

ACTION GUIDE

MODULE 2, LESSON 1

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YOUR WORLD OF MOUNTAINTOPS

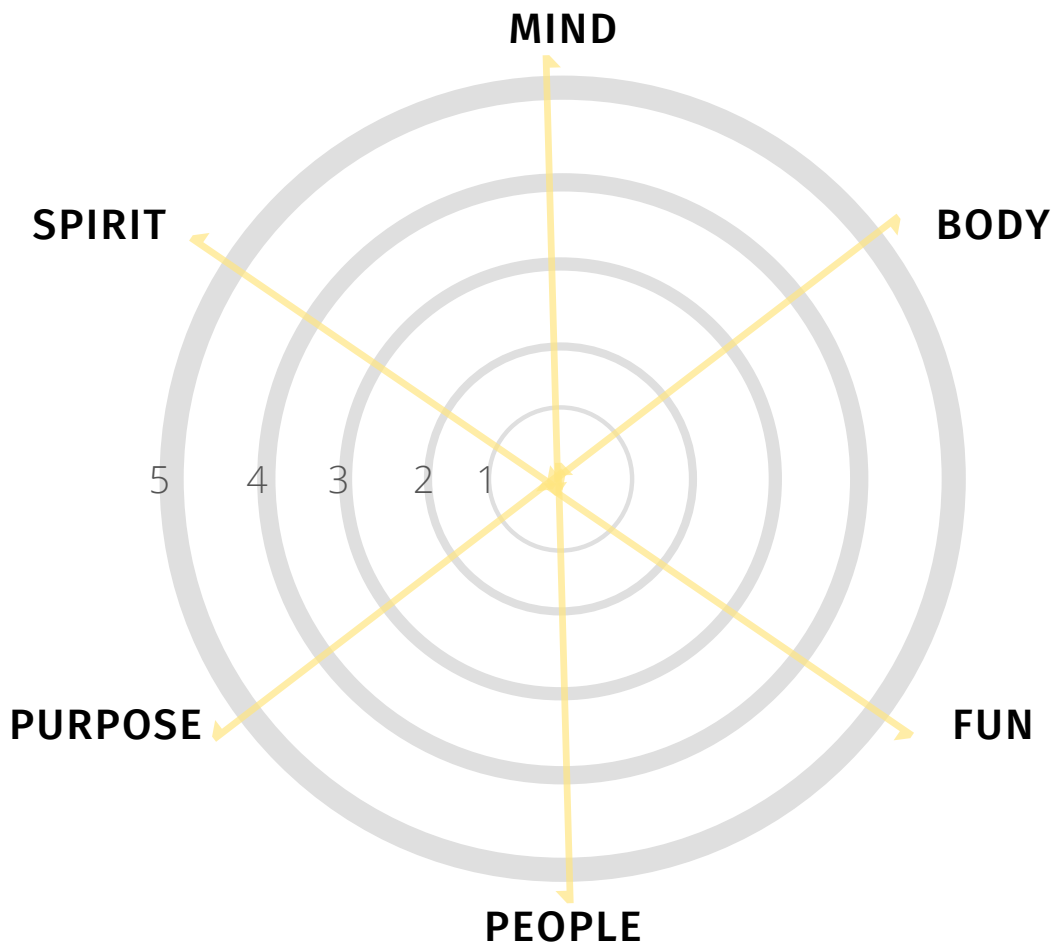


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Overview:

Your task is to rate each of the 6 areas of life. Mark a dot, from 1-5, your fulfillment in the following aspects of life. Then, connect the dots. Ideally, you would draw a circle along the '5' line. However, most of us will find that we have a lopsided wheel.

THE 6 AREAS OF LIFE:



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GET TO KNOW YOURSELF:

What are the most fulfilling aspects of the 2 areas you are strongest in? What common themes do you spot?

In each of the 2 areas you scored the lowest in, write 1-3 things that are missing:

Write one thing you'll do to raise your lowest scoring area(s) and one thing you'll do to protect your highest scoring area(s):

NOTES: