

**FRUSTRATIONS**

FRUSTRATION	WHY	NEXT STEPS

**DREADS**

DREAD	WHY	NEXT STEPS

**AM I?**

--

**AH-HA'S**

WHAT	WHY	NEXT STEPS

CELEBRATIONS

CELEBRATION	WHY	NEXT STEPS

OPPORTUNITIES

OPPORTUNITY	WHY	NEXT STEPS

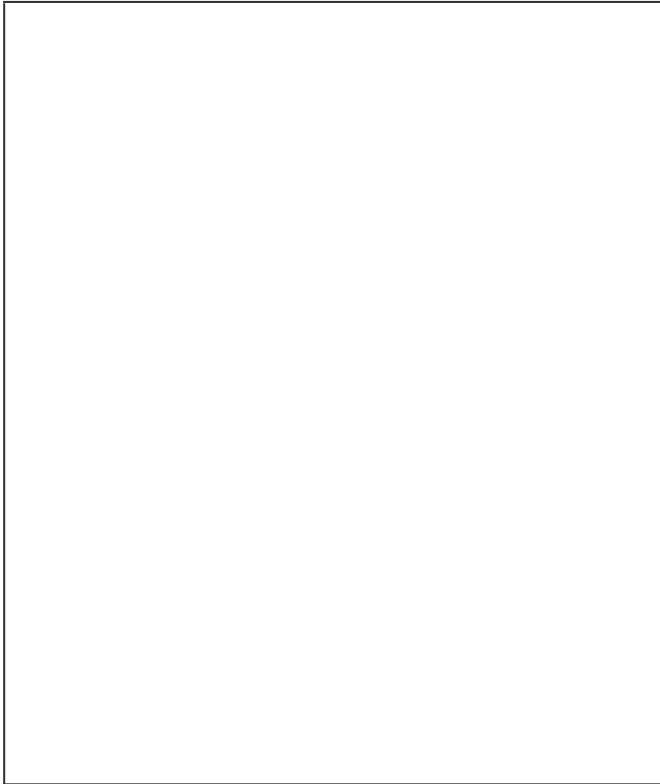
GRATITUDE

THING	WHY	NEXT STEPS

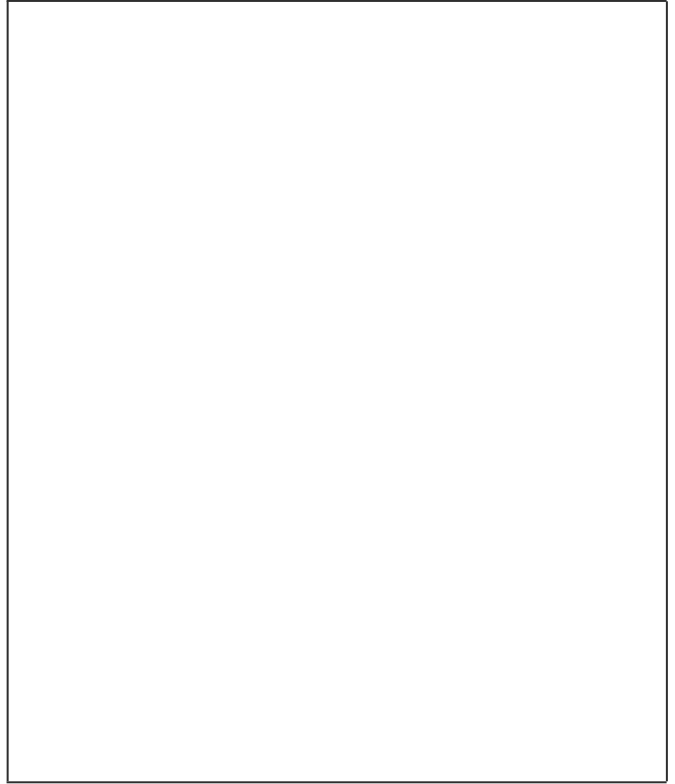
I AM...

