

the emergence conference 2024



DOMINATE

-DESIGNING A LIFE OF SIGNIFICANCE-





BALANCING ASPIRATION AND WELL-BEING: DOMINATING WITH SUSTAINABLE SUCCESS.

3 John 1:2 (NIV)

Dear friend, I pray that you may enjoy good health
and that all may go well with you, even as your soul is
getting along well.

A healthy person has a thousand dreams; a sick
person has only one.

Africa Proverb



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Write down 3–5 main points or insights from the session.



List 1-3 actions you can take based on what
you learned in this session

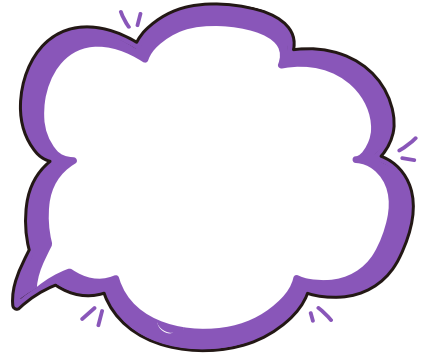


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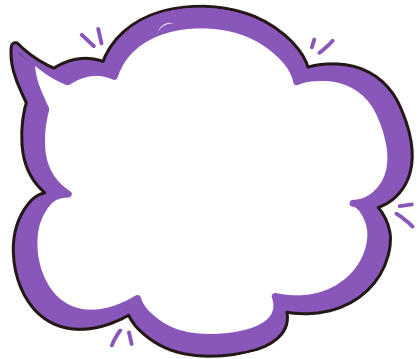
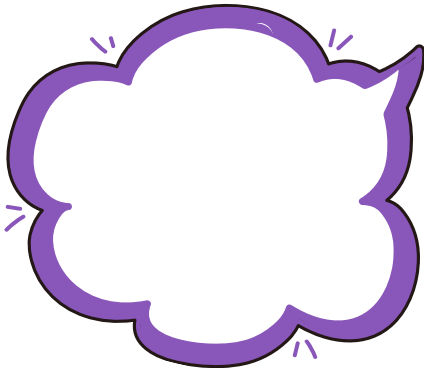
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3

4



Write down any quotes,
phrases, or statements that
stood out to you.



REFLECTION QUESTIONS

What does well-being mean to you in the context of your career? Think about the emotional, physical, and relational aspects of well-being that are essential for you to feel fulfilled and balanced.

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

How will you hold yourself accountable to maintaining personal well-being alongside professional success? Consider creating reminders, using accountability partners, or setting regular check-ins.

[illegible]

