

Personal Constitution Worksheet

1. I am at my best when? _____
 2. What I really Love to do at Work? _____
 3. What I really love to do in my personal life? _____
 4. My natural talents and gifts are (this is sometimes what comes easy to you that may not come easy to others, you can ask your family and friends what they would say)?

 5. If I had unlimited time and resources and I knew I could not fail what would I choose to do?

 6. Imagine your life as an epic journey with you as the hero/heroine of the story. What do you imagine your journey to be about? Complete the following statement by describing what you are doing, who is it for, why you are doing it, and what the journey's results are. My journey is..

 7. IMAGINE YOUR 80TH BIRTHDAY. WHO WILL BE THERE WITH YOU? WHAT TRIBUTE STATEMENT WOULD YOU LIKE THEM TO MAKE ABOUT YOUR LIFE?

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8. What do I consider to be the most important contribution to the most important people in my life?

 9. Are there things I feel I really should do or change, even though I may have dismissed such thoughts many times? What are they?

 10. Imagine three people you could have dinner with that have influenced the most past or present, personal or from afar. Write the name and the one quality you admire most in that person.

 11. Let's think of balance as a state of fulfillment and renewal in each of the four dimensions: physical, spiritual, mental, and social/emotional. What are the single most important things you can do in each of these areas that will have the greatest positive impact on your life and help you achieve a sense of balance?
 1. Physical _____
 2. spiritual _____
 3. Mental _____
 4. Social/Emotional _____