

1. DREAM LAUNCHER



You at your 80th Birthday

Who is there? What do your friends and family say about you? What do you value the most? What do you regret, and what do you wish you had accomplished?

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GUIDING QUESTIONS

What do you love?

What are you good at?

What can I give to the world?

What can I be paid for?

WHO/WHAT are you inspired by and WHY?

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GUIDING QUESTIONS

WHEN have you felt you were at your best, most passionate, and alive?

WHAT do you like about yourself?

WHAT hardships have you overcome? WHAT mistakes have you learned from?

My reason to get up in the morning?
(My Dream)

2. STRENGTHS AMPLIFIER



My activities	(+/-)

My strengths	Fit %

Do more of
Do less of/stop
Start to

3. VALUES COMPASS



Guiding questions: to reflect and help discover personal values

How do you spend your time?

What do you most often talk to yourself about?

What do you most often talk to others about?

What inspires you?

What goals stand out in your life and have stood the test of time?

My core 5 personal values

How do I live by them daily

% Alignment of my behavior with these values

4. PERSONAL GROWTH BLUEPRINT



Guiding questions

How do you see yourself in the next 10 years?
Next 3 years?

What would it TAKE to become the best version of yourself in the next 1 year?

What do you have to cut off?
What is the price you are willing to pay?

Your plan

Goals	Action (how will you achieve the goal)	By when