DISCOVER YOUR TRUE SELF

1. Select one of the five success areas where you feel most challenged.

What is it like to experience this challenge, what does it feel like, how does it impact your life?

2. Imagine a person close to you will be reading your eulogy after have a long life.

What would you like them to say about your legacy? This is best done when you have some quiet time and you can reflect deeply. Often times it is best to not overthink this but just allow it to come as a stream of consciousness, without worrying about grammar and word choice.

3. Please review your answer to Question 2.

Identify and document the key themes. These are your deep underlying values.

4. Current reality assessment.

Please review your answer to Question 3. Are you prioritizing time (quality and quantity) against these values. Are you purposefully creating your legacy? What are the excuses you most often make to explain your inability to accomplish what you want in these areas?

5. What 1-2 actions will you start doing in response to your insights & realization.

What will you do to more firmly put your hands on the steering wheel of your life?