

Personal strategy worksheets

Four worksheets to help you get clear on your path to contribution.

Your personal path to fulfilment

Fulfillment is personal. When you spend your time and energy on things you care about, enjoy, and excel at, you will find it easier to stay motivated and positive.

If you're looking for more fulfillment, motivation, and enjoyment, consider these three areas (values, skills, and preferences) and how you might align your life to suit them.

Key questions

1. What drives you?
2. What are you already good at? What do you love doing?
3. What other options do you have?
4. How aligned is your life right now?

Values

What you care about

Skills

What you excel at

Preferences

What you enjoy

Values

My values i.e. independence	What that looks like i.e. "I can do what I like when I like. I am not dependent on others."

Skills and preferences

What I'm good at i.e. problem solving	What I love doing i.e. Helping other work through their challenges

Current state

Activities How do you spend your time and energy?	Alignment How well do these activities align to your personal strategy?		
	Values	Skills	Preferences

Possibilities

Alternatives What would you like to do instead?	Assessment How would these options align with your values, skills and preferences?		
	Values	Skills	Preferences