



Where am I today?
WHAT I LOVE DOING (HEART)

I love doing..., I'm energized by...(try to list at least 3 things) ...

because ...

I can get this from my work by ...

I've taken the following
opportunities to do more of
what I love doing ...

I've missed the following
opportunities to do more of
what I love doing ...

Indicate below how well you are following your heart:

 ① — ② — ③ — ④ — ⑤ — ⑥ — ⑦ — ⑧ — ⑨ 



Where am I today?
WHAT I DO WELL (MIND))

I'm good at...(min. 3 things)

People compliment me when I...(min. 3)



I think these are my talents and strengths:



I can use these in my work because I do...



There are some things I've
become very good at, but I don't
want to keep doing them:

I've created the following
opportunities to make
better use of my talents:

Indicate below how attuned you are to your mind :





Where am I today?
WHAT ARE MY PRACTICAL NEEDS (BODY)

The following working conditions meet my current needs to keep me motivated and working well (tick if 'ok')

Pay	Workspace	Location	Working hours	...
<input type="radio"/>				

I have actually raised the following material needs with my employer recently:

I can recharge my battery by ...

I've taken the following opportunities to take better care of myself ...

I've missed the following opportunities to better meet my practical needs ...

Indicate below how well you listen to your body:

 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ 



Where am I today?
WHAT IS MEANINGFUL TO ME (SOUL)

I make the difference by ...

My job is meaningful because ...

Indicate your reasons for doing your current job,
in order of importance (from 1 to 5):

Good salary	Appreciation received	It is meaningful	Not far from home	...
<input type="radio"/>				

I've been able to help people progress recently because I ...

I've taken the following opportunities to make my work more meaningful ...

I've missed the following opportunities to make my work more meaningful ...

Indicate below how well you are attuned to your soul:

1 2 3 4 5 6 7 8 9