

Personal Strengthening Program

Self reflection is a great way gain focus about who you are and who you want to be.

As a general rule the more you time you take to reflect and be thankful for today, especially if you have overcome difficulties in your past. The more clarity you have about where you are in your life, the more likely your life will have direction.

Your life is combination of everything good and bad that has happened to you or affected you. If any of those events did not transpire in the exact order that they did, your life would not be as it is. And this is where you need to be right now.

In order to focus on your present and future fully, it is recommended that you deal with your past. You must accept the good and the bad and find ways to deal with the past, so that it is not impacting your present in a negative way.

If you feel overwhelmed by the past, therapy would be a great way to work through that.

Coaches work with the present and future and are often not equipped to deal with a client's past.

The Top 5

Going through this list will help you become aware of what you do, do not do, need to do and want to do.

We strongly recommend that you work at your own pace. Pay attention to areas that you feel strongly about, as awareness is the first step to healing and creating your bright present.

The Past

Top 5 regrets in your life:

Top 5 worst things that ever happened to you:

Top 5 people you feel you have hurt in your past (even if you did not mean to!):

Write notes, make phone calls to apologize and alleviate your guilt. If that is not possible, perhaps ask your religious guide to forgive you on their behalf, or write a letter and don't send it. Telling someone else is also highly effective in cleaning out the past:

Top 5 people you wish you kept in touch with:

Top 5 best memories:

Top 5 things you have accomplished in your life:

Top 5 things you have accomplished in the last year. They do not have to be big things:

Your Present

Top 5 skills and personality traits you are most proud of:

Top 5 ways you relax and unwind:

Top 5 ways you have fun:

Try do at least one thing you enjoy a day!

Top 5 friends and family members:

Top 5 favorite events of your week:

Top 5 things you do for your health:

Top 5 things you do for your mind:

Top 5 things you do to reduce your stress level:

Top 5 reasons your family is grateful to know you:

Top 5 things you are grateful for:

Your Future

Top 5 things in your home life you want to change:

Top 5 things in your work life you want to change:

Top 5 projects you have been putting off:

Top 5 things in your social life you want to change:

**Top 5 things you would like to change
this year:**

Top 5 financial goals for this year:

Top 5 personal goals for this year:

**Top 5 fun things you want to do in your
life:**

Top 5 you would do if money were no object: