

# The Path to Potential

## Worksheet #1

***Grab a pen and paper and spend a little time with each of these questions.  
No wrong answers, just jot down the first thing that comes to mind!***

What are you most passionate about in life? If you're not sure yet, just guess!

Which of these three factors is most important to you?

*Location?* (e.g.- Living near the beach is more important than my job or extended relationships.)

*Lifestyle?* (e.g.- Having ample time and money is more important than job satisfaction or location.)

*Relationships?* (e.g.- It's most important to be close to loved ones; lifestyle and income are secondary.)

How would you describe your personality?

What are a few of your strengths?

What are a few of your weaknesses?

On a scale of 1 to 10, how close are you to being where you want to be in life?

What do you feel like is missing?

What do you feel like is going well?

Who do you connect with on a regular basis?

How would you describe your social role?

What are some of your favorite activities?

How do you like to spend your free time?

If you could start over and pick any path in life, what would it be?

What's holding you back?