

<b>PURPOSE</b> What is the reason you are on this planet? What impact do you want to have and what contribution do you want to make?	<b>VISION</b> If your purpose goes to plan perfectly, what would you want the world to look like? It's your dream.	<b>MISSION</b> What is the one big challenging goal you want to achieve?	<b>VALUES</b> How do you want to behave?	
<b>STRENGTHS</b> What are your top three strengths? What gives you a lot of energy and are you good at?	<b>PERSONALITY PREFERENCES</b> How would you describe your personality? What are your strongest personality traits?	<b>SELF SABOTAGE</b> What are the repeatable things you do that stop you from getting what you want? What does your inner critic consistently tell you?	<b>WEAKNESSES</b> What are your weaknesses? What activities demotivate you and you struggle at?	
<b>CONTINUE</b> What do others say you should continue doing?		<b>START</b> What do others say you should start doing?	<b>STOP</b> What do others say you should stop doing?	
<b>EXISTENTIAL ENERGY</b> What are your most exciting days at work and why? Describe a situation where you lived your values and how you felt.	<b>SOCIAL ENERGY</b> What type of relationships tend to make you happiest?	<b>EMOTIONAL ENERGY</b> What triggers an emotional reaction in you? Give examples.	<b>MENTAL ENERGY</b> When are your cognitive abilities and effectiveness at their best?	<b>PHYSICAL ENERGY</b> What do you do to make sure you have the maximum amount of fuel for each day?

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