

AN EXERCISE IN

Discovery

What are my strengths? What matters to me most? Who am I?

SELF ASSESSMENT

- How do you generally feel about work and life each day? What is one thing you'd like to change?
- What do YOU think is your greatest strength?
- What do YOU think is your greatest weakness?
- What are 3 words that you think your friends and family would use to describe who you are?
- What matters to you most in the world?
- What are your values?
 - _____
 - _____
 - _____
 - _____
 - _____
- If someone were secretly watching you, would they agree that those are your values?

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Alignment

Who's in my life? How is my environment impacting me? What can I change?

SELF ASSESSMENT

- Would you say your environment matches your values? Make a list of the values of your environment (work, home, friends).
 - _
 - _
 - _
- At the end of the day, do you feel like you've had all the energy drained from you, or you have received energy?
- Would you say that most of the influences in your life are positive or negative?
- Do you feel like you are doing something that you're good at most of the time?
- Where or who does your support come from?
- What makes you feel MOST encouraged to do better, work harder or grow?
- Are the people in your life giving you as much support as you give them?

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Application

Applying your wiring to your world and creating new keystone habits!

- What is my wiring? (AcuMax Index)
- What are habits, and why are they so important?
- How can habits work for us or against us?
- What is a keystone habit?
- List one habit you don't like and would wish to change?
- List one habit that works well for you?
- Why are new habits tricky to form and stick with?