

AM I?
to

I AM!

YOUR DREAMS • YOUR GOALS • YOUR LIFE



**PRE-EVENT
JOURNAL**

LET'S JUMP RIGHT IN!

Dear Friend,

I am excited that you have chosen to make a commitment to realize your dreams, goals and passions. We are the stewards of the most incredible gift...Life. It is in our nature to honor that gift by becoming the greatest version of ourselves we are capable of.

The upcoming seminar, Am I? to I Am!, is designed to help you discover your true values and aspirations so you can align your goals with what matters to you.

But it's important not to wait to begin those discoveries. In fact there is no time like the present to get started! The book you are holding right now can be used to start making some distinctions and discoveries of what is important to you in the time leading up to the event. Taking action NOW will help you gain momentum as the big day approaches. These notes are for your eyes only, unless you wish to share.

I look forward to sharing this journey with you as you discover...

Your Dreams • Your Goals • Your Life!

Until we meet...Live a Life that Inspires!

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2016 GOALS

THE YEAR IN REVIEW

EXERCISE: Whether you wrote them down or not, what were some of the goals you had in 2016?

2016 GOALS

THE YEAR IN REVIEW

EXERCISE: Of the goals that you *accomplished*, what was it about that goal or goals that excited you?

2016 GOALS

THE YEAR IN REVIEW

EXERCISE: What actions did you take toward that goal that you found enjoyable?

2016 GOALS

THE YEAR IN REVIEW

EXERCISE: What barriers did you have to break through or changes did you have to make in order to accomplish that goal or goals?

2016 GOALS

THE YEAR IN REVIEW

EXERCISE: Why do you think you were able to break through these barriers or make these changes?

2016 GOALS

THE YEAR IN REVIEW

EXERCISE: What actions did you need take but didn't follow through on?

2016 GOALS

THE YEAR IN REVIEW

EXERCISE: What about barriers seemed too difficult and caused you to stop short of success?

EMOTIONAL VALUES

FAVORITE EMOTIONS

EXERCISE: Reflect on the prior day, week and year. What are some of the feelings that you have had that you would like to have more of?

EMOTIONAL VALUES

LEAST FAVORITE EMOTIONS

EXERCISE: Reflect on the prior day, week and year. What are some of the feelings that you have had that you would like to avoid in the future?

EMOTIONAL VALUES

LEAST FAVORITE EMOTIONS

EXERCISE: What happened to cause this feeling or feelings?

INSPIRING MOMENTS

WHAT INSPIRED YOU?

EXERCISE: Reflect upon the prior day, week and year.
What are some of the things that you have seen that have excited or inspired you?

INSPIRING MOMENTS

WHO INSPIRED YOU?

EXERCISE: Who in your life inspires you? How and Why?
