

# You and Your Y

What word or phrase normally holds me back from being your authentic self?

What is a message you will replace it with?

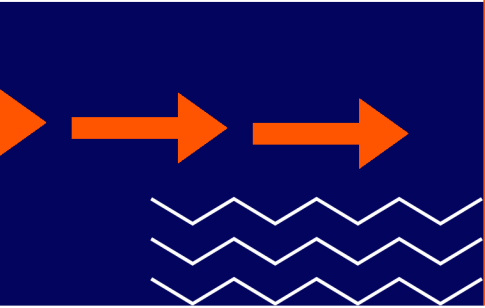
What currently brings you *JOY* and anabolic energy?

What *Barriers* do I need to overcome to experience Joy more often?

My *Ideal* life...

A year from now if my life was more purposeful and full of passion, what would it look like?





# Algorithm



## for finding your **Y**

**6. Unleash Potential** - What are the first steps to unleashing my potential?

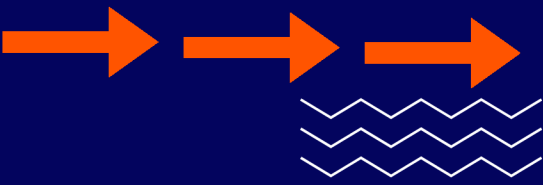
**5. It's not about me** - How does this realization free me to be more authentic?

**4. My Y** - What is my mission statement?

**3. Leverage Strengths** - How can I leverage my strengths in service to others in pursuit of my legacy?

**2. My Strengths** - What am I good at?

**1. My Legacy** - How do I want to be remembered?



**Current Next Steps**



**1/2 Way There**



**My Ideal Life**



What is my commitment level?

Who might my accountability partner be?

