### WHAT IS SELF-AWARENESS?



KNOWING WHO YOU ARE, WHAT YOU WANT, AND WHY YOU WANT IT

UNDERSTANDING YOUR THOUGHTS, EMOTIONS, AND BEHAVIORS

FOUNDATION FOR MEANINGFUL AND ACHIEVABLE GOALS

# LIFE AUDIT – UNDERSTANDING YOUR CURRENT SITUATION



ASSESS YOUR CURRENT LIFE AREAS: HEALTH, CAREER, RELATIONSHIPS, FINANCES, MINDSET

IDENTIFY WHAT'S WORKING VS. WHAT'S NOT

RECOGNIZE PATTERNS HOLDING YOU BACK

RATE EACH LIFE AREA TO SEE WHERE IMPROVEMENT IS NEEDED

### IDENTIFY YOUR STRENGTHS



LIST YOUR NATURAL TALENTS & SKILLS

REFLECT ON SITUATIONS WHERE YOU PERFORMED WELL

ASK OTHERS WHAT THEY SEE AS YOUR STRENGTHS

USE STRENGTHS AS THE FOUNDATION FOR GOAL CREATION

#### IDENTIFY YOUR WEAKNESSES



WHAT CHALLENGES DO YOU REPEATEDLY FACE?

SKILLS OR HABITS YOU LACK THAT LIMIT GROWTH

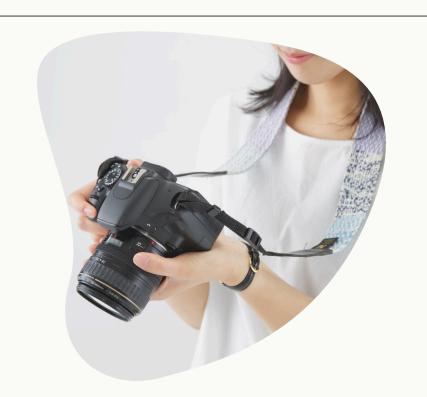
IDENTIFY BEHAVIORS THAT DRAIN YOUR ENERGY

TURN WEAKNESSES INTO IMPROVEMENT OPPORTUNITIES

### DISCOVER YOUR INTERESTS









ACTIVITIES THAT MAKE YOU FEEL EXCITED OR ENGAGED

TOPICS YOU NATURALLY EXPLORE OR TALK ABOUT

WORK/TASKS THAT GIVE YOU FLOW OR SATISFACTION

INTERESTS HELP CREATE GOALS YOU TRULY ENJOY

## CLARIFYING PERSONAL VALUES



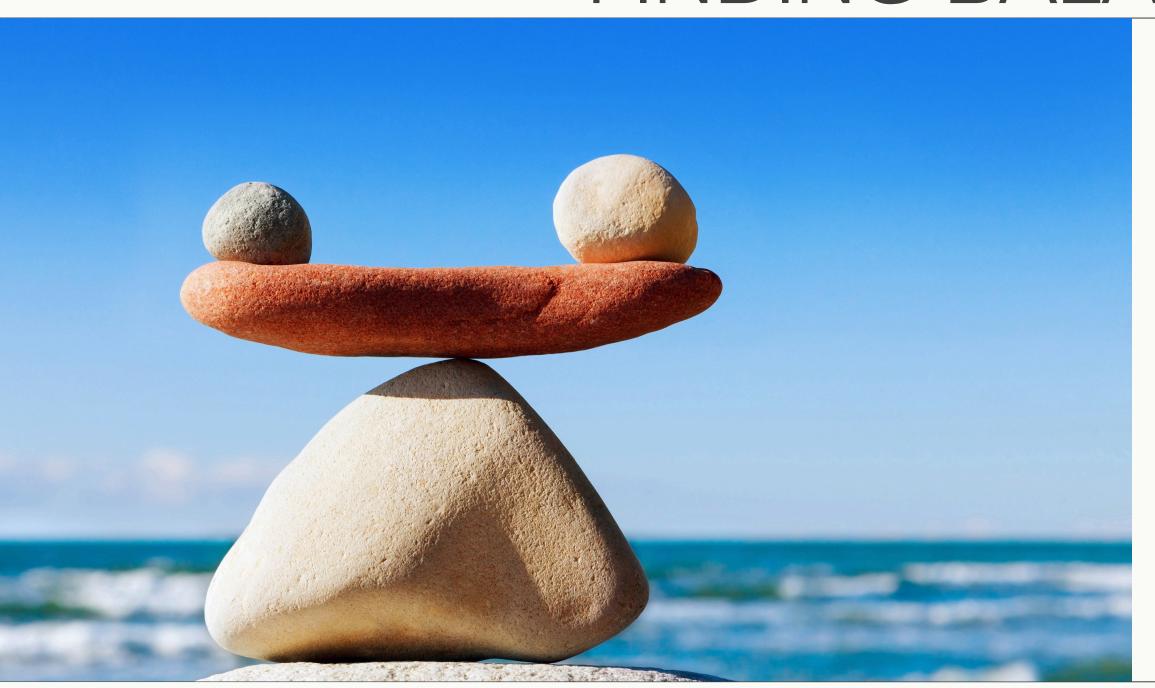
WHAT TRULY MATTERS TO YOU? (FREEDOM, STABILITY, GROWTH, CREATIVITY, FAMILY, IMPACT, ETC.)

