

Inspired Action Steps Bonus Worksheet #1: Doing What Matters

Think about opportunities and challenges on the following list that resonate with you and that you want or need to give energy to on a daily basis in order to manifest the changes you want in your life according to your vision of success. Circle the ones that you want to focus on this year to lead you to your success milestones. Write an action step for each and place it where it best fits in the chart based on how impactful it will be in reaching your success milestone (high or low) and how easy it will be to accomplish (easy or hard). Place anything that is “somewhat” anything - easy, hard, high or low – in its appropriate spot on the arrows.

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • Educational achievement • Physical health and wellness • Finding fun and happiness in life • Finding meaning in life • Personal life cycle events and transitions • Personal growth • Spiritual development • Mental health challenges • Income so I can focus on my passion • Love relationships • Partnerships • Professional relationships | <ul style="list-style-type: none"> • Challenges to family stability • Family issues • Family life cycle events and transitions • Friends and social networks • Co-dependencies • Career transitions • Career or vocation challenges • Career or vocation opportunities • Financial security • Job satisfaction • Professional fulfillment • Professional growth and development | <ul style="list-style-type: none"> • Separation from family and friends • Work/life balance • Adding value to the world • Equity and social justice issues • Poverty issues and opportunities • Environmental issues and opportunities • Health issues and opportunities • Economic issues and opportunities • Educational issues and opportunities • Political issues and opportunities • Global pandemic issues and opportunities |
|--|---|--|

