

SOFIA LIFELEAD

Answer these questions thoughtfully to help bring awareness and clarity to your life and to help you make better choices. Better choices lead to a more fulfilled and successful life.

INNER WORK: SPIRITUAL GROWTH:

WE ARE SPIRITUAL BEINGS HAVING A HUMAN EXPERIENCE:

HOW DO I CONNECT WITH GOD?

AM I RIGHTEOUS? DO I FOLLOW GOD'S GIVEN LAWS?

DID I FORGIVE MYSELF FOR MY PAST MISTAKES?

WHO DO I NEED TO FORGIVE?

AM I GRATEFUL FOR MY LIFE AND THE BLESSINGS IN IT?

AM I KIND AND COMPASSIONATE TO OTHERS?

WHAT OR WHO NEEDS TO LEAVE MY LIFE FOR ME TO BE MORE CONNECTED SPIRITUALLY?

LIFELEAD PERSONAL GROWTH:

DO I EAT HEALTHY AND EXERCISE? HOW DO I FEEL IN MY SKIN ?

WHO DO I WANT TO BECOME?

WHAT ARE MY CORE VALUES?

WHAT LEGACY DO I WANT TO LEAVE BEHIND? HOW CAN I CONTRIBUTE TO HUMANITY?

WHAT ARE MY STRENGTHS AND HOW CAN I USE THEM TO BENEFIT MY PERSONAL LIFE AND MY PROFESSIONAL CAREER?

WHAT ARE MY WEAKNESSES? HOW CAN I WORK ON MY WEAKNESSES TO BECOME A BETTER VERSION OF ME?

WHAT ARE MY PRIORITIES?

WHAT ARE MY NON NEGOTIABLES?

WHAT DO I ENJOY MOSTLY DOING? MY HOBBIES?

ARE MY DAYS WELL PLANNED?

DO I REST AND RECHARGE?

HOW ARE MY CORTISOL LEVELS?

WHAT BOOKS AND/OR COURSES DO I NEED TO HELP ME BECOME THE BEST VERSION OF ME?

WHAT DO I FEEL IS MISSING IN MY LIFE? HOW WILL I BENEFIT IF I HAVE IT?



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LIFELEAD CAREER GROWTH:

AM I PASSIONATE ABOUT MY JOB? IS IT ALIGNED WITH MY GOD GIVEN TALENTS ?

DO I LEARN FROM THE BEST? WHAT COURSES CAN BENEFIT ME?

WHAT BOOKS CAN I READ THAT CAN UP-SKