

Designing your best self template

a. To be the person I want to be and live how I want to live, how would I be?	b. Current level of congruence (0-5)	c. What needs to change?
<i>Consider the following dimensions in your life</i>	<i>Write a brief description below</i>	<i>0 (not even close) to 5 (totally actualised and empowered)</i>
<i>Strengths and my essential self - What are your strengths and your essential self that you express every moment of every day?</i>		<i>Focusing on the areas that would make the biggest difference to you, list what needs to change and what action needs to be taken to achieve your idealised self.</i>
<i>Values - What are the simple 'rules' that guide your behaviour regardless of where you are or who you are with?</i>		
<i>Emotions - How do you feel</i>		
<i>Spiritual - How do you express your spirituality?</i>		
<i>Mentally - How do you think and what stimulates you intellectually?</i>		
<i>Physical - How does your body feel and look?</i>		
<i>Material - What does your material world have in it, how much do you earn and spend</i>		
<i>Other?</i>		
My work be?		
<i>Where do I work and what's my level?</i>		
<i>Who do I work with?</i>		
<i>What work do I do?</i>		
<i>How much would I earn?</i>		
<i>What are the important objectives/challenges at work that I focus on this coming year?</i>		
<i>Other?</i>		
My relationships be?		
<i>Family, friends, professional associations; proportionally, how much time would I spend with each and doing what - generally?</i>		
My home life be?		
<i>Feelings, activities and space</i>		
Other dimension of you and your life be?		
<i>Name them</i>		

