

## Personal Path

Take a moment to list where you are in each area of your life on the table you'll find on page two of this document. Be honest with yourself; you can't know where you want to go until you know with certainty where you are now. Don't judge; just write it all down.

By knowing where you want to go and where you currently are, you will be able to design an action plan that reflects your values and vision. You will make choices that are effective because they are aligned with what lights you up and what you really want to create in your life. Remember to include both personal and professional wants.

Once you know what you want and what matters to you and where you currently are in relation to your desires, ask yourself:

- How can you create what you desire?
- What shifts of focus do you need to make?
- What skills do you need to acquire?
- What steps do you need to take in order to move yourself forward?
- Where do you need to stretch?
- How can you focus yourself?

The list of categories on the following page is simply a list. They are not meant to be exhaustive or all-inclusive. The benefit in doing this exercise is this: once you know what you want and where you are today you can create action steps to achieve your desires.

Add categories that you feel are appropriate to you, your needs and what you want to create in your life and career. Remember, this exercise is about you and what you want to create. Be wary of any "shoulds" that creep in as you do this exercise.

What might happen in your life if you had the same kind of focused forward momentum a rubber band has when it's aimed at and then released at a target? Think about it, if you stretch a rubber band, the tension will seek resolution. It will seek to relax. And, as it relaxes it creates a momentum that propels it forward. Aim the rubber band at a specific destination, and has a focused forward momentum. You too can consciously create a stretching condition like that of the rubber band in your life that can propel you forward. How? By honestly assessing where you are in relation to where you want to be and then letting your dreams pull you forward. If you'd like to discuss creating an effective plan of action once you've done your assessment, contact: [lea@creatingstrategies.com](mailto:lea@creatingstrategies.com).

## PERSONAL PATH

CATEGORY	WHERE I AM NOW	WHERE I WANT TO BE
Personal		
Professional/Career		
Family		
Friends		
Community		
Finances		
Fun		
Self-Care		
Health & Well-Being		
Creativity		
Time Management		
Relationships		
Fitness		
Leisure		
Anything Else?		