

MY DIY DISCOVERY WORKSHEET

WHAT ARE MY CURRENT TOP 3 CHALLENGES?

1. _____
2. _____
3. _____

WHAT ARE MY LAST 3 UNACHIEVED GOALS?

1. _____
2. _____
3. _____

When was I “hoping” to accomplish?

- _____
- _____
- _____

WHAT AM I AVOIDING / NEED HELP WITH...

What am I behind on? What’s falling off my plate?
 What never leaves my to-do list? What am I AVOIDING?!

1. _____
2. _____
3. _____

WHY?

Don’t like to do? Not sure how?
 What are you doing INSTEAD of what’s on your list?

- _____
- _____
- _____

WHO CAN I ASK FOR HELP – WHO’S IN MY “TRIBE”?

Who are the top 3 people I can lean on / ask for help?

1. _____
2. _____
3. _____

HOW & WHERE ARE THEY?

Learn how to verbalize your ask as well as where?

- _____
- _____
- _____

AM I DOING WHAT I LOVE AND LOVE WHAT I DO? (List Pros and Cons of what you do)

PROS

CONS

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

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MY DIY DISCOVERY WORKSHEET (page 2)

IS MY ENVIRONMENT SET UP FOR SUCCESS?

Look around you – is your office/home organized or cluttered? Do you have support from those around you? What easily distracts you? What frustrates you?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

WHAT DO I LIKE TO DO?

What are my hobbies / interests?

WHAT DO I NOT LIKE TO DO?

What do I wish I never had to do again?

(Personally and/or professionally)

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

What is ONE thing you have always WANTED to do but scares the S*&T out of you just a little!

What do you think is stopping you? _____

WHAT'S MISSING FROM MY LIFE? WHAT DO I NEED MORE OF?

Am I taking time for ME? Am I making time for my family? Date nights? Girl nights out? ME-time? Excitement? Quiet-time? Exercise? Travel? Work that I love? A “partner in crime”?! A pet? A car I love?

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WHY AM I STUCK?

Now, PAUSE. Look at everything you wrote down. What is causing you to NOT make progress?
 Are you excited to get up in the morning to do what you do? Are you well supported? ___ YES! ___ NO!

WHAT CHANGES CAN I MAKE...NOW!?

WHO DO I WANT TO BECOME? WHAT DO I WANT TO DO?

SHORT TERM GOALS

DUE DATE

What short-term, “tangible achievements” can I do to help me create progress, gain momentum and REALLY achieve MY success?

1. _____	(30-DAYS) _____
2. _____	(60-DAYS) _____
3. _____	(90-DAYS) _____

NEW HABITS

HOW OFTEN?

What NEW, HEALTHIER habits can I create to help me stay focused and motivated? (i.e. working out, posting on social media or blogging, making calls, visiting clients, marketing efforts, date nights, read/educate yourself)

1. _____	_____
2. _____	_____
3. _____	_____

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