--

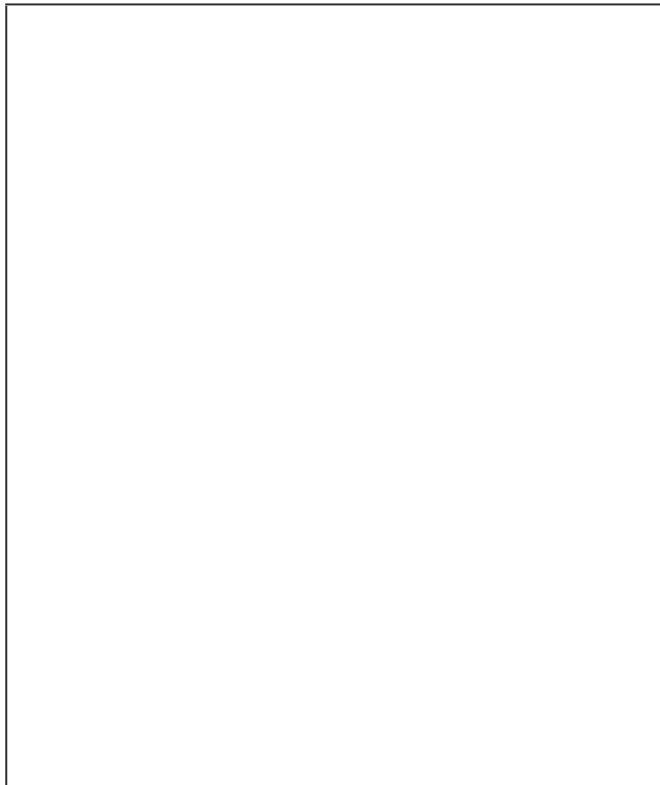
**GET TO / LOVE TO**



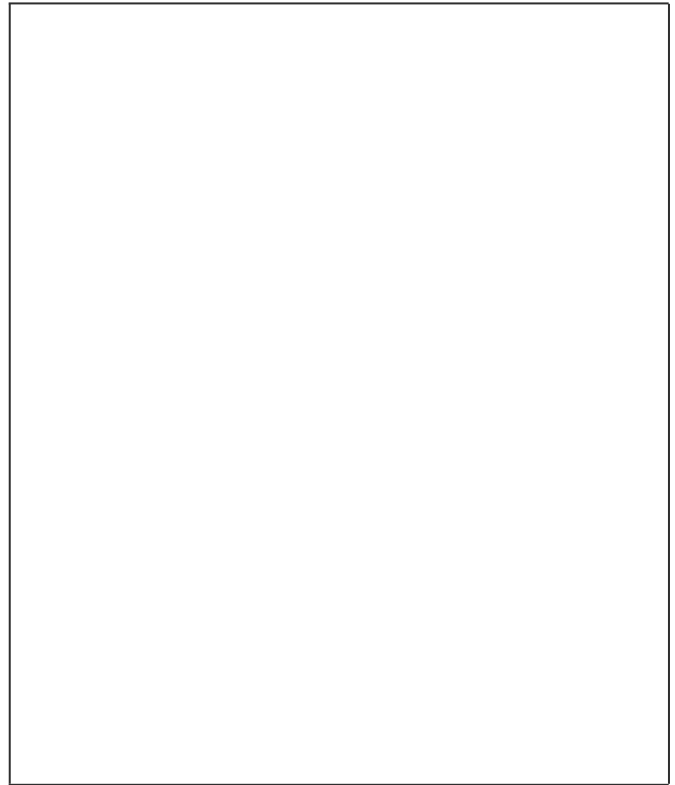
**HAVE TO / NEED TO / DELEGATE / ASK FOR HELP**



**TOPICS / TO DISCUSS**



**AH-HA'S / KEYWORDS / THEMES/ BIG IDEAS**



**WHAT MATTERS MOST**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**TOP 3 ACTION ITEMS**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**IF IT WERE UP TO ME**

- 1. \_\_\_\_\_

**IMATTER RULES OF ENGAGEMENT**

**CREATE A SAFE PLACE**

Be aware of verbiage,  
eliminate exaggerations

Speak from the 'I',  
speak from experience

Listen to understand -  
not to respond

**ESTABLISH BOUNDARIES**

Okay to ask for help

Okay to ask for what I want

Okay to remind me -  
permission

**IMPLEMENT STRUCTURE**

Create meeting rhythms -  
set a time and be consistent

Commit to and use tools

Keep it confidential

NOTICE "AM I" QUESTIONS

AM I \_\_\_\_\_ ?

AM I \_\_\_\_\_ ?

AM I \_\_\_\_\_ ?

SHIFT TO AFFIRMATIONS OF I AM

I AM \_\_\_\_\_

I AM \_\_\_\_\_

I AM \_\_\_\_\_

REAFFIRM YOUR "I AM" STATEMENTS DAILY

## INTRODUCTION

Am I?

What is your main fear, anger, or frustration?

Why is it a fear, anger, or frustration?

## IMAGINE

Now imagine a greater future 30 days from now. If everything went right, what would happen?

