

## 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?

