

# WOMAN TO WOMAN RETREAT

## BECOME YOU & BECOME PRODUCTIVE (UNCOVERING PURPOSE & BEING PRODUCTIVE WORKSHEET)

### WHAT MAKES ME TICK

Without being rational, off the top of your head, QUICKLY list 4 specific activities that you are passionate about. They could be activities you do at work, with family, your community, a hobby, a sport - any combination will do.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

QUICKLY list 4 outcomes of the activities you are passionate about. This could be related to work, family, your community, the planet, people in other countries, etc. Don't overthink. If you get stuck on whether you are passionate about something, skip it for now and move on to something else that stands out as more important.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### CONNECT TO FIND THE LINK

1. QUICKLY (without thinking or processing, just flowing with your instincts) Circle the one activity and outcome from what you have written above that means the most to you

2. Below, Answer the question 'what is the one thing that I can do in my life that would mean the most to me in the world, such that by doing it, everything else would be easier or unnecessary?' with some version of your activity and outcome

## SHAPE YOUR PURPOSE THROUGH YOUR PASSION, TALENT, PERSONALITY, BELIEFS & VALUES

My passion and talent as noted by people are;

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

My positive personality traits are;

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

My convictions-beliefs and values are;

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

My purpose revised is;

### **ACTION PLAN**

Post it where you'll see it every day. Put it on your mirror, above your computer screen, on your mobile phone case, on your glasses case, or in your wallet.

Even if your purpose isn't exactly right, that's okay. Stick with this one for a while. Date it. See what kind of results you get. If, in time, you develop a different answer, revise your purpose. Then date that one.

## PRODUCTIVITY ASSESSMENT

1	Do You Have a Written Vision & Mission Statement?	Yes	No
2	Do you Have Written Goals for This Year?	Yes	No
3	Do you Actively Work on Your Goals Weekly & Daily?	Always/Often	Sometimes/No
4	Do You Have a Written Career Development Plan?	Yes	No
5	Do You Pray/Meditate Daily?	Always/Often	Sometimes/No
6	Do You Read a Minimum of One Book per Month?	Yes	No
7	Do You Consciously Eat Healthy & Exercise Weekly?	Yes	No
8	Do You Actively Practice Sowing & Reaping?	Yes	No
9	Do You Know Your Net Worth? Is it Positive?	Yes	No
10	Do You Proactively Work on Building the Relationships that are Most Important to You	Yes	No
11	Do You Engage in Fun/Leisure Activities Weekly?	Yes	No
12	Is Your Monthly Value- Added Positive?	Yes	No

\*Monthly Income/Earnings contributed by you LESS Monthly Salary &  
Expenses Incurred by You = Your Monthly Value Added.

Above 90% - Highly Productive

70% - 89% - Productive

50 – 69% - Fairly Productive

Below 50% - Unproductive

### GOAL SETTING

1. What do I want?
2. Where am I?
3. What do I need to get to where I want to be?

### EXPAND YOUR THINKING, YOUR GOALS AND YOUR OUTCOME

1. Who has achieved a goal in line with my purpose?
2. What did they achieve?
3. How did they achieve it?
4. Who helped them achieve it?

## PERSONAL DEVELOPMENT PLANS

Skills & Competencies

Development Needs

### FUTURE GOAL SETTING - THINK BIG - STRETCH

Write down the one thing that you can do someday that is an alignment with your purpose and such that by doing it everything else will be easier or unnecessary?

Stretch it before you write it down. If your big someday is a number, double it. If it's a level of achievement, jump to the next level.

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## PERSONAL DEVELOPEMENT

### Bad Habits

Bad Habits

### Great Habits

Great Habits

## PRODUCTIVITY

1. Based on your Someday Goal, what's the one thing you can do in the next five years to be on track to achieve it?

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2. Based on your 5 year goal, what's the one thing you can do this year to be on track to achieve your 5 year goal, so that you are on track to achieve your Someday Goal?

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3. Based on your 1 year goal, what's the one thing you can do this month to be on track?

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4. Based on your Monthly Goal, what's the one thing you can do this week to be on track?

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5. Based on your Weekly Goal, what's the one thing you can do today to be on track?

6. Based on your Daily Goal, what's the one thing you can do right now to be on track?

7. Go-ahead and achieve your right now goal. It's your one thing right now.

**POSSIBLE CHALLENGES & SOLUTIONS TO PROTECT MY TIME BLOCK**



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**THE ONE THING MOST IMPORTANT THAT I WANT TO SEE GREAT RESULTS IN**

Set goals for the areas below with specifics taking into consideration; the time required for planning, finances, planning the requirements to achieve the goals, people involved, family involved, knowledge and personal improvement.

My Finance & Welfare	<b>Goals</b>

My Health & Fitness	<b>Goals</b>

My Family & Friends	<b>Goals</b>

My Spiritual & Personal Growth	<b>Goals</b>

Romance Fun & Recreation	<b>Goals</b>

My Career & Business	<b>Goals</b>

My Personal Development & Studies	<b>Goals</b>