## IMPROVE

What is the emotion/feeling now? Sit with that emotion/feeling.

Which event from the past pops up? (the first thought to enter your mind)

Who were the people involved, including yourself, and what did they do?

**Now, it's time to forgive them and yourself.** I did everything I could, knowing what I knew then, at that time. Knowing what I know now, what could I have done differently then?

Knowing what I know now, what would I do differently today?

## IMPACT

Flip it. Rewrite any negative statements in a positive way, AM I? to I AM. Look for "a-ha" moments.

Examine each rung in the ladder and assess how you feel about your life through this lens. Rate each item from 1 to 5. 1 meaning you are completely off track and 5 meaning you are rocking in this arena in your life.

**Spirit** – The first rung of the ladder. This can have different meanings to each of us. It could be about nature, relationships, or just taking time to stop and breathe. Nurturing the spirit helps me to define what I want from life, what my reason for being is (My Why). Ultimately, this is also about realizing there is something greater than me in the universe. My Spirit helps me to know my soul and thus know who I am.

I know what spirit is to me and I connect with it daily. \_\_\_\_\_

I am peaceful and am not rushing. \_\_\_\_\_

I know how to focus on the moment and enjoy life. \_\_\_\_\_

I know how to manage my emotions and not let them unduly influence my decisions and actions. \_\_\_\_\_

**TOTAL FOR SPIRIT \_\_\_\_\_/20**

**Health** – The body, as the vessel of the soul, is the means for achieving that which the soul desires. It makes sense that, in order to carry out the soul's desires to the fullest, the vessel must be in optimal working condition. I want to be healthier and live a long life, so keeping my body nurtured with exercise, nutritious foods, and water is imperative.

I have a plan and I am working on it to optimize my health. \_\_\_\_\_

I get enough sleep and feel energetic in the morning. \_\_\_\_\_

I am confident I will be able to do the things I want past my 80s. \_\_\_\_\_

My energy level is amazing. \_\_\_\_\_

**TOTAL FOR HEALTH \_\_\_\_\_/20**

**Relationships** – What I really look for in my relationships is “my team,” a circle of confidantes that I am extremely close to and trust above all others – these are the people that matter most to me. My family, the people that share the same values with me, and those that I enjoy hanging with and working with. As a team, we are able to share a safe space in which we can be open with one another about anything and everything.

I have 10 trusted relationships that I can share my dreams and fears openly to. \_\_\_\_\_

I take to heart the open and honest feedback I receive. \_\_\_\_\_

I am working with people I love. \_\_\_\_\_

I have peer groups that elevate my energy. \_\_\_\_\_

**TOTAL FOR RELATIONSHIPS \_\_\_\_\_/20**

**Craft** – There are jobs we all need to make money, and there are careers that we can advance and hopefully love. But having a craft is what is most important. A craft enables you to learn as you teach, to heal as you go – we teach what we need to learn! Craft provides the means to continue growing and advancing. Craft is a means of expressing your passion. Only when you are working within that passion can you say you've found your craft.

I love all the activities that I am doing, and they give me energy. \_\_\_\_\_

I know that I am working on my Great Gift. \_\_\_\_\_

I have delegated the things I am not good at and don't like. \_\_\_\_\_

I am viewed as a thought leader in my profession. \_\_\_\_\_

I know, and stay focused on, my goals and objectives (and avoid distractions when necessary). \_\_\_\_\_

**TOTAL FOR CRAFT \_\_\_\_\_/20**



**Community** – My community can be my neighborhood, my city, and/or my peer groups. It consists of the people I am committed to and want to support. When I am focused and doing good in my community/city/peer group, I feel as though I can make a positive difference. And when I am making a positive difference, I am building and Living My Legacy, Now.

I am my authentic self in my communities/world. \_\_\_\_\_

I am a positive contributor to my communities (I work to find solutions to issues). \_\_\_\_\_

I love my neighborhood, my town, or my peer groups. \_\_\_\_\_

I am willing (have the courage) to take a stand for the things I believe in. \_\_\_\_\_

**TOTAL FOR COMMUNITY \_\_\_\_\_/20**

You can “score” up to 20 points in each area defined by the rung. You can use these scores to choose where to focus your attention on in the coming days, weeks, or the next quarter. Establish priorities and objectives in each arena accordingly.

**HOW'D YOU SCORE OVERALL?**

- 0-50** Living an Okay Life
- 50-80** Living a Good Life
- 80-100** Living a Great F'ing Life! iM!

