

Part III

# THE NEW YOU JOURNAL



## STAGE 1: IDENTIFY THE NEED



## DIMENSIONS OF WELL-BEING SELF-ASSESSMENT

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Dimensions	Importance	Satisfaction
Career Well-Being		
Physical Well-Being		
Social Well-Being		
Emotional Well-Being		
Intellectual Well-Being		
Spiritual Well-Being		

**THE PERSONAL SIGNS OF CHANGE MATRIX**

Dimensions	Rational Signs	Physical Signs	Emotional Signs
Career Well-Being			
Social Well-Being			
Intellectual Well-Being			
Physical Well-Being			
Emotional Well-Being			
Spiritual Well-Being			

## RATIONAL AND EMOTIONAL SOS ASSESSMENT

Dimensions	Emotional Signs of Significance	Possible Cause
Career Well-Being		
Social Well-Being		
Intellectual Well-Being		
Physical Well-Being		
Emotional Well-Being		
Spiritual Well-Being		

## PHYSICAL SOS ASSESSMENT

Physical Signs of Significance	When SOS Occurs	Possible Dimension of Well-Being



## STAGE 2: DISCOVER YOURSELF



## MY VALUES WORKSHEET

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Values	Rating	Values	Rating

## MY MOST IMPORTANT VALUES WORKSHEET

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My Most Important Values	Ranking

**Core Values**

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## MY STRENGTHS WORKSHEET

Dimensions	Strengths	Examples
Career Well-Being		
Social Well-Being		
Intellectual Well-Being		
Physical Well-Being		
Emotional Well-Being		
Spiritual Well-Being		

## MY WEAKNESSES WORKSHEET

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Dimensions	Weaknesses to Avoid
Career Well-Being	
Social Well-Being	
Intellectual Well-Being	
Physical Well-Being	
Emotional Well-Being	
Spiritual Well-Being	

## MY PAST FEARS WORKSHEET

Past Fears	Emotions	Reality	Control

### A New Story of an Old Fear

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## MY CURRENT FEARS WORKSHEET

Current Fears	Control	What I Can Do

### A Story of a Forgotten Fear

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## MY CONQUERED FEARS WORKSHEET

Conquered Fears	Cause	What I Did	Outcome

A Story of a Conquered Fear

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## MY PASSIONS WORKSHEET

Passion	How It Makes Me Feel	How Can I Tap into This?

## MY ACCOMPLISHMENTS WORKSHEET

Accomplishment	The Way I Felt	The Time It Took	The Steps I Took

## LESSONS LEARNED

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## MY FAILURES WORKSHEET

Failures	Lessons Learned	Positive Impact

## MY MOTIVATORS WORKSHEET

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Core Values	Motivators

## MY UPBRINGING WORKSHEET

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How would I rate my overall happiness level at home?

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What was my family's structure like, and how did I feel about it?

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What were each family member's positive attributes, negative attributes, and my relationship with them?

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How did I feel about my home life as a child? As a teenager? As a young adult? Today?

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A W H O L E N E W Y O U

What did I like most about my upbringing?

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What did I like least about my upbringing?

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What would I change if I could?

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## MY LIFE EXPERIENCES WORKSHEET

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How did I feel outside the home as a child? As a teenager? As a young adult?

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What were my experiences in grade school like? In high school? In college?

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What activities did I get involved in? Did I enjoy them?

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A W H O L E N E W Y O U

How have these experiences shaped me as a person?

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How would I describe my work experiences?

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What five experiences have provided me the greatest pleasure? Why?

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What experiences have I had that caused me the greatest pain or hurt? Why?

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## MY COMBINED EXPERIENCES WORKSHEET

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What experiences outside of the home required my parents or other family members' reactions or involvement?

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What were their reactions? How did they behave toward me? Toward the situation? Toward the other individuals involved?

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How do I feel about their reactions or how they handled the situation?

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How has any of this shaped my life and who I am today?

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## THE WHAT I WANT WORKSHEET

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What do I hope I will have accomplished in my lifetime?

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What would I want my child to think of me? My grandchildren?

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What would I want my eulogy to say?

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What would bring me the most pleasure, fulfillment, contentment, and satisfaction?

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## MY MISSION STATEMENT WORKSHEET

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What characteristics and qualities do I want to live by?

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How do I want to contribute to the world?

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What kind of influence do I want to have?

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What legacy would I like to leave?

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## STAGE 3: DESIGN YOUR VISION



**THE PERSONAL REINVENTION GAP MAP**

Today	Tomorrow



## MY IDEAL TOMORROW WORKSHEET

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What would my ideal life look like?

