

This template is to help you figure out where you're spending your energy, and if you could be investing it better to pursue your goals.

It should also help you understand your priorities and where you're at in different areas of your life. Remember, you can't focus on everything at once. Choose an area that needs most of your attention.

Map where you are right now and where you want to be. Understanding your current situation and the choices you make, will help you connect to your goals and yourself.

The more we understand our 'What' and 'Why', the easier it is to feel confident in our choices, our roles and our value. It is easier to communicate who we are, where we're going, and connect to others.

CONNECT.

Rate how satisfied you are in each area of your life (out of 100% for excellent) and work on the one with the lowest percentage.



Grab a sheet of paper to work on the following questions in detail.

My area of focus: (your weakest area above)

Where I am right now: (what works/ doesn't work and why, do I have any repetitive behaviours in this area and what is the reason for this)

Where I would like to be: (what would this area of my life look like for me to be happy, why is it important/ what does it mean to me)

What I have to do: (what are the actions I need to take/ habits I need to develop that will help me get the result I want, what are the actions I know I need to take but haven't because I'm scared of failure, how can I break these actions into small less intimidating steps)

How will this affect my current life: (where do I have to sacrifice time or resources/ shift efforts to help me take the above actions and build new habits. How can I give myself the best chance of achieving this goal/ what kind of environment do I need to build)

How will this affect other areas of my life: (think about the impact on each of the areas above)

How I felt talking about this area of my life: (how did you/ do you feel about having conversations about this area of your life, how do you feel about people more successful in this area of life)

How I want to show up in my future conversations: (how can you show up in your future conversations to feel more positive and confident, true to your values and goals, and connect with others in meaningful ways)