**It's okay no matter where you are at! Now is the time to begin again and choose where you want to be, or maybe you are already rocking it and loving life!**

**It's a choice.** Are you living a life around “have-tos?” OR are you living into your “love-tos” and what matters most to you and acting like you matter?

**SPIRIT**

WHAT	WHY	NEXT STEP

**HEALTH**

WHAT	WHY	NEXT STEP

**WE-RELATIONSHIPS**

WHAT	WHY	NEXT STEP

**CRAFT**

WHAT	WHY	NEXT STEP

COMMUNITY

WHAT	WHY	NEXT STEP

WHAT MATTERS MOST: THE BIG THINGS

WHAT	WHY	NEXT STEP

WHAT MATTERS MOST: THE SMALL THINGS

WHAT	WHY	NEXT STEP

THINGS TO LET GO OF

WHAT	WHY	NEXT STEP

**WHEN PEOPLE THINK OF ME THEY WOULD SAY:**

WHAT	WHY	NEXT STEP

**WHEN I THINK OF MYSELF I WOULD SAY:**

WHAT	WHY	NEXT STEP

**THINGS I CAN'T STAND AND SUCK AT:**

WHAT	WHY	NEXT STEP

**THINGS THAT FIT MY STRENGTHS BUT I WOULD RATHER NOT DO:**

WHAT	WHY	NEXT STEP

**THINGS I LIKE AND AM NOT GOOD AT (HOBBIES):**

WHAT	WHY	NEXT STEP

**THINGS THAT FIT MY STRENGTHS AND I ENJOY:**

WHAT	WHY	NEXT STEP

**THINGS I KICK-ASS AT AND LOVE:**

WHAT	WHY	NEXT STEP

**START DOING:**

**STOP DOING:**

--	--

**WHAT FRUSTRATES ME**

WHAT	WHY	NEXT STEPS

**WHAT DO PEOPLE REALLY WANT**

WHAT	WHY	NEXT STEPS

**WHAT OTHERS WOULD SAY I'M HERE TO TEACH**

WHAT	WHY	NEXT STEP

**MEETING/ENCOUNTERS WHEN I ROCKED**

MEETING / ENCOUNTER	WHY	NEXT STEP

**MEETING/ENCOUNTERS WHEN I DIDN'T ROCK**

MEETING / ENCOUNTER	WHY	NEXT STEPS

**WORDS ABOUT ME WHEN I AM ON**

WORD	WHY	NEXT STEPS

**HOW I FEEL WHEN I AM ON**

FEELING	WHY	NEXT STEP

**I AM STATEMENT / GREAT GIFT**

**FAVORITE BOOKS**

BOOK	WHY	NEXT STEP

**FAVORITE MOVIES**

MOVIE	WHY	NEXT STEP

**FAVORITE CHARACTERS**

CHARACTER	WHY	NEXT STEP

**FAVORITE SONGS**

SONG	WHY	NEXT STEP



**FAVORITE THINGS**

THING	WHY	NEXT STEP

**FAVORITE PLACES**

PLACE	WHY	NEXT STEP

**FAVORITE MEMORIES**

MEMORY	WHY	NEXT STEP

**FAVORITE SUCCESS STORIES**

SUCCESS STORY	WHY	NEXT STEP

**DESIRED EULOGY**

**IF YOU DIED TOMORROW, WHAT MEMORIES WILL BE SHARED?**

WHAT	WHY	NEXT STEPS

**IF YOU DIED TOMORROW, WHAT HAVEN'T YOU FINISHED?**

WHAT	WHY	NEXT STEPS

**WHAT DO YOU WANT FOR YOUR KIDS?**

WHAT	WHY	NEXT STEPS

**IF YOU HAVE A YEAR TO LIVE, WHAT MATTERS MOST?**

WHAT	WHY	NEXT STEPS

**IF YOU HAVE 10 YEARS TO LIVE, WHAT MATTERS MOST?**

WHAT	WHY	NEXT STEPS

**WHAT WOULD YOUR FAMILY/FRIENDS SAY YOU ARE MOST PASSIONATE ABOUT?**

WHAT	WHY	NEXT STEPS

**WHAT IS YOUR NORTH STAR (YOUR WHY)?**

DATE: \_\_\_\_\_

QTR: \_\_\_\_\_

**NORTH STAR (WHY):**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**LIFE LADDER (WHAT):**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**GREAT GIFT (HOW):**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TOP 3 WALLS FOR THE QUARTER

1:

2:

3:

## WHO MATTERS MOST (TOP 10/TEAM)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



**IM STATEMENTS:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**IF IT WERE UP TO ME:**

\_\_\_\_\_

\_\_\_\_\_