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**MY VISION WORKSHEET**

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Vision Statement Draft:

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My Vision Statement for Personal Reinvention:

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## VISION EFFECTIVENESS EVALUATION

Evaluation	Yes	No
Will this vision push me beyond today?		
Is it attainable and realistic?		
Will achieving this vision make me happier?		
Is it clear and simple?		
Will I continue to be inspired by this vision?		
Is it measurable?		
Is it consistent with my values and my mission statement?		
Is it authentic to me?		
Is it achievable within a one- to five-year time frame?		
Does this resonate with me? Do I like this vision?		

## STAGE 4: CREATE THE PLAN



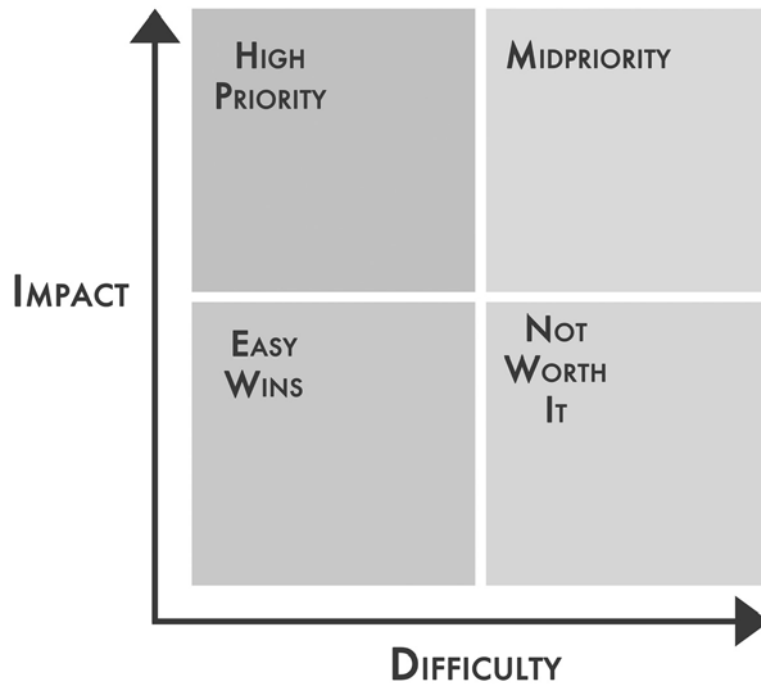
## THE BIG END GOALS WORKSHEET

#	End Goals	SMARTER Criteria	Key Requirements	Impact	Difficulty	Priority
1						
2						
3						
4						
5						
6						
7						
8						
9						

## THE PRIORITIZATION MATRIX WORKSHEET

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*The Prioritization Matrix*



*Prioritized End Goals*

1		6	
2		7	
3		8	
4		9	
5		10	

**THE END GOALS, MILESTONES, AND ACTION STEPS WORKSHEET**

End Goals	Milestones	Action Steps	Due Date	Reward			
1	1a						
		1b					
			1c				
				1d			
					1e		
	Milestone Due Date						
	2	2a					
			2b				
				2c			
					2d		
						2e	
	Milestone Due Date						
	3	3a					
			3b				
				3c			
3d							
					3e		
		Milestone Due Date					
		4	4a				
				4b			
4c							
					4d		
	4e						
			Milestone Due Date				
			END GOAL DUE DATE				





