

Give Factors Worksheet 2019

Instructions: List a few examples under each Factor or rate yourself 1 never to 5 very often. Decide which Factor needs attention and what the outcomes (benefit for others and yourself) would happen if you were more intentional there.

1- What do you Give Thanks for?

- ◆ In Your Life
- ◆ Career
- ◆ Home
- ◆ In General

2- To whom do you Give Credit for your success?

- ◆ People who cause you to look at your own direction. They force you to face important questions about your own life.
- ◆ People who advise you and encourage you. People who just listen.
- ◆ People who are fundamental to getting your day-to-day work done.
- ◆ Highly acclaimed people you aspire to emulate and from whose lives you intend to learn.

3- How do you Give Back in a selfless way?

- ◆ Your Business
- ◆ Professional Organizations
- ◆ Career
- ◆ Family
- ◆ Faith
- ◆ Community

4- What did you Give Up in the past, and that action helped you move forward?

- ◆ What career strategy that made you successful in the past did you decide to let go, a decision that now allows you to focus your energy and time differently and now enables you to move on to the next level?
- ◆ What life strategy, beliefs or assumptions did you give up over the years in order to move closer to who you are meant to be?
- ◆ Who did you forgive that allowed you to move forward?