

A 10-Step Guide to Unlock Your Unique Lawy, Expand Self-Awareness, and Cast a Powerful Vision for Your Future

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ASK 5 FRIENDS ONE QUESTION

What do you see as my personal strengths? What is a trait or characteristic unique to me?

Record their answers here:

TAKE THE MBTI, CLIFTON STRENGTHS & ENNEAGRAM

MBTI

Record your type & 3 notable facets of your personality

Clifton Strengths

Record your top five signature themes

Enneagram

Record your type and three takeaways

COMPLETE THE TWO WORD TEST

Signature Scripture or Favorite Quote:

My strong abilities include:

I have a deep passion for:

I can use these abilities and passion in the context of:

Two Word Ideas:

WORK HISTORY TEST

Use the next 3 pages to list your previous jobs and your favorite & least favorite part of each

Job Title:

What did you do?

When did you do it?

What three things did you enjoy about it?

- 1)
- 2)
- 3)

What three did you not enjoy about it?

- 1)
- 2)
- 3)

What is your favorite memory?

Assign an Overall Grade (A-E or 1-10):

WORK HISTORY TEST

Job Title: What did you do? When did you do it? What three things did you enjoy about it? 1) 2) 3) What three did you not enjoy about it? 1) 2) 3) What is your favorite memory?

Assign an Overall Grade (A-E or 1-10):

WORK HISTORY TEST

Job Title: What did you do? When did you do it? What three things did you enjoy about it? 1) 2) 3) What three did you not enjoy about it? 1) 2) 3) What is your favorite memory?

Assign an Overall Grade (A-E or 1-10):

KEEPAJOURNAL

Don't over complicate journaling.
Start with a few prompts

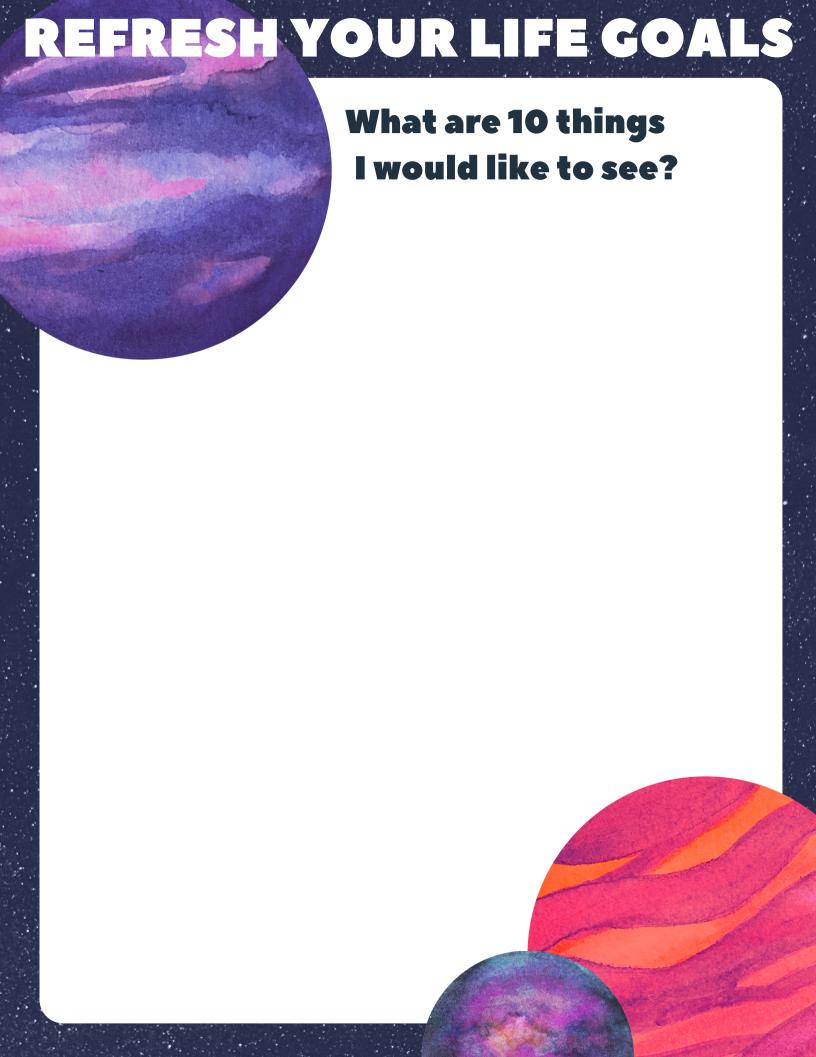
- What scares you most?
- What is one big thing you want to achieve in your one life?
- Describe your best day?
- What will life be like 10 years from now?
- What are your top 3 priorities right now and why?

MEDITATE & LEARN TO CONTROL YOUR THOUGHTS

Record how your meditation sessions are going below:







REFRESH YOUR LIFE GOALS What are 10 things I would like to become?





MASTER YOUR PRIORITIES

Record your time audit questions below:

• 1) What took up most of your time today?

• 2) What do you wish you did more of?

• 3) What did you do that you probably didn't need to do?

4) What's one thing you can do better tomorrow?

DETERMINE YOUR CORE VALUES

Pick one word to describe your thoughts and experience in the following five scenarios:

Picture the most vivid or exciting memory you have of your adult life; what thoughts or feelings do you have?

Picture the last time you got into a heated discussion or debate. Why were you so riled up?

What is your strongest habit? Why?

Picture your perfect day? What kinds of things do you want to experience?

Lastly, (and forgive the morbidity) what do you want them to say at your funeral? How would you end this sentence: (Your name) always lived with passion for _____

LIST OUT 10 THINGS YOU LOVE ABOUT YOURSELF