## STAGE 5: MAKE IT HAPPEN

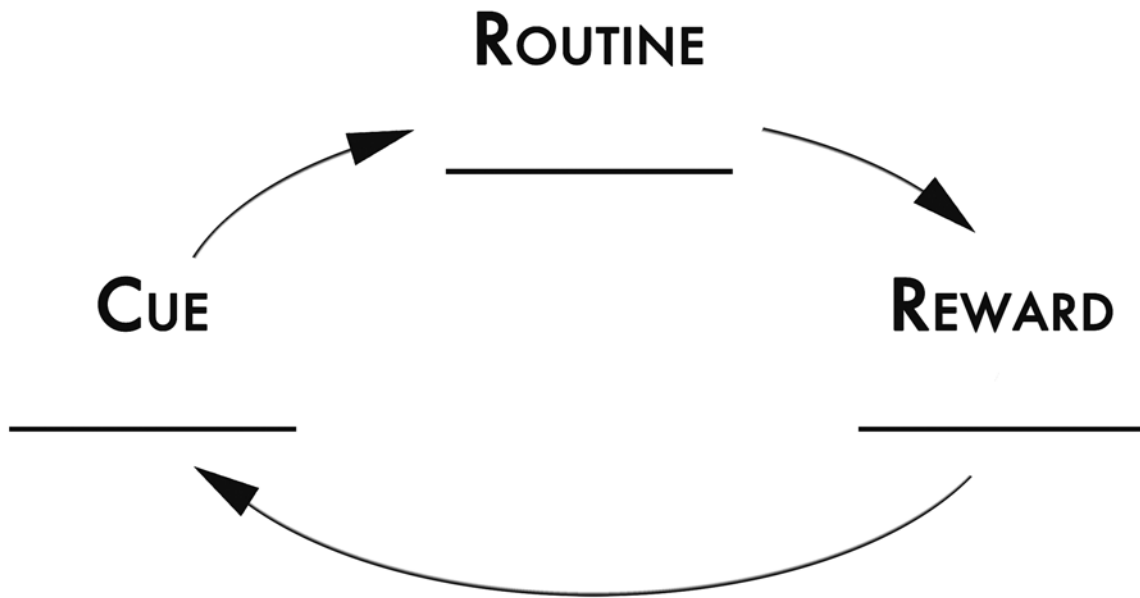




**DUHIGG'S HABIT LOOP MODIFICATION WORKSHEET**

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**CURRENT HABIT LOOP**



What Needs to Change

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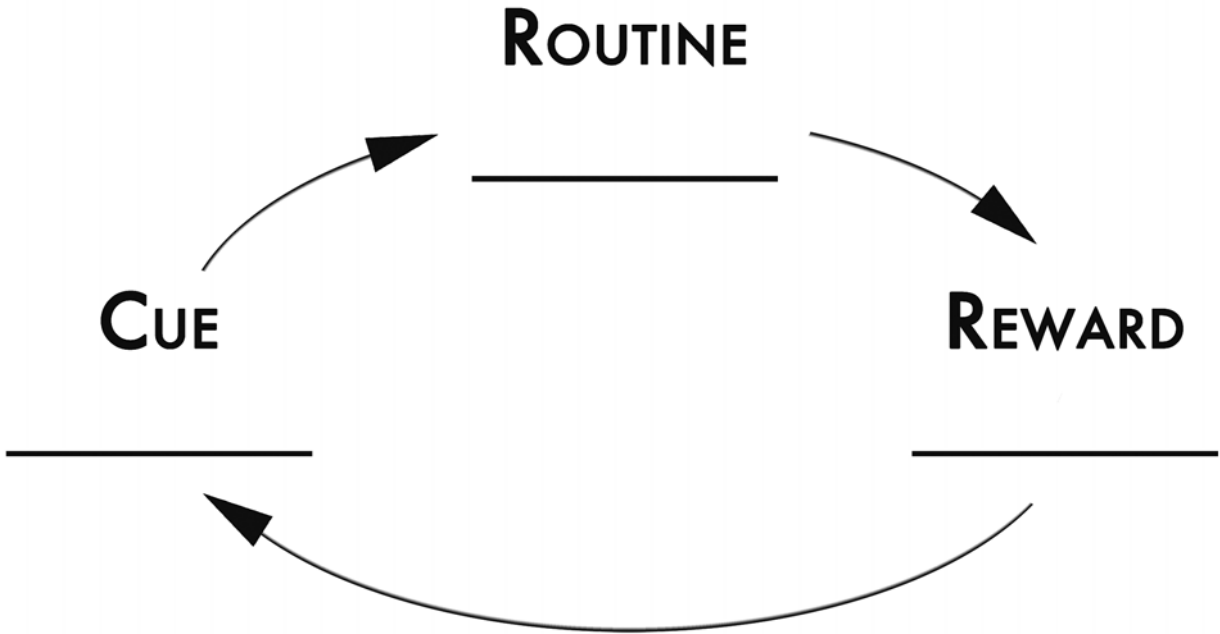
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Opportunities for Modification

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THE NEW HABIT LOOP



## THE INCONSISTENT BEHAVIORS WORKSHEET

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Results of Change

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Inconsistencies

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Moments of Consistency

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## MY FAILURES OF REINVENTION WORKSHEET

Failures	Causes	Lessons Learned	Moving Forward





## STAGE 6: MONITOR YOUR PROGRESS



## THE CHECKPOINT EVALUATION WORKSHEET

Evaluation	Yes	No
Am I making progress toward the upcoming milestone or goal?		
Am I staying true to my vision, values, and mission statement?		
Do I feel comfortable with and in control of my current action steps?		
Do they feel realistic?		
Am I motivated to continue forward?		
Is everything working well in the plan?		

How It's Going

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