VALUES GUIDE YOUR DECISIONS AND PRIORITIES

MISALIGNED VALUES CAUSE STRESS & CONFUSION

ALIGN GOALS WITH YOUR CORE VALUES FOR FULFILLMENT

# PASSION VS. PRACTICALITY FINDING BALANCE



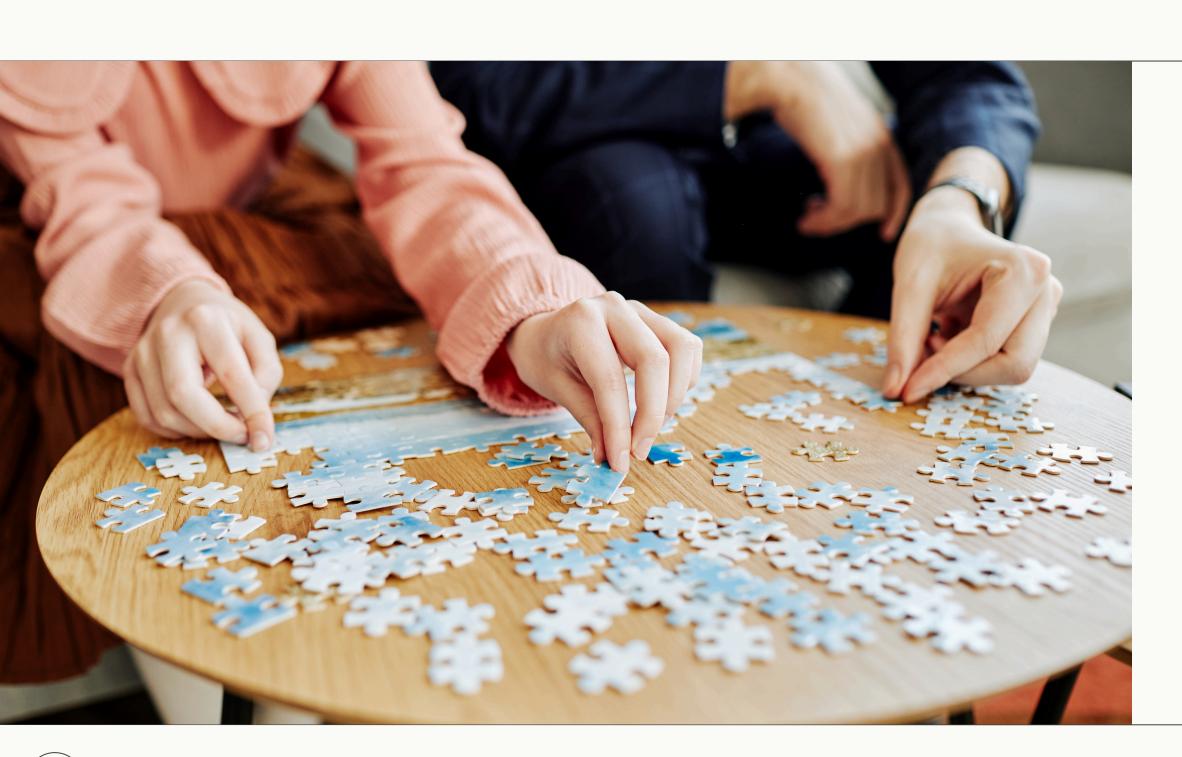
PASSION = WHAT ENERGIZES AND EXCITES YOU

PRACTICALITY = WHAT IS REALISTIC BASED ON YOUR RESOURCES, SKILLS, AND RESPONSIBILITIES

COMBINE BOTH FOR SUSTAINABLE SUCCESS

CHOOSE GOALS THAT INSPIRE YOU AND FIT YOUR LIFE SITUATION

#### PUTTING IT ALL TOGETHER



SELF-AWARENESS REVEALS WHAT GOALS MATTER

ALIGN STRENGTHS + INTERESTS + VALUES

ACCEPT YOUR WEAKNESSES BUT PLAN AROUND THEM

BALANCED GOALS = CLARITY, MOTIVATION, AND LONG-TERM SUCCESS