WHOLENESS IS A GOAL AS WELL AS A WAY OF LIVING

1. What are my values, where do I place importance?
2. How are these values in my life now prioritized?
3. Where am I in conflict with my values in my everyday living?
4. Where is there conflict between my espoused values--how my values are stated--and how I actually live?
5. How can I begin to make corrective changes to bring me more in harmony with my values and my priorities?
6. Where do I have to take risks to be successful?
7. Where do I have to take new risks "just to like me?"
8. Where do I have to put meaning into my life?
9. What are the "shoulds and oughts to do" that I find myself responding to... but they are not my "shoulds?"

Make an emotional contract with yourself. To develop such an agenda, consider the following questions.

1. What is wasting my life?
2. What have I allowed to come into my life and to climb on my back that is now "heavy to carry?"
3. What causes me stress, discomfort, disease?
4. Why do I want to be promoted?
5. What tragedies do I want to prevent in my life? Where could I or am I threatened?
6. What are my priorities (what is important to me)?
7. What six changes do I want to make in the way I am leading my life?
8. How is "fighting" (or not fighting) stifling my life?
9. Where do I wish to invest me in myself?
10. What do I want to add to my life and career?
11. What do I want to remove from the way I am living now?
12. What are the things that make me great, good and grand?
13. What are my competitive edges?
14. What am I doing about making myself into a winner, winning at what things and winning in what situations?
15. Where is my career agenda violating my total living agenda?
16. Where do I have to put more of me into my job?
17. Where do I have to take part of me out of my job?
18. What do I want to do differently in the next 30 days?