

How Fully Am I Living True to My Essence? Worksheet #2

The key to greater personal and professional fulfillment is recognizing your essence and doing what empowers you to BE who you truly are.

Essence = divine design = core truth of your being = who you truly ARE

Today's DATE: _____

Write your score from Worksheet #1 HERE _____

What do you want your score to be one _____ (day, month, year) from today? This is your GOAL: _____

List THREE Key focuses for living *more fully* true to your essence?
(These can be three statements from Worksheet #1 or something else, inspired by the exercise)

1. _____
2. _____
3. _____

What motivates you to live *more fully* true to your essence? How will your life be different? List at least TEN: (examples: more freedom, peace, self-esteem, etc)

Who will be supportive as you make these changes? And how can they best support you?

