



Clarity Statements

1. My name is _____.
2. The roles in my life include _____, _____, _____ and my super powers that I feel like are most relevant to my role are _____, _____, and _____.
3. I get to work through my strengths when I _____.
4. People (including my family) love me because I _____, _____, and _____.
5. My big life goal is to _____ and what this means for me now is _____.
6. My professional goal this year is _____ and when I hit that goal, I will _____.
7. I put in the work to meet my professional goals because when I meet them, it will allow me to/provide me with _____.
8. My personal relationships goals include _____.
9. When life gets hard or I am feeling demotivated I need to remember _____ to help me stay committed to the success creating activities.
10. I recognize that past failures do not define me and that success is a choice. I know I will be meet and exceed my life goals if I _____, _____, and _____.
11. When people see or work with me I want them to think/feel (one word) _____.

Using the answers from above, create a list of statements of what defines you

- Things you are known for
- Statements that define your values in practice



Structure Evaluation

1. What is the thing that you spend the most time doing each day?
2. What percentage of time does that thing in #1 contribute to your goals?
3. If you had more time during the day, what would you do?
4. What process do you have for planning each day/week/month/year?
5. How are you defining success each day/week/month/year?
6. How do you track your progress toward your goals?

Growth Goals

1. What areas are you falling short in meeting your goals?
 - a. Why?
2. Do you have necessary skills/mindsets/behaviors to be successful at your goals?
 - a. What gaps do you have?
 - b. What would fill those gaps?
3. Do you have the desire to fill the gaps?
 - a. What are you willing to invest?