

Worksheet: The Power of Full Engagement

Determine your values and purpose

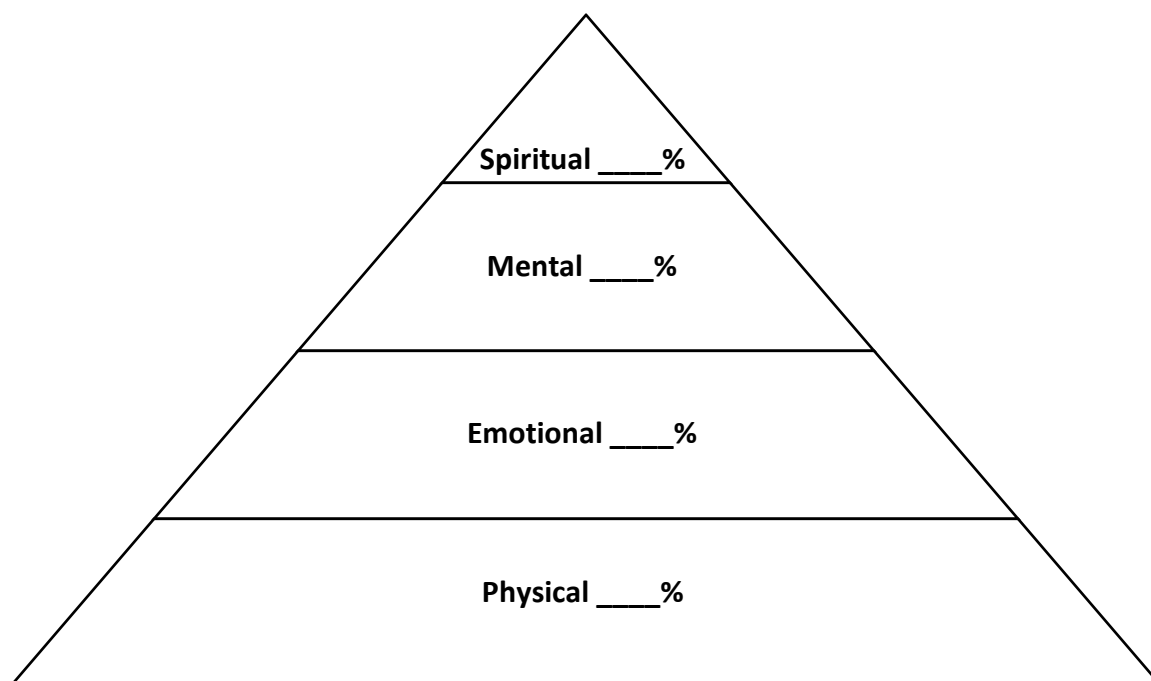
- Think of someone that you deeply respect. Describe three qualities in this person that you most admire.

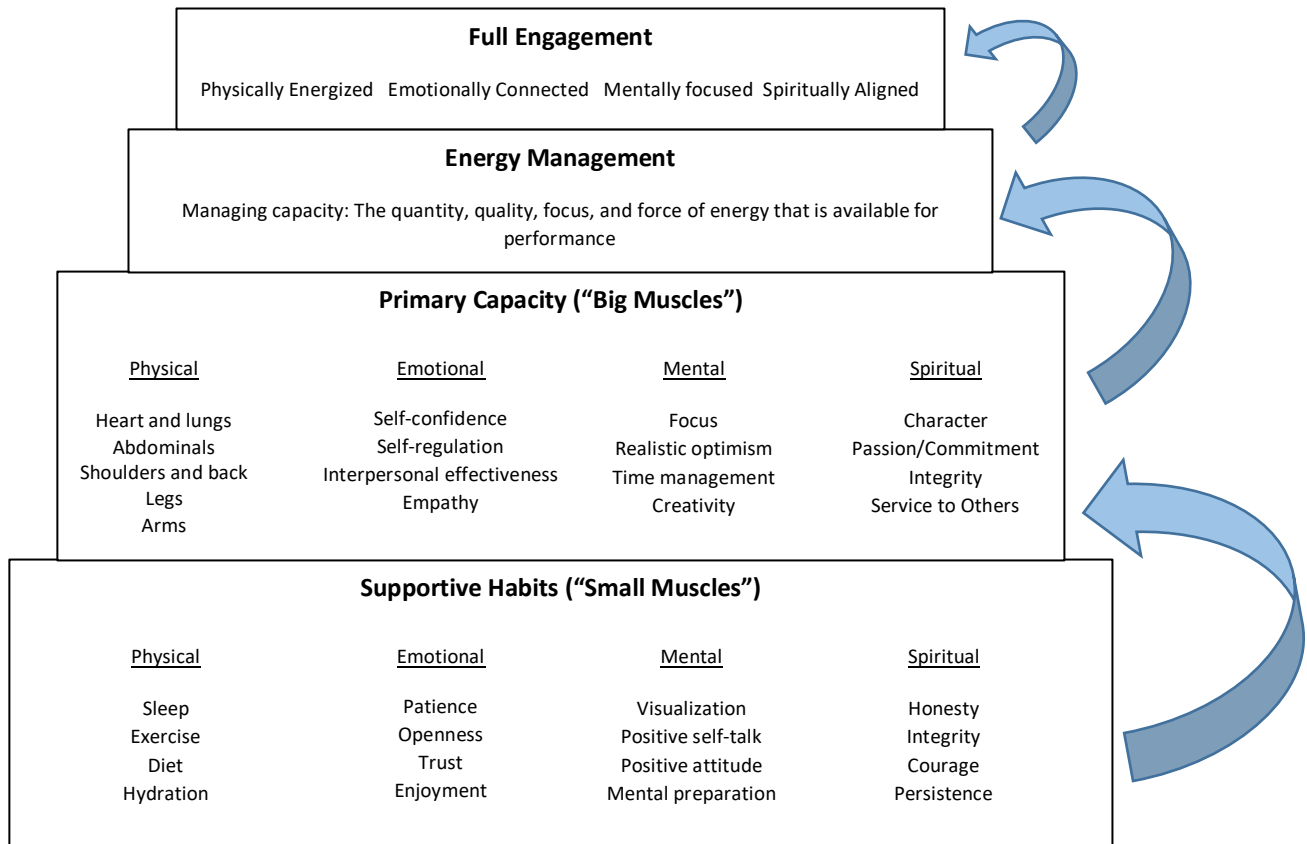
- Who are you at your best?

- Identify your deepest values:

Authenticity	Fairness	Health
Balance	Faith	Honesty
Commitment	Family	Integrity
Compassion	Friendship	Kindness
Courage	Generosity	Knowledge
Creativity	Genuineness	Loyalty
Empathy	Happiness	Perseverance
Excellence	Harmony	Responsibility

Perform a self-energy audit: energyprofile.perfprog.com/free





Strategize and Implement Ritual Building

Targeted muscle:

Value driving change:

Expected performance consequence:

Positive Energy Ritual Supporting Change	Launch Date