



OWN IT! YOUR LIFE AND YOUR CAREER

Life

What area of your life are you not content with?
How are you going to ensure that this time the outcomes will be different?
How long do you want to carry your story around into your future?



Step 1
Own It!

Career

Tell me about yourself?
How would you describe your current career / job status?
What are the three primary emotions you have experienced in the last week?

Life

What are your blessings?
What are the talents you have been given?
Where do you get your cues on how well you are doing? (Beware of the comparison trap)



Step 2
Cultivate
Self-Awareness

Career

What are your talents?
What are you passionate about?
What rewards mean the most to you?

Life

How do you spend your time?
How do you spend your money?
What do you value?
How does your time/money allocation align with what you value?
What is working?
What needs to change?



Step 3
Create a Target

Career

Where do you see yourself in 12 to 18 months?
What challenges are you looking for?
What problems do you see that you would like to help solve?
Draw a picture: You at your best?



Step 5.5
Hone the Habits

Career

Journal and Return to previous steps

Life

Journal and Return to previous steps

Career

List your 15+ closest family and friends.
What roles do they play? Where are your gaps?



Step 5
Find Partners

Life

Who will be part of my "community" for this journey?



What
is your
ROCK?

Career

What is ONE area you want to increase your capacity?
What will you DO over the next 60 days that will build that capacity?
How will you know you are successful?
When will you review/reset/refresh?



Step 4
Commit to Mastery

Life

What is it that you will invest your life in and protect?
What is your vision for the future in that area?
What needs to change?
What 1 small step can you take today to keep moving forward?
How are you going to manage the distractions on your journey?