

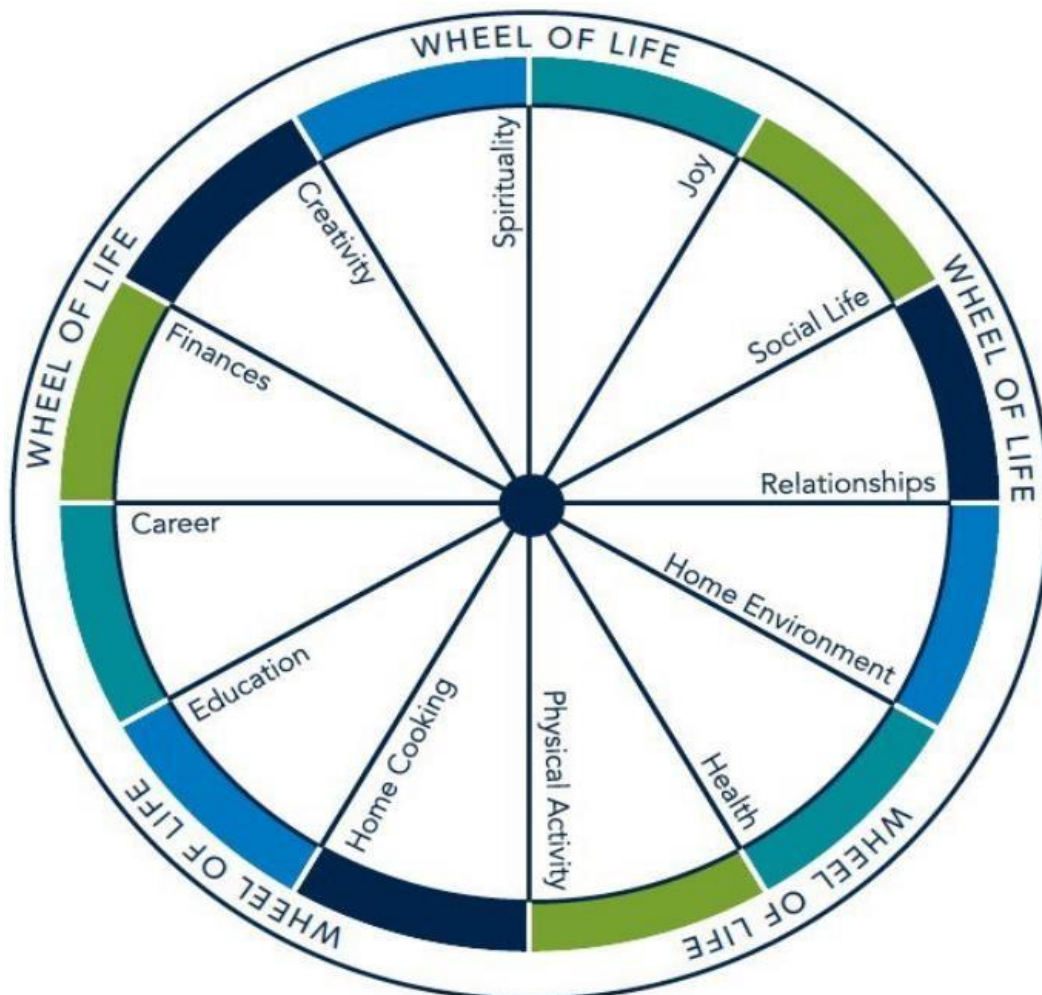
# ACCOMPLISHMENTS

## The Wheel of Life

It has been 6 months since the Kick-Off session. Let us review how far you have come.

Look at each section again and place a dot on the line marking how SATISFIED you are with each area of your life. A dot placed nearer the center of the circle indicates dissatisfaction, while a dot placed toward the outside indicates greater happiness.

When you have placed a dot on each of the lines, connect the dots to see your Wheel of Life. Are there areas where your Wheel is flat? Are these areas calling to be NOURISHED? How so?



## The Career Fulfillment Wheel

Now take a look at your career. Look at each section again and, following the same steps, evaluate how SATISFIED you are with each area of your career. This gives you insight on what is still asking for your attention – and action 😊





## **CELEBRATIONS**

### **The POWER of Celebrations**

Do you celebrate or do you just run from one to the next challenge??

When you celebrate, you appreciate. Show gratitude to yourself and Life for your own accomplishments. Put them – and yourself – on a pedestal. Raise a glass to yourself and rejoice in your own progress.

→ On a regular basis (at least once per week), take time to reflect upon and celebrate all the small and big wins that happened during the day or week. Acknowledge all of the tiny changes you made to move your goals forward such as:

- Talking positively to yourself and believing a great outcome is possible.
- Reaching out to someone who can potentially provide a resource, support, or accountability.
- Engaging in activities that GIVE you energy.
- Having a needed, albeit difficult conversation with someone.

Taking time for this activity each week will help to increase your productivity the following week, bring more joy and happiness, building excitement and momentum towards your goals, and most importantly, allowing you to integrate your successes and new ways of being along the way for sustained habit change.

Moreover, this way, you are not only taking a precious moment to pause and reflect but also allowing yourself to invite more of the good stuff into your life 😊



## Empowering Lessons

**What are the most empowering lessons or realizations you want to take with you from this program?**

Write down 5 of the most important moments and lessons you took from this program.

1. \_\_\_\_\_

I learned: \_\_\_\_\_

2. \_\_\_\_\_

I learned: \_\_\_\_\_

3. \_\_\_\_\_

I learned: \_\_\_\_\_

4. \_\_\_\_\_

I learned: \_\_\_\_\_

5. \_\_\_\_\_

I learned: \_\_\_\_\_



## Going Forward

Over the next 6 months, I want to focus on accomplishing or feeling:

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What's important about that?

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The three new habits I most want to adopt:

- 1.
- 2.
- 3.

The support, stretch, and accountability I need is:

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What would having this support, stretch, and accountability do for you?

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What, if anything, might you have to let go of to ask for support, stretch, and accountability?

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When will you take the action to ensure you get support, stretch, and accountability?

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