

NAME:

DATE:

My Clifton strengths: (www.gallup.com/cliftonstrengths)

My personality profile: (www.16personalities.com)

My achievements:

My moments of resilience:

MY ONE THING

90 DAY ACTIONS

12 MONTH GOALS

GIC's AND BUCKET LISTS

My key life roles:

My role models and anti-heroes:

MY PERSONAL BRAND

What I stand for:



MY VALUES

(Values Creator @ www.christophermiller.co.nz)

MY PURPOSE

(Purpose Creator @ www.christophermiller.co.nz)

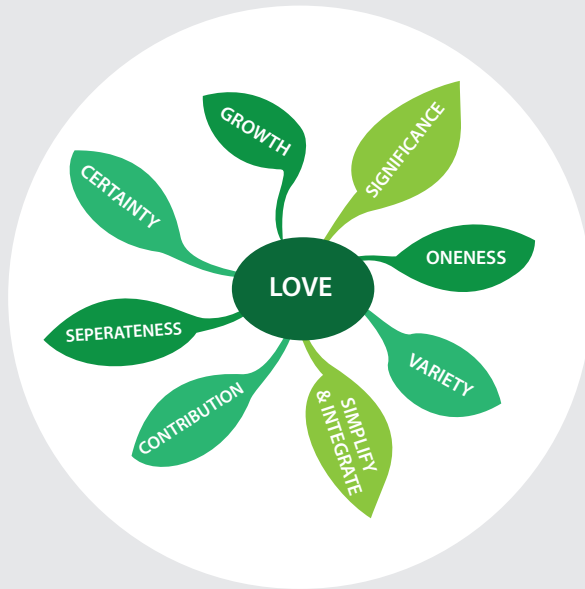
GIC: Greatest Imaginable Challenge

For assistance and inspiration completing Life on a Page, please contact chris@christophermiller.co.nz

Inspired by Gallup, Stephen Lynch, Tony Robbins, Howard Gardener, Daniel Goleman, Jim Collins, Tom Rath, Jim Harter, Gary Keller / Jay Papasan

Our Human Needs

(Inspired by and adapted from T. Robbins)

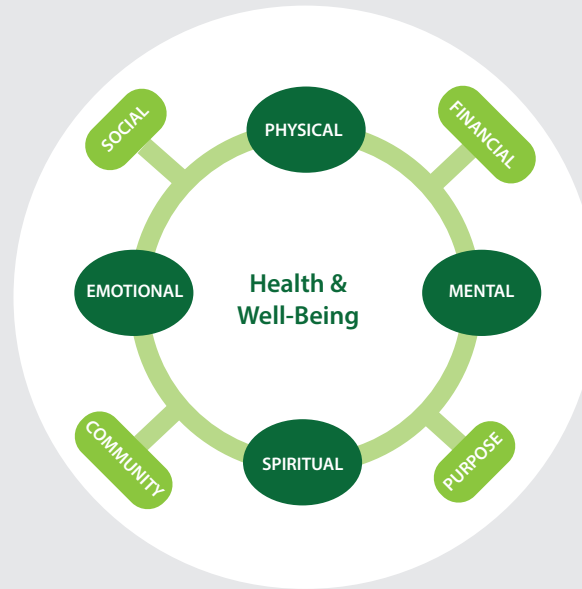


Which is your primary need right now?

How do you feed this need consistently?

Health & Well-Being

(Inspired by and adapted from T. Rath & J. Harter)

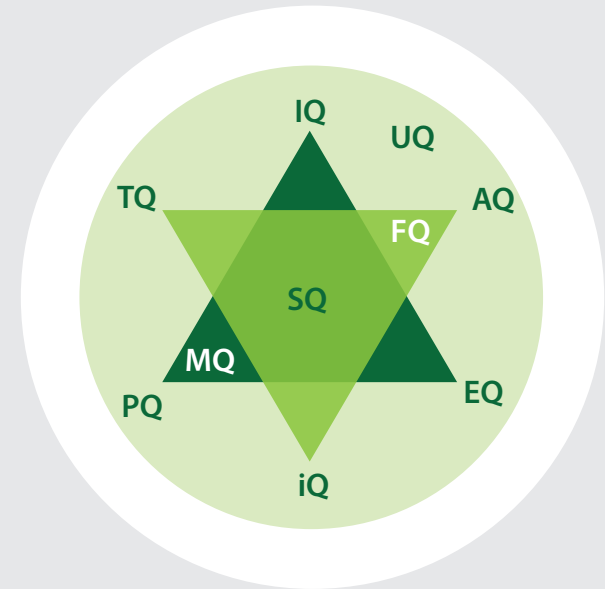


What is your greatest Health & Well-Being Challenge at the moment?

What is the most important action you can take to lift one or more elements of your Health & Well-Being?

Accessing Intelligence

(Inspired by and adapted from H. Gardner & D. Goleman)



Which intelligence is your greatest strength?

How can you leverage this strength to acheive your goals?

