

## Ten Tips to Reaching Your Full Potential Worksheet

1. Have a hero/heroine and a mentor

Who are your heroes?

Who are your mentors?

2. Be your self

Who am I?

Who am I not?

3. Strive for diversity

What do I do to relieve stress?

How do I refresh my skills and career?

4. Don't undersell yourself

What are my strengths?

How do I share my strengths with others?

5. Have a support system

Who provides support for you?

Who moves you to action?

6. Set, choose, and act on values

What are three things you value?

How do you put your values into action?

7. Intern your dreams/have a plan

What is a goal you have?

What will you start doing today to reach that goal?

8. Take risks

What have you tried that is unique?

What will you do to stretch and expand your capabilities?

9. Be informed/education yourself

How do you consume and use media?

Who around you helps you learn?

10. Be good to yourself

What parts of your life need improvement?

What will you do to achieve better satisfaction with your life?

