself. Now, isn't that the goal we all want?



Are you prepared to grow your value and skills for the next level? Let's find out.

Proceed if you want to discover how to apply new insights to draft a practical action plan that meets your preferences and priorities.

The C.A.R.E.S. Success Checklist

SELF-ASSESSMENT



Follow this checklist. Under each of the five strategies, circle the number that reflects how prepared you feel in these areas.



Connect: to your natural talents, values, needs, and passions

- | | | | | | | | |
|--|-----|---|---|---|---|---|------|
| 1. Are you clear on what's really important to you? your big picture, your why,? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 2. Can you point out your primary needs, core values, and source of strength? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 3. Are you clear on your value proposition, how you can uniquely position yourself in the marketplace? | Low | 1 | 2 | 3 | 4 | 5 | High |

Add up each number you circled to obtain your Total Score:

Align: the life you have with the life you desire

- | | | | | | | | |
|--|-----|---|---|---|---|---|------|
| 4. Are you aware of the gaps you need to fill to be where you want to be in your career? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 5. Do you know how to pivot to fill those gaps, which direction to take? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 6. Have you communicated your intentions to your boss, mentor, or sponsor? | Low | 1 | 2 | 3 | 4 | 5 | High |

Add up each number you circled to obtain your Total Score:

Rise: above your real and fictitious challenges

- | | | | | | | | |
|---|-----|---|---|---|---|---|------|
| 7. Are you clear on the <i>real</i> challenges getting in the way of your next level in career? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 8. Have you created a list of assumptions and beliefs you hold about advancing your career, about yourself, the people involved, and your work or personal circumstances? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 9. Have you learned to shift your thinking to positively impact your chances for advancement? | Low | 1 | 2 | 3 | 4 | 5 | High |

Add up each number you circled to obtain your Total Score:

The C.A.R.E.S. Success Checklist

Envision: living life on your own terms

- | | | | | | | | |
|--|-----|---|---|---|---|---|------|
| 10. Have you thought about what is possible in your career? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 11. Have you created short and long-term goals driven by your biggest desired outcomes? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 12. Have you developed a regular practice to care for your well-being today and in the future? | Low | 1 | 2 | 3 | 4 | 5 | High |

Add up each number you circled to obtain your Total Score:

Seek: the support you need and serve others

- | | | | | | | | |
|--|-----|---|---|---|---|---|------|
| 13. Have you identified the people, places, and opportunities at work and outside which can support you as you pursue short and long-term goals? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 14. Are you a mentor, coach, or role model to others in your work or community? | Low | 1 | 2 | 3 | 4 | 5 | High |
| 15. Do you have a regular practice to network and build positive relationships? | Low | 1 | 2 | 3 | 4 | 5 | High |

Add up each number you circled to obtain your Total Score:

BEGIN TO DRAFT YOUR ACTION PLAN



1

- From the self-assessment, if your total score is a 9 or lower in any of these strategies, this is a red flag indicating that you can benefit from paying attention to this strategy.
- If you scored higher than a 9 in any of these strategies, you're moving in the right direction.

2

- Use the grid in the next page to begin drafting your action plan.
- Review the total scores across the five strategies.
- Pick one strategy you want to focus on first. Strategies with the lowest scores can yield BIG returns.

3

- Now, EXECUTE! by answering the questions in the strategy you chose to focus on.
- You may start with the strategy with the lowest score first, and then move on to the next lowest score, and so on.
- You can also answer these questions for any other area in your life, e.g., Relationships.

The C.A.R.E.S. to Success Checklist

Strategy	Total Score	Your Focus and Priority
Connect		
Align		
Rise		
Envision		
Seek		

- »»→ What was most surprising to you when you as you completed the checklist?
- »»→ How easy or difficult was it for you to go through the checklist?
- »»→ What realizations or "Aha!" moments did you experience? And what will you do differently starting today?

We support you wherever you may be along your career journey.

To learn more about bringing us into your organization for a speaking event, developing the talented female leaders in your organization, and our leadership coaching, and training programs, please visit www.executivebound.com.

Where do you want to be 12 months from now? Let's strategize together.

If you desire to develop as a leader, advance to your next level, and create a more purposeful and fulfilling career and life, visit: www.CallwithGinny.com.

Live with purpose, live with joy!

Coach Ginny



DR. GINNY A. BARO

TRANSFORMATIONAL SPEAKER, #1 BESTSELLING AUTHOR

PROFILE / EXECUTIVEBOUND

DR. GINNY A. BARO is an insightful and engaging speaker, trainer, and coach with over 25 years of experience in technology and financial services. She consistently supports leaders of all backgrounds to reach their full leadership potential. She's been a Leadership Coach for the McKinsey&Company's Hispanic/Latino Executive Program since 2021.

COMPETENCIES

- [Transformational Speaking](#) (click to play)
- Leadership / Executive Coaching
- Masterminds, Facilitation
- Outplacement & Career Coaching
- Personal Branding
- Self-Care Retreats

LEADERSHIP DEVELOPMENT & EXECUTIVE COACHING

The Fearless Leadership Mastermind™

is a proven program for talented female leaders gaining critical leadership skills in only 6 months! It is "ready to go" and has helped mid- to senior-level leaders and those on a C-suite track in STEM fields, financial services, and Fortune 500 companies grow and advance since 2020, supporting your DEI efforts and addressing unique challenges to female leaders. Our members deliver business growth, high-performing teams, and personal well-being with a high ROI and a scalable group tuition investment, including training, coaching, and support. Let's connect to learn more.

Leadership Coaching for executives and senior management

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WEBINARS, KEYNOTES, TRAINING

SAMPLE TOPICS

Transformational talks meet critical objectives.

- How to Grow Your Value and Skills for the Next Level in a Hybrid Workplace
- Leadership through Powerful Communication
- Success in a Virtual Environment
- Owning Your Career with Personal Resilience
- The Power of Inclusive Networking
- Developing Your Personal Brand

BOOK CLUBS + FIRESIDE CHATS WITH THE AUTHOR

Healing Leadership | Fearless Women at Work (virtual/live)

- Self-leadership, leadership qualities to lead, engage, and influence teams, EQ, self-awareness, relationship building, growth mindset, DEI & belonging, leadership action plan
- Companion Workbook, eBooks, paperbacks
- Community discussions & engagement

CAREER COACHING | OUTPLACEMENT

Resume & LinkedIn profile branding, strategies to advance and position skills powerfully for the next role.

- Engaging group coaching sessions, masterminds
- Unique Value Proposition, skills development
- Personal branding, centers of influence
- Networking, interviewing, confidence, communication

DR. GINNY A. BARO, Ph.D., MBA, MS, CPC, CEO, [ExecutiveBound.com](#), immigrated to the U.S. at age 14 with nothing more than a dream. Today, she is an award-winning international transformational speaker & leadership coach, career strategist, and [#1 bestselling author of Healing Leadership and Fearless Women at Work](#). Named one of the Top 100 Global Thought Leaders, Ginny has successfully delivered leadership training and coaching programs for Fortune 500 companies and keynotes impacting global audiences. She's been a Leadership Coach for the McKinsey&Company's Hispanic/Latino Executive Program since 2021. With over 25 years of experience in very competitive technology and financial services work environments and as a business leader, Ginny consistently supports leaders of all backgrounds to reach their full potential—including women, women of color, and LatinX professionals. She earned a Ph.D. in Information Systems, an MS in Computer Science, an MBA in Management, and a BA in Computer Science and Economics, and is a Certified Professional Coach (CPC). Visit www.ExecutiveBound.com to learn more.