Ten Tips to Reaching Your Full Potential Worksheet

1. Have a hero/heroine and a mentor
   Who are your heroes?
   Who are your mentors?

2. Be yourself
   Who am I?
   Who am I not?

3. Strive for diversity
   What do I do to relieve stress?
   How do I refresh my skills and career?

4. Don’t undersell yourself
   What are my strengths?
   How do I share my strengths with others?

5. Have a support system
   Who provides support for you?
   Who moves you to action?

6. Set, choose, and act on values
   What are three things you value?
   How do you put your values into action?
7. **Intern your dreams/have a plan**

   What is a goal you have?

   What will you start doing today to reach that goal?

8. **Take risks**

   What have you tried that is unique?

   What will you do to stretch and expand your capabilities?

9. **Be informed/educate yourself**

   How do you consume and use media?

   Who around you helps you learn?

10. **Be good to yourself**

    What parts of your life need improvement?

    What will you do to achieve better satisfaction with your life?