



7 Steps to Your Next Breakthrough Step 1

Understand Your Goals, Value and Vision

Your assignment: Take 20-30 minutes and complete this self-assessment. This is meant to be a quick assessment so write what is on your heart and quickly comes to your mind:

Part 1: Understand Your Vision and Goals

Where do you see yourself in 10 years?



In order to be there in 10, where do you need to be in 7?

In order to be there in 7, where do you need to be in 5?

In order to be there in 5, where do you need to be in 3?



In order to be there in 3, where do you need to be at the end of the year?

Does your vision include using your innate gifts and talents?

How or how not?



Why and Why not?

Part 2: Understand Your Value

What are your innate gifts and talents (the things that you do easily and effortlessly that others give you constant praise and recognition for?)

List five things you are complimented on over and over again?



On a scale from 1 to 10, 10 being the highest, how clear are you that your gifts are valuable to others?

If you rated yourself 5 or below, what would it take for you to gain clarity in this area that your gifts are not only valuable but the key to BREAKING THROUGH to your next level?

If you were to assess a value (\$) to how your gifts help other people, what is the value you'd assess?

How did you choose that value? (There is no wrong answer)

Everyone has fears. These fears keep us comfortable and stop us from going for what we really desire. What fears can you claim? (Rejection, failure, success, not being loved, security,

Can you identify how these fears have stopped you?



Is it possible that the belief the fear has created is false?

How so?



Who would you be if you knew you couldn't fail?

In order to become who you'd be, what is one thing you have to UNLEASH? Or as many things as you want to list.

Final question: Maya Angelou says “when we know better, we become better because we do better.” Now that you are aware of your vision, goals, value and fears

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that threaten to prevent you from achieving them. Are you ready to become better by doing better or UNLEASH-ing them?

Congratulations!!! You've completed step 1 of the program.

