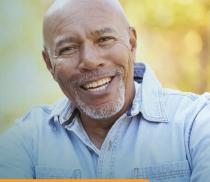
CONNECTION



LIVING INTENTIONALLY TO CHANGE YOUR LIFE

Personal Worksheet



Preparation helps you live intentionally and effectively rather than being reactive or distracted.

- 1. From 1 (low) to 10 (high), how prepared are you to live your life more effectively?
- 2. What are a few positive things you would like to achieve so your life gets better?
- 3. How are you currently doing emotionally, spiritually, socially, and personally?
- 4. What are specific small steps you can take each week to be prepared for life?

Awareness of your issues and God's grace gives you perspective instead of being oblivious.

- 1. From 1 (low) to 10 (high), how aware are you of your weaknesses and strengths?
- 2. What is the most important area you feel you should work on to improve your life?
- 3. Just for today, are you willing to commit to look for things that you are grateful for?
- 4. What are specific small steps you can take each week to increase your awareness?

Connection comes from investing in relationships with others and God rather than being isolated.

- From 1 (low) to 10 (high), how connected are you with other people and with God?
- 2. Who are a few people you would like to develop closer or better relationships with?
- 3. What is an area of your life where you could use help from others or good resources?
- 4. What are specific small steps you can take each week to increase your connection?

Education on how "real life" works will help you make wise choices versus being uninformed.

- 1. From 1 (low) to 10 (high), how informed are you now about how to live life effectively?
- 2. What are situations you are facing or anticipate where you want to make good choices?
- 3. Can you think of a particular area where it would help you to "Pause-Evaluate-Choose?"
- 4. What are specific small steps you can take each week to get more "real-life" education?

Steps you plan and take intentionally will change your life one day at a time instead of being stuck.

- 1. From 1 (low) to 10 (high), how committed are you about taking some positive steps in life?
- 2. What benefits might you experience if you capture your answers in a life plan and follow it?
- 3. How would it improve your life if you keep reminding yourself to take the next right step?
- 4. What are specific small steps you can take each week to live more intentionally?