

Internal Review

Year:

The Good

What are you skilled at?

What do you enjoy doing?

What are you doing today that you weren't doing a year ago?

What is that one thing you do that not many other people can do?

What's the activity that makes you excited to wake up?

The Bad

What skills do you wish you had?

What frustrates you about yourself?

What is the one characteristic or asset that would make you better if you had it?

The Ugly

Is there a habit or behavior that is harmful to your health?

Are you involved in a toxic relationship?

Are you able to support yourself and dependants emotionally? Financially?

If you have anything written in this column, that's great that you've identified it. Do whatever is necessary to remove this immediately! This is your #1 priority.

What is my Big Thing?

How will I use my skills to further a cause I am passionate about? What do I want people to say about me?

