



ACTIVITY ONE

IDENTIFY YOUR TOP THREE VALUES:

Tick each one

Authenticity

Achievement

Adventure

Authority

Autonomy

Balance

Beauty

Boldness

Compassion

Challenge

Community

Connection

Competency

Contribution

Creativity

Curiosity

Determination

Fairness

Faith

Family

Friendships

Fun

Growth

Happiness

Health

Honesty

Humour

Influence

Justice

Kindness

Knowledge

Leadership

Learning

Love

Loyalty

Meaningful Work

Openness

Optimism

Peace

Pleasure

Present

Popularity

Recognition

Religion

Reputation

IDENTIFY YOUR HEALTH GOALS:

When you wake, how do you want to feel?

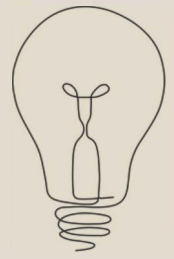
What is your exercise routine?

What is your nutritional choices?

What is your stress management techniques?

What is your sleep like?





IMPLEMENT YOUR S.M.A.R.T HEALTH GOALS:

Specific • Measurable • Attainable • Relevant • Time-bound

FOR EXAMPLE:

This year i want to feel more energetic. I will exercise in the morning, every workday. I will no longer have coffee in the afternoons. I will start a bedtime routine to work towards at least 7 hours of sleep per night.

S This year I wan't to

M I will keep myself accountable by

A I will start by doing

R I'm doing this because

T I will do this by

WHAT DOES CAREER SUCCESS MEAN TO YOU?

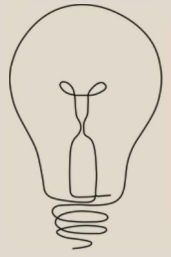
What are you up-skilling in the next 12 months?

How will you grow your network?

Who would you like to be mentored by?

How much money do you want to earn?





IMPLEMENT YOUR S.M.A.R.T CAREER GOALS:

Specific • Measurable • Attainable • Relevant • Time-bound

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