

First Step to Success: Know yourself

How I learn best: Visual _____ - Auditory _____ - Tactile _____

What kind of learner am I? Social _____ Solitary _____

How my brain is currently wired: Left Brain % _____ Right Brain % _____

ECOLORS: How my personality is currently configured 1 _____ % _____

2 _____ % _____

Optional 3 _____ % _____

Optional 4 _____ % _____

My WHY.OS My personal operating system for life. (Dr Gary Sanchez)

Why : Your purpose or driving force _____

How: The way you live your why _____

What: The deliverable that you bring to the world _____

4 keys to a meaningful life... Answer honestly...

Family My family relationship is: Great! Good Average Poor Bad

Faith Belief in something greater than myself: _____

Friends I have 1 or more close friends that I can confide in: YES NO _____

Affiliation I am affiliated with an organization that shares my values: YES NO _____

Circle all that you feel apply to you.

The person you are is not the person people see: External conflict

The person you are is not the person I want to be: Internal conflict

The person you are is the person you want to be: Internal Harmony

The person you are is the person that people see: External Harmony

Describe your long term goal in sports: