

# GETTING YOUR JUICES FLOWING

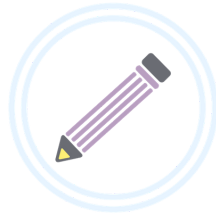


List five to seven things about yourself--things you like to do or that you're really good at, personal things (we'll get to your work life in a minute).

Just write down whatever comes to your mind; it doesn't need to make sense. Once you have your list, number the items down one side of the paper.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_





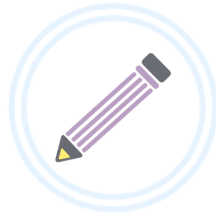
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## 2

Now create a list of things that you don't think you're good at or you don't like to do. Don't overthink it; just write down your thoughts.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_





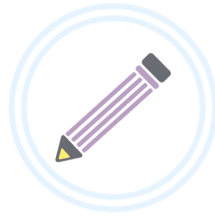
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Ask yourself: "If there were three to five products or services that would make my personal life better, what would they be?" This is your personal life as a man, woman, father, husband, mother, wife, parent, grandparent--whatever your situation may be.

Determine what products or services would make your life easier or happier, make you more productive or efficient, or simply give you more time.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## GETTING YOUR JUICES FLOWING

### 4

Ask yourself: "If there were three to five products or services that would make my work life better, what would they be?"

1. \_\_\_\_\_

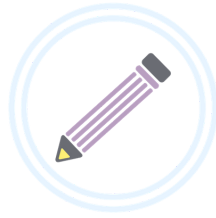
2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

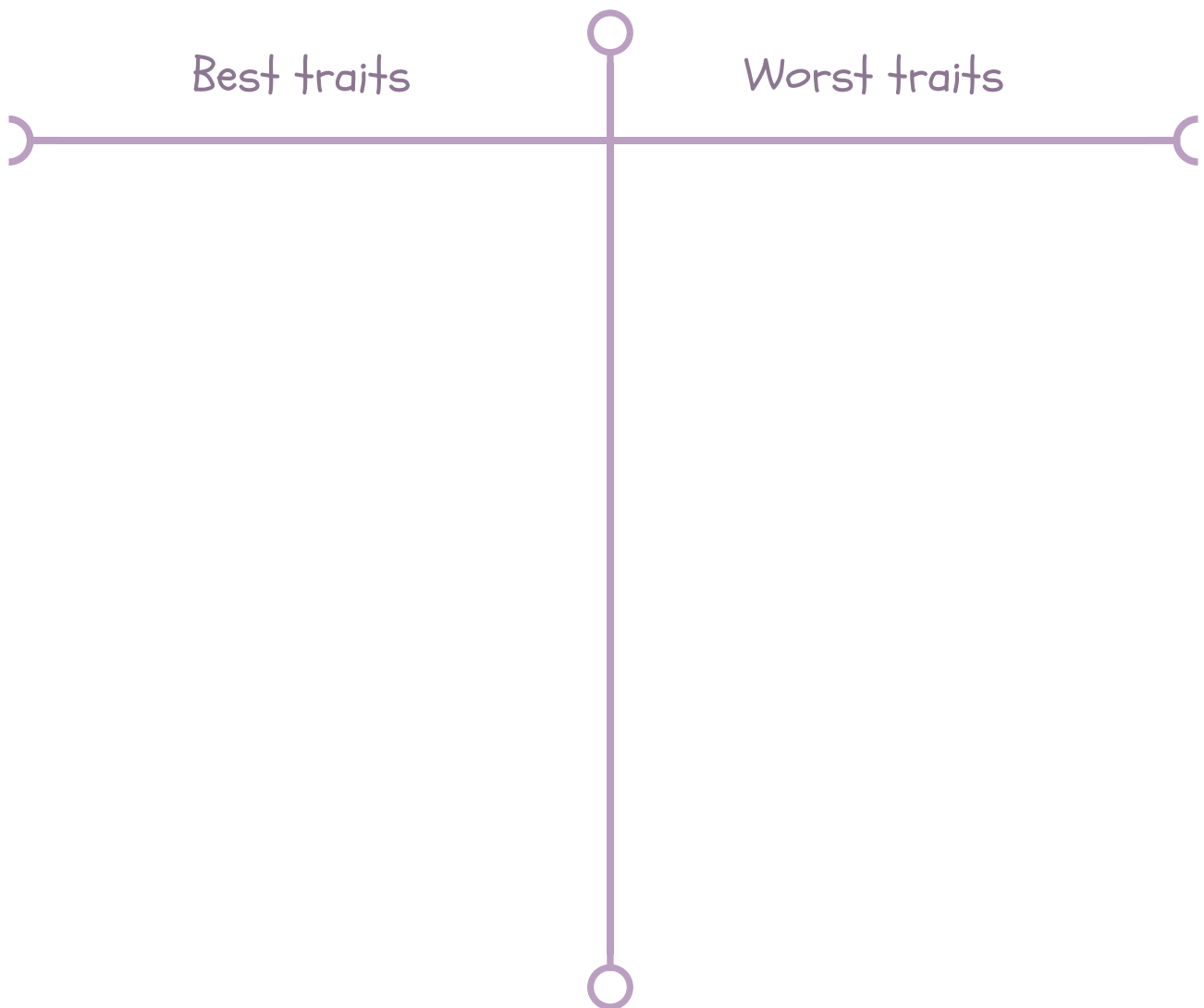


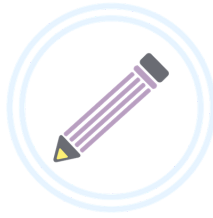


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5

Ask yourself: "What would others consider some of my best traits and what would they consider are my worst?"





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## 6

Now note, what patterns have emerged?

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From these patterns, what could you do?

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