**LEAP Self Discovery Worksheet**

Instructions: Reflect on the following questions - be honest with yourself! Circle the answers that best align with your experience. After each section, assign yourself one action item to begin your journey towards the LEAP.

***L****istening to your intuition*

On a scale of 1 - 5 (5 being extremely comfortable), how comfortable do I feel ***L****istening to my intuition*?

1 2 3 4 5

On a scale of 1 - 5 (5 being extremely successful), how successful have I been when ***L****istening to my intuition?*

1 2 3 4 5

On a scale of 1 - 5 (5 being very dedicated), how dedicated am I to improving my ability to ***L****isten to my intuition?*

1 2 3 4 5

What is the next step I can take to improve my ability to ***L****isten to my intuition*? For example, meditate for five minutes each day for a week to see how I feel, read a book on meditation practices, or try a yoga class.

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***E****xpecting less than perfect*

On a scale of 1 - 5 (5 being extremely comfortable), how comfortable am I with ***E****xpecting less than perfect* from myself?

1 2 3 4 5

On a scale of 1 - 5 (5 being extremely comfortable), how comfortable am I with ***E****xpecting less than perfect* from others*?*

1 2 3 4 5

On a scale of 1 - 5 (5 being extremely easy), how easy will it be for me to improve my ability to ***E****xpect less than perfect?*

1 2 3 4 5

What’s the next step I can take to improve my ability to ***E****xpect less than perfect*? For example, list fears that might be leading to perfectionist tendencies, test one hypothesis with a micro experiment, take micro breaks at work when I feel I need to perfect something or imagine how I would feel if I shelved a good idea.

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***A****sking for help*

On a scale of 1 - 5 (5 being extremely comfortable), how comfortable am I with ***A****sking for help*?

1 2 3 4 5

On a scale of 1 - 5 (5 being extremely good), how good am I at being specific about what I need when I am ***A****sking for help?*

1 2 3 4 5

On a scale of 1 - 5 (5 being extremely easy), how easy will it be for me to begin ***A****sking for help?*

1 2 3 4 5

What’s the next step I can take to improve my ability to effectively ***A****sk for help*? For example, make a list of things that might benefit from another perspective, identify people who might be able to help me, prepare specific requests or offer more help to others when asked.

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***P****racticing gratitude*

On a scale of 1 - 5 (5 being extremely comfortable), how comfortable am I with ***P****racticing gratitude*?

1 2 3 4 5

On a scale of 1 - 5 (5 being extremely good), how good am I at***P****racticing gratitude?*

1 2 3 4 5

On a scale of 1 - 5 (5 being extremely committed),how committed am I to ***P****racticing gratitude?*

1 2 3 4 5

What’s the next step I can take to better ***P****ractice gratitude*? For example, write down one thing I’m grateful for every day or make a point to recognize and thank someone weekly.

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