



3 Words to Guide Myself in My Relationships

If I had to choose 3 words to define how I am, and how I want to be **at my best**,
the 3 words would be:

1. _____

2. _____

3. _____

I chose these words because ...

When I see myself 'being' these words in my relationships, I feel:

Source: This tool is based on proprietary concepts from High Performance Institute's Certified High Performance Coach Program™. Do not duplicate or distribute without permission. Thanks to Brendon Burchard!

Be Clear Be Energized Be Grateful