

VALUES ASSESSMENT

Circle the values that resonate with you. Choose 4 of the values you circled. Prioritize by placing the most important at the top, least important at the bottom of the list.

VALUE #1:

VALUE #3:

VALUE #2:

VALUE #4:

accomplishment
adventure
beauty
communication
love family
friendship
holistic living
honesty joy
nature
personal growth
power recognition
security
self-mastery
service truth

abundance
altruism clarity
community
health flexibility
fulfillment humor
integrity
leadership
openness
partnership
privacy respect
self-care
self-realization
spirituality
vitality
love

achievement
autonomy
commitment
connecting to
others
environment
excellence
freedom fun
intimacy loyalty
orderliness
physical
appearance
professionalism
romance
sensuality

trust faith
acceptance
awareness
capability
comfort candor
compassion
empathy
consciousness
courage
dependability
drive energy
enthusiasm
fidelity
fairness
status grace

generosity
genius honor
hard work
humility
independence
innovation
insightful
intuitive
justice kindness
organization
patience
selfless
spontaneous
strength
tough



2019 DEBRIEF

What worked for you in 2019?

What didn't work for you in 2019?

Identify themes and patterns from those lists. What do you see?



MINDSET2020

What intentions have you set for this workshop?

What do you need from this workshop?

What specific questions do you have? What will serve you best?



2019 DEBRIEF

Based on those lists, what will you start to do in 2020?

What will you stop doing in 2020?

What will you continue to do in 2020?



2019 DEBRIEF

What were your 3 biggest lessons of 2019?

What is your biggest challenge in 2020?

What are the possible solutions for your biggest challenge in 2020?



2019 DEBRIEF

What are your next steps in overcoming this challenge in 2020?

What is your 2nd biggest challenge in 2020?

What are the possible solutions for your 2nd biggest challenge in 2020?



2019 DEBRIEF

What are your next steps in overcoming this challenge in 2020?

What is your 3rd biggest challenge in 2020?

What are the possible solutions for your 3rd biggest challenge in 2020?



2019 DEBRIEF

What are your next steps in overcoming this challenge in 2020?

What was your biggest win in 2019?

What were your takeaways from your biggest win in 2019? How can use that knowledge in 2020?



2020: Vision

What are you no longer willing to tolerate?

What's a word that would resonate with you in 2020 for your business?

What are 5 things about your business that will be true on Dec 31, 2020?



What needs to change?

Team?

Clients or customers?

Partners?

Gate Keepers?

Friends/Connections?

Products?

Events/Programs?

Services?



What needs to change?

Sales?

Operations?

Systems?

Meetings?

Customer?

Care?

Admin?

Financials?



Build in Accountability...

List Your 5 Top Priorities for the 2020

#1

Start by:

Finish by:

Name of accountability partner:

#2

Start by:

Finish by:

Name of accountability partner:

#3

Start by:

Finish by:

Name of accountability partner:

#4

Start by:

Finish by:

Name of accountability partner:

#5

Start by:

Finish by:

Name of accountability partner:



Put It on the Calendar...

1Q20 I will accomplish...

2Q20 I will accomplish...

3Q20 I will accomplish...

4Q20 I will accomplish...



What is my ideal exit from my business?

Timing?

Terms?

Conditions?

Priorities?



What does my next chapter look like?

Where will I be?

What will I be doing?

When will it happen?

How will I show up?



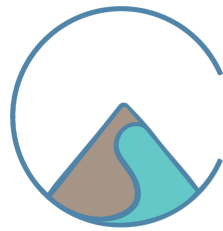
What does my next chapter look like?

Who will I be?

Who will be with me?

Why is this ideal?

What are the obstacles to my ideal?



ASCEND

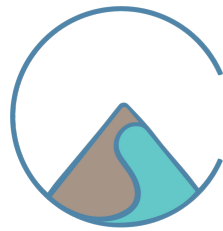
What does my next chapter need to succeed?

What are my numbers?

How will I fund this?

What are my expectations? How realistic are my expectations?

What are the financial obstacles to reaching my ideal?



ASCEND

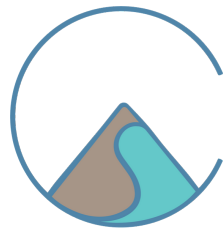
What does my next chapter need to succeed?

What am I feeling about my next chapter?

What does my mindset reflect? Abundance or scarcity?

What are 3 ways you see yourself engaging in an abundance mindset and 3 ways you engage in a scarcity mindset?

Many business owners "wait until the time is right" to transition.
How will you prepare for your transition?



ASCEND

What does my next chapter need to succeed?

Many business owners "wait until the time is right" to transition. How will you prepare for your transition? How will you know the time is right?

How do avoidance behaviors and indecision impact your abilities to lead in your business?

What practices and behaviors can you introduce into your life now, that will support a successful transition when the time comes?