6 Questions to ask yourself in order to get to your personal greatness Part 3: The Highest Version of Your Future Self

NAME: DATE:

This worksheet is a supplement training guide to "6 Questions to ask yourself in order to get to your personal greatness Part 3: The Highest Version of Your Future Self" video published on May 30, 2016. Check out the link for our free resource: http://journeytopersonalgreatness.com/greatness-training-guide/

This worksheet is about the 3nd question to ask yourself in order to get to your personal greatness. We discussed the first one last week which is *What ONE ACTION can you take to keep moving forward?.* Today the question is, who are you becoming?

If you would like to maximize the benefits of self reflection, ask yourself questions that provoke your mind and force you to reconsider the way you live and the way you look at the world. The best questions to ask usher in a new perspective and remind us who we are, as well as who we aspire to be.

The power of self-reflection can serve to keep you in check, and to keep you focused on your journey to personal greatness. It's helpful to examine the visions of our future selves in close detail and break down everything that must be done in order to achieve them.

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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Homework: In the next page, you'll see 3 questions that you can ask yourself to get to your personal greatness.

Question #1: What has to happen to make this your best year yet?

Question #2: What has to happen to make this your best year yet?

Question #3: What is your highest vision for your future self?