

CORTNEY  SARGENT, SR.
THE PEOPLE'S ENTREPRENEUR

Self-Awareness

WORKBOOK

A Guide to Personal Discovery

THE MIRROR EXERCISE (WHAT YOU BELIEVE ABOUT YOU)

1. Who is [insert your name] and what excites him/her?

2. What is the one thing you must accomplish in life otherwise your life would be in vain?

3. What can you do the best while giving the least amount of effort?

4. What do you believe is the reason God put you here on this Earth?

5. When people think of [insert your name], what do you want them to think of?

6. How do you feel you can best serve others?

7. What do you *really* want?

8. What are your strengths?

9. What are your weaknesses?

10. What are your hard skills?

PEER REVELATION (WHAT OTHERS BELIEVE ABOUT YOU)

Ask 3 of the closest people to you the following questions:

NAME: _____

1. What do you believe my **strengths** are?

2. What do you believe my **weaknesses** are?

3. What do you believe my **gifts** are?

4. What do you believe my **skills** are?

NAME: _____

1. What do you believe my **strengths** are?

2. What do you believe my **weaknesses** are?

3. What do you believe my **gifts** are?

4. What do you believe my **skills** are?

NAME: _____

1. What do you believe my **strengths** are?

2. What do you believe my **weaknesses** are?

3. What do you believe my **gifts** are?

4. What do you believe my **skills** are?

REALITY CHECK (THE TRUTH ABOUT YOU)

STRENGTHS

WEAKNESSES

GIFTS

SKILLS AND ABILITIES

Life Vision Statement - What is your vision for your life?

Life Purpose Statement - What is your life's purpose?

Why Statement - Why do you wake up every morning and do what you do?
