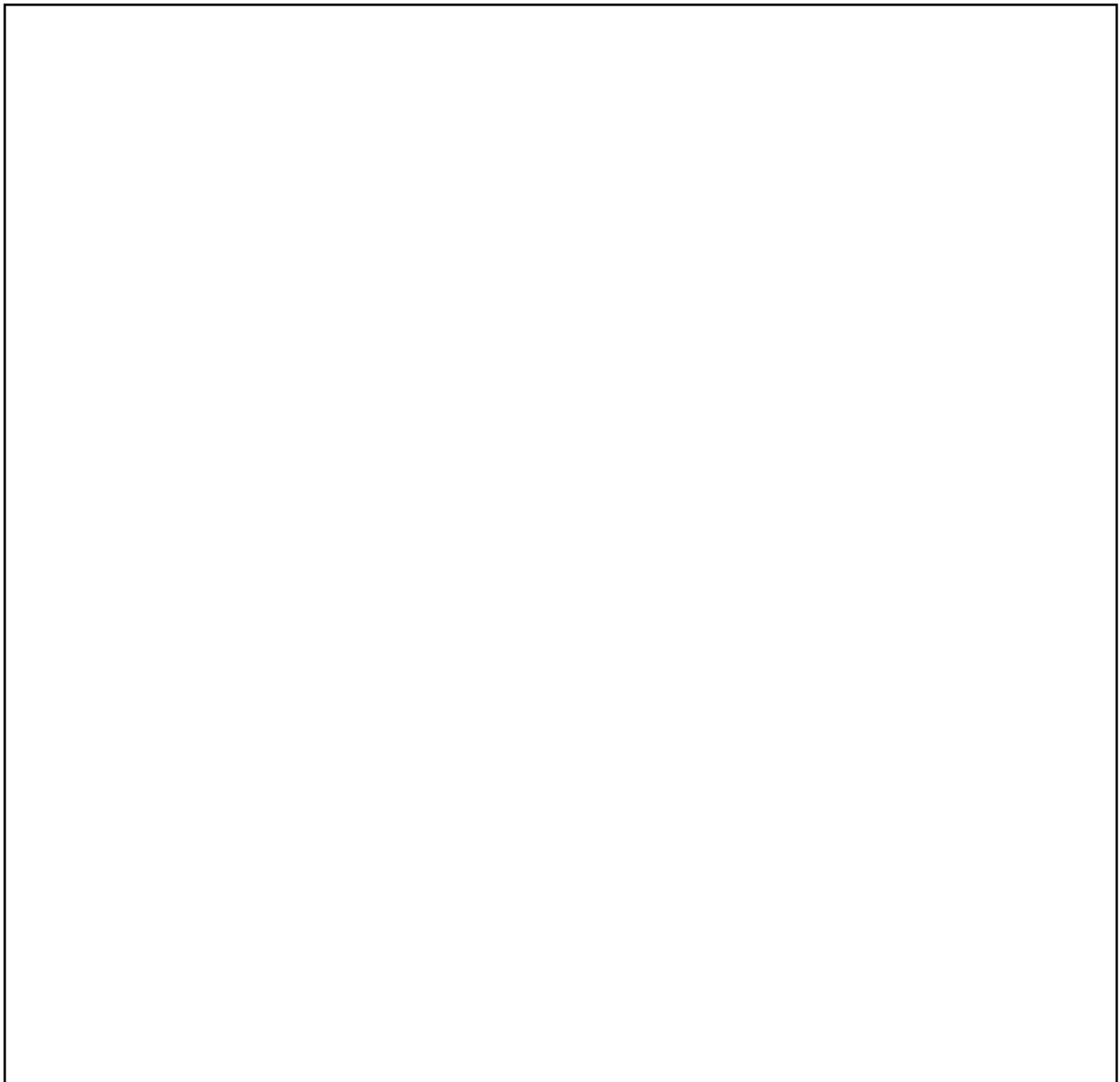


Exercise #1: "Future Self"

It is 15 years from now. What do you honestly hope life is like for your future self?

Write extemporaneously - letting the words flow freely - no editing or rewriting.

- What year is it? How old are you? How old are the important people in your life?
- Where do you live? With whom?
- What do you do during the daytime? Where and with whom?
- What do your evenings and weekends look like? With whom do you spend them?
- Versus today, what have you started, stopped, and continued?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the exercise questions.

Exercise #2: My 3 “Top 3” Lists

Brainstorm the following lists and for each item, rate yourself on a scale of 1-5 for this past year:

- 1: I had neither a goal nor a plan to achieve this.
- 3: I had a goal but no real plan to achieve this.
- 5: I had both a goal and a clear plan to achieve this.

