

# My Wake Up Eager Worksheet

## ***My Strengths...***

Review your quiz results & list the three areas: Mind, Body, & Spirit where you're the strongest. Often times when we're strong in an area we take it for granted because it's easy for us.

But chances are that at some point in your life you worked on this area to make it strong. So, taking time to recall, reflect and 'bask' upon areas where you've built strength and well-being for yourself is **as important** as focusing on developing other areas.

List your strongest areas here with a focus toward how you can leverage these strengths in your life:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

## ***My Development Opportunities...***

Now, look at potential development opportunities, the areas where you rated yourself lowest. **What two areas 'pop' for you?** These are the items that you know will make the most difference in your life right now.

**Just list two** even if you see more that you want to improve. Pick the two that are most important for you, right now.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

Take the Free Wake Up Eager Re-calibrate Daily Here:  
<http://www.pricelessprofessional.com/define-motivation-survey.html>

[www.wakeupeager.com](http://www.wakeupeager.com)

*"If I improve and strengthen 1% a day,  
in 70 days I'll be twice as smart."*

## My Wake Up Eager Worksheet, page 2

### **My Re-Calibrate Daily Wake Up Eager Plan...**

Now, take a look at the two development opportunities you selected on the previous page. **Pick the one** that you're willing to begin focusing on now.

**Why one?** It helps build more momentum more quickly, which will ensure greater success. **Pick One & Attack It!**

I'm going to focus and "attack" this area:

\_\_\_\_\_

To get the process started tomorrow morning I'll take this first step: \_\_\_\_\_

**Action steps I'll commit to** over the next 30 days:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

To make this more real and to help me stay focused, I'll **share my plans with one other person** & have him/her check-in on my progress at the 15 & 30 day marks.

My check-in partner is: \_\_\_\_\_

<i>Today's date:</i> _____	<i>Check in Complete:</i> _____
<i>15 days:</i> _____	<i>Check in Complete:</i> _____
<i>30 days:</i> _____	<i>Check in Complete:</i> _____

**Get Wake Up Eager Habit Re-Calibrate Daily Resources for Each Item Here:**

<http://www.pricelessprofessional.com/define-motivation-survey.html>

Contact Suzie at Wake Up Eager:

<http://www.pricelessprofessional.com/contact.html>