

5 Statements & Questions to Align Values with Actions

Contemplation #1: You only know the person you've been (growing up, education, work, relationships, thoughts) Question: What radical experience would you consider exploring if support was provided?

Contemplation #2: Your ability to imagine future opportunities is limited to your past experiences. Question: What else are you willing to learn, understand, create, establish, improve, fix, or lead?

Contemplation #3: Others you know only know you by their remembrance of your statements, behaviors, and actions. Question: Do you feel locked into an identity, relationship, or profession that you no longer value?

Contemplation #4: Most people don't know your past, they only see you today. Question: Does your daily responsibilities, communications, and interactions reflect your core values and talents?

Contemplation #5: You are the average of those you spend the most time with. Question: Who do you want to learn from, be inspired by, work alongside, and support next?