

## REFLECT & ALIGN

**1. Why do I do what I do in business/for work?** *Reconnect with your deeper purpose behind why you do what you do.*

**2. What matters most to me in my personal life right now?** *Ensures alignment between business and personal priorities.*

**3A. What is the ONE big outcome I want to achieve in my business/career over the next four weeks?** *Set a clear, measurable goal.*

**3B. What is the ONE big outcome I want to achieve in my personal life over the next four weeks?** *Set a clear, measurable goal.*

**4. How do I want to *feel* at the end of these four weeks?** *Define success beyond only results.*

## SET MY WEEKLY MILESTONES (USING REFLECT & ALIGN AS A GUIDE)

WHAT DOES SUCCESS LOOK LIKE  
AT THE END OF FOUR WEEKS?

### WEEK 1 - DATE:

Business

Personal

### WEEK 2 - DATE:

Business

Personal

### WEEK 3 - DATE:

Business

Personal

### WEEK 4 - DATE:

Business

Personal

## PLAN FOR CHALLENGES + GET SUPPORT

### What could get in the way?

*Business/career -*

*Personal -*

**Who else needs to know about this plan?** *Who can support or hold me accountable?*