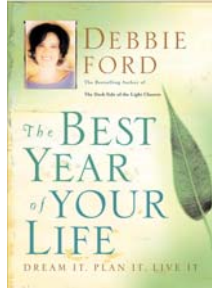


THE BEST YEAR OF YOUR LIFE WORKSHEET

Stepping into Greatness



Charles DuBois once said, “The important thing is this: to be able at any moment to sacrifice what we are for what we can become.” The Best Year of Your Life is founded on the understanding that we do not have to stay stuck displaying the same personality characteristics year after year. We have the ability at every moment to develop new aspects of ourselves and step into our greatness.

The following worksheet will support you in identifying the specific qualities that need to be developed within you so that you can create the best year of your life.

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1. Who do you admire? Who do you know (personally or not) that has achieved the kind of success that you would like to achieve?

2. What *qualities* (not behaviors) does this person display that are important for you to develop within yourself?

3. What *behaviors* does this person engage in that support them in their success and are important for you to adopt in order to become the highest expression of yourself?

4. What do you need to do to nurture and incorporate these qualities and behaviors into your daily life?

5. What three things would you immediately *do* or *change* in your life if you were embodying the qualities and behaviors of the person you admire?

A. _____

B. _____

C. _____

6. How will developing these qualities and behaviors support you in having *the best year of your life*?
