

LIFE ON A PAGE

Chris Miller Coaching



MY ONE THING

NAME:

DATE

My Clifton strengths: (www.gallupstrengthscentre.com)

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

My achievements:

My moments of resilience:

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.chrismillercoaching.co.nz)

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

MY PURPOSE

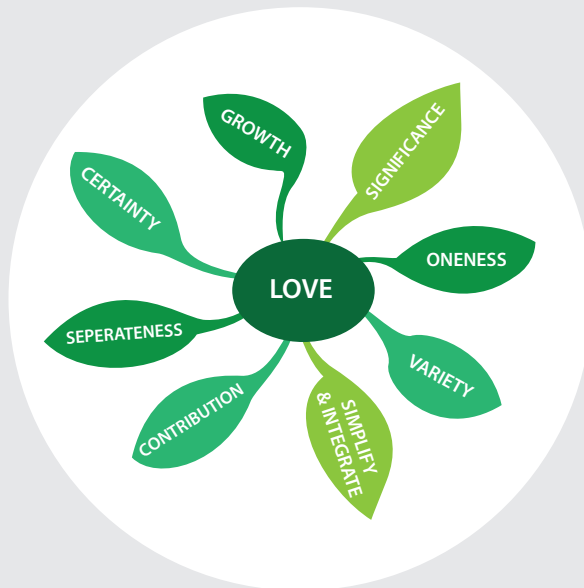
(Purpose Creator @ www.chrismillercoaching.co.nz)

GIC: Greatest Imaginable Challenge

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

Our Human Needs

(Inspired by and adapted from T. Robbins)



Health & Well-Being

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



Accessing Intelligence

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



Which is your primary need right now?

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

Which intelligence is your greatest strength?

How do you feed this need consistently?

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

How can you leverage this strength to acheive your goals?

