

HEALTH CHECK

Rate your current state of health in the following areas on a scale from 1 to 10

Spiritual	<input type="text"/>	→	What will it take to level up?
Relationships	<input type="text"/>	→	What will it take to level up?
Well Being	<input type="text"/>	→	What will it take to level up?
Physical	<input type="text"/>	→	What will it take to level up?
Professional	<input type="text"/>	→	What will it take to level up?
Financial	<input type="text"/>	→	What will it take to level up?

Know where you have been, where you are now, & where you want to be.

- JIM VALVANO

Identify 3 things that you are grateful for

- 1
- 2
- 3

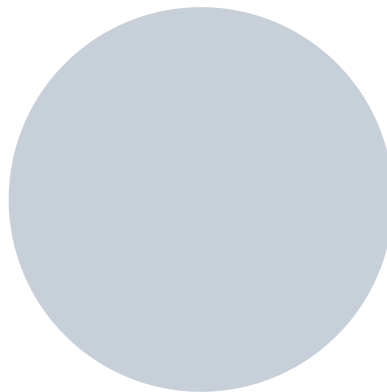
What opportunities to improve have been exposed by the challenges you are facing?

What does success look like for you 3 months from now?

WIN: What's important now?

MIND MAPPING INSTRUCTIONS

1. Write your goal in the circle
 2. Brainstorm the branches - everything you can do to achieve your goal
- Be comfortable with getting stuck; stick with it and keep asking "what else can I do"*



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EXAMPLE

