



Checklist

AUTHENTICITY

Score yourself on a scale of 1-10 in these areas

- Values 1 2 3 4 5 6 7 8 9 10
- Principles 1 2 3 4 5 6 7 8 9 10
- Trust 1 2 3 4 5 6 7 8 9 10

My strengths in this area:

My areas for development:

What are some actions I can take to improve in this area:

PURPOSE

Score yourself on a scale of 1-10 in these areas

- Intent 1 2 3 4 5 6 7 8 9 10
- Emotion 1 2 3 4 5 6 7 8 9 10
- Reason 1 2 3 4 5 6 7 8 9 10

My strengths in this area:

My areas for development:

What are some actions I can take to improve in this area:

IMPACT

Score yourself on a scale of 1-10 in these areas

- Action 1 2 3 4 5 6 7 8 9 10
- Legacy 1 2 3 4 5 6 7 8 9 10
- Influence 1 2 3 4 5 6 7 8 9 10

My strengths in this area:

My areas for development:

What are some actions I can take to improve in this area:

GRIT

Score yourself on a scale of 1-10 in these areas

- Resilience 1 2 3 4 5 6 7 8 9 10
- Perseverance 1 2 3 4 5 6 7 8 9 10
- Passion 1 2 3 4 5 6 7 8 9 10

My strengths in this area:

My areas for development:

What are some actions I can take to improve in this area:

EMPATHY

Score yourself on a scale of 1-10 in these areas

- Kindness 1 2 3 4 5 6 7 8 9 10
- Connection 1 2 3 4 5 6 7 8 9 10
- Awareness 1 2 3 4 5 6 7 8 9 10

My strengths in this area:

My areas for development:

What are some actions I can take to improve in this area:
