

What's Your Story Exercise



Unified Solutions Inc.

What aspects about the results of a recently taken self-awareness assessment resonates most with you?

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Based on those self-awareness assessments, what are some of your top preferred strengths and capabilities in times of change?

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How do you apply those strengths to various aspects of your work/life?

Imagine your best future self. Describe that version of you:



What story have you been believing in, or letting others tell you that may need to be challenged?

List three action steps you can take to close the gap from where you are to where you would like to be in terms of the wheel of life domain deemed most important to you. Consider any barriers and be sure to brainstorm ways to overcome them.

Action steps	Possible barriers	Ways to overcome barriers

Which action step will you take first? How will you be accountable for completing this?