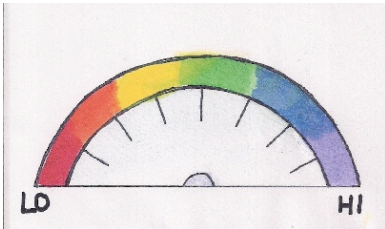


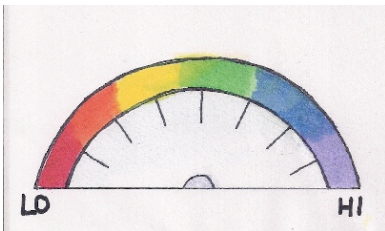
# Quick Quarterly Check-In

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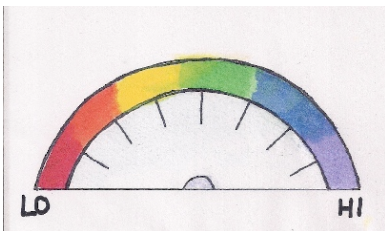
Draw an arrow where you feel it belongs, on each spectrum (use your intuition to feel it).



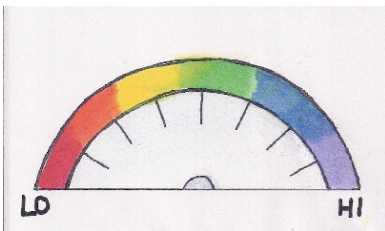
**Living Connected with My True Self**



**Living Aligned with My Core Values**



**Attending to Non-Urgent but Important Goals**



**Living Aligned with My Life Vision**

Celebrate what you're doing well.

Notice what you would like to give your attention to during this next quarter.

## **For the Next Quarter**

Write quickly, from your heart. First thoughts are usually the most accurate.

### **Intentions for How I Want to Be:**

Ask yourself what energies, within you, are yearning to be expressed.

### **Most Meaningful Goals:**

Look at page 1 and see what evolves from there.

### **Key Coaching Focuses:**

Let this be a big picture view, subject to tweaking, as your process emerges.