



# HIGHWAY

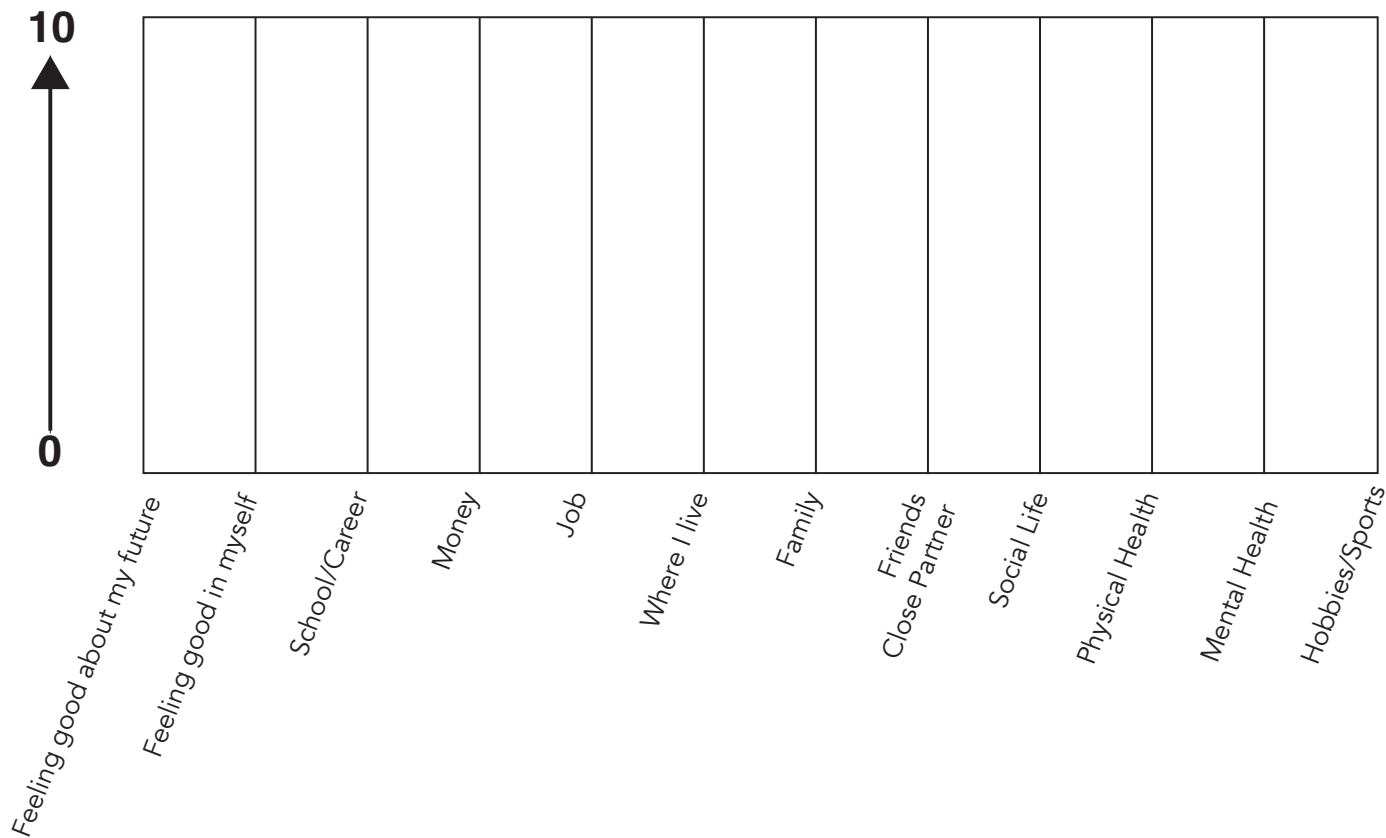
FOUNDATION

CLARIFY YOUR DIRECTION

*Personal Check-In*

# Personal Check-In

Let's take a moment to reflect on how you feel about different parts of your life today. This will give you a great start on what you want for yourself. Please rate yourself on a 0-10 basis ('0' being the lowest and '10' being the highest rating - this is you at your best). Place a dot on the vertical line where you think you sit today. Remember that this is just how you feel today. The good news is that tomorrow is another day, and you can always change your life. This is not an exercise on self-judgement but more about clarifying what is important and what you would like to focus your energy on in the future. So let's begin! Being aware of your needs is the first step.



Now you can see where you sit today across your life, what grabs your attention? Where do you feel needs your focus? Please write 3 things you would like to focus on in the next 3 months and more importantly why.

1. What?

Why?

2. What?

Why?

3. What?

Why?

*If you would like to reflect and get support on how you want to focus on these 3 things for the next 3 months, we welcome you to join a Highway Journey Group. We can help you move forward with what you want to do and where you want to go!*