



RESET to Reflect

Take some time to work through these questions so you can create a framework for who you want to be. These questions are designed to help you be more intentional about maximizing your life.

What do you want to be known for?

What roles do you have in life?

- | | |
|----------|-----------|
| 1) _____ | 6) _____ |
| 2) _____ | 7) _____ |
| 3) _____ | 8) _____ |
| 4) _____ | 9) _____ |
| 5) _____ | 10) _____ |

On a scale of 1-5 rate how well you feel you are doing in reach of your roles currently.

1 - Very Poorly 2 - Poorly 3 - Average 4 - Well 5 - Very Well

What are 2-3 things you can do to improve each role you scored below a 3 on?

Role _____	Role _____
1) _____	1) _____
2) _____	2) _____
3) _____	3) _____
 Role _____	 Role _____
1) _____	1) _____
2) _____	2) _____
3) _____	3) _____

Be specific about the things you can do to improve your roles. Create actionable steps that you can take that will help you raise your fulfillment in these areas.