Things I'm proud my team accomplished this year:	Rating
1	
2	
3	

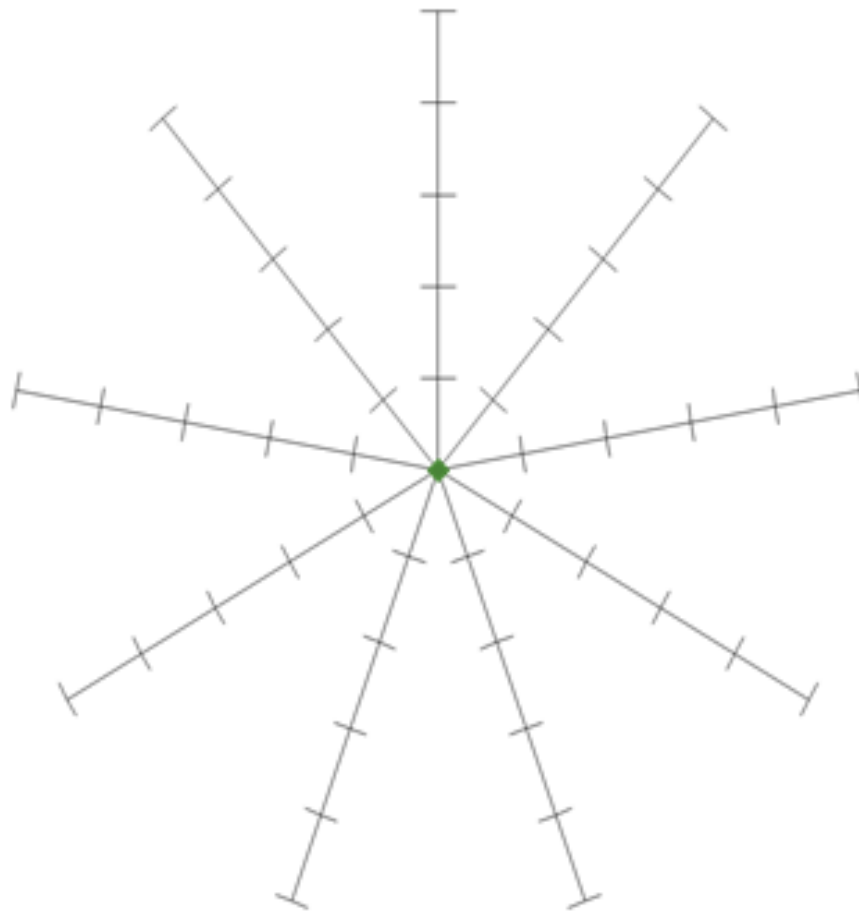
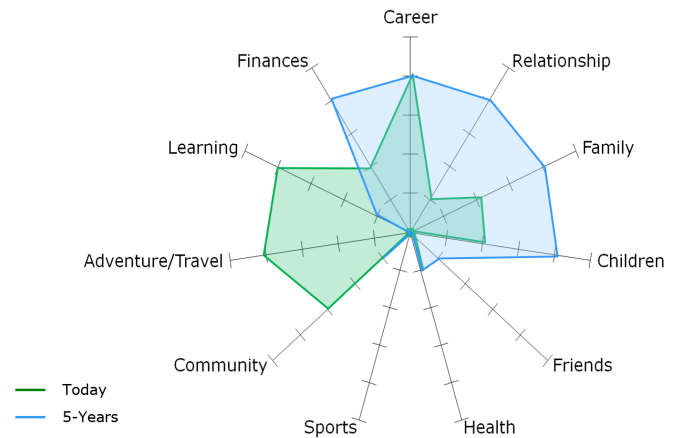
Things I'm proud I personally accomplished at work this year:	Rating
1	
2	
3	

Things I'm proud I personally accomplished outside of work this year:	Rating
1	
2	
3	

Label each leg on the spider chart as one of your key life areas. Rate yourself from 0 to 5 on each leg, where 5=your definition of success from the prior page, and 0=miserable failure... Connect the dots.

(See example --->)

Now remark the legs based on where you'd like to be in 5 years. Connect the dots. *Remember: the area of the shape is your time...without outsourcing or combining, you can't make more of it!*



Exercise #4: My Personal 2x2

	To move toward my 5-year aspiration, what are my top two objectives?	How will I make progress toward them?
1		
2		

What 1 or 2 changes can I make right away to set me on that path, however small?

1.

2.