



**40% ALL YOU**  
**10% CIRCUMSTANCE**  
**50% GENETIC**

**FOCUS ON THE 40**  
*Stop living your life half-glassed.*

**STEP 1: DETERMINE YOUR STRENGTHS ORDER: [LINK](#)**

**STEP 2: ALIGNS STRENGTHS WITH PASSION**

What you love...

What you are good at....(strengths!)

What the world needs...

What you can be paid for....



**STEP 3: WRITE OUT THE ONE BIG GOAL FOR 2021**

[Make sure you write this goal SMART style]

Who I can share this goal with who will support me:

- 1.
- 2.
- 3.

What character strengths are needed to achieve this goal?

- 1.
- 2.
- 3.
- 4.
- 5.

What other tools and resources will be needed to achieve this goal?

And if you need to deal with stress and build resilience first:

[START HERE!](#)