



My intentional plan to Reflect **Renew** & Refocus

Directions: There is power in the pathway of handwriting. Not typing a fillable form, not glancing over the questions and answering them in your mind. The physical act of writing on paper is a deeper commitment that is etched in the pathways of your brain. You can print this form out or simply grab a notepad or a private journal to get started.

What makes **YOU** happy?

Genuinely. Extract big hopes and dreams, on a day to day occurrence, what things make you stop and experience active joy? (create a list)

What dissatisfies you most?

Reflect on what caused you the most angst in 2018. In general, what situations inflame your mood to generate deep rooted dissatisfaction. (create a list)

What are your talents?

Consider things you have heard others say in passing (even if it is the manner in which you carry yourself), or a skill. This is private and for you, so genuinely exhaust this list. (create a list)

Visualize yourself five years from now.

This version of you is happy and maximizing all your talents. You are resilient and thriving. Your dissatisfactions have dissipated. What career and life accomplishments do you see in the future version of yourself? List these accomplishments.

What is currently holding you back?

When you visualize your future self, what is holding you back from accomplishing this future version of you? What steps can you put into place in order to do something small each and every day to work toward this happy, talented and accomplished version of you?

How can your PLN support you becoming your best version of you?

Pushing boundaries believes that "I am because we are" in other words we become an extension of those we entrust in our lives. What connections, contributions or collaborations will influence you becoming your best version of yourself? Prevailing leaders surround themselves with an army of people who inspire, uplift and share in success.