

PEOPLE TEND TO
OVERESTIMATE
WHAT CAN BE DONE
IN ONE YEAR AND TO
UNDERESTIMATE
WHAT CAN BE DONE
IN FIVE OR TEN
YEARS.

"YOU CAN'T CONNECT THE DOTS LOOKING FORWARD; YOU CAN ONLY CONNECT THEM LOOKING BACKWARDS. SO YOU HAVE TO TRUST THAT THE DOTS WILL SOMEHOW CONNECT IN YOUR FUTURE. YOU HAVE TO TRUST IN SOMETHING - YOUR GUT, DESTINY, LIFE, KARMA, WHATEVER. THIS APPROACH HAS NEVER LET ME DOWN, AND IT HAS MADE ALL THE DIFFERENCE IN MY LIFE." STEVE JOBS

Directions: Enjoy reflecting on good things that have happened during these past 3 months (i.e., quarter :). This is an exercise. You can include this month as a part of your quarter or the 3 months prior to this month.

REFLECTING ON THIS QUARTER

AN IMPORTANT SUCCESS IN EACH AREA WAS:

SPIRITUAL

MEANINGFUL RELATIONSHIP

MEANINGFUL RELATIONSHIPS

FINANCIAL

PHYSICAL

INTELLECTUAL

VOCATIONAL

SOCIAL

SERVICE

OTHER AREAS

MY PRIORITIES THIS PAST QUARTER WERE:



THINGS I AM GRATEFUL FOR FROM THIS QUARTER



Directions: The previous page made you think about good things from past 3 months. Now, spend time thinking about what you look forward to these upcoming 3 months (i.e., quarter). As you do this, suspend worry, fear, and thoughts of scarcity. ONLY write what you look forward to, without thinking about "how" or "how likely," those things are to happen.

-|-|-|-|"YOU CANNOT STEER A PARKED CAR."-|-|-|-

WHAT DOES THE ABOVE QUOTE MEAN TO YOU? _____

THE UPCOMING QUARTER

IN EACH AREA, I AM LOOKING FORWARD TO:

SPIRITUAL

MEANINGFUL RELATIONSHIP

MEANINGFUL RELATIONSHIPS

FINANCIAL

PHYSICAL

INTELLECTUAL

VOCATIONAL

SOCIAL

SERVICE

OTHER AREAS

NEW HABITS I WANT TO PRACTICE ARE:

- _____
- _____
- _____
- _____
- _____

EVENTS I AM EXCITED ABOUT FOR THE UPCOMING QUARTER ARE:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____