

# REINVENTION WORKSHEET (1)

I am open to change. \_\_\_ (*initial here*)

Name **ONE BIG THING** you want to change about yourself or your life\*:

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**\*If you're not sure, rate how happy you are with the following on a scale of 1-10:**

- Health \_\_\_
- Career \_\_\_
- Relationships \_\_\_
- Finances \_\_\_
- Personal Development \_\_\_

**Which one(s) have the lowest scores? Start there.**

# REINVENTION WORKSHEET (2)

**YOUR GOAL IS:**

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**List 3 weaknesses/barriers you must overcome in order to reach your goal:**

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

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

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

# REINVENTION WORKSHEET (3)

List 3 **strengths/opportunities** you have that will help you to overcome those barriers:

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

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

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

Name **ONE SMALL THING** you can do right now to get you closer to your goal:

\_\_\_\_\_

I have done the one small thing. \_\_\_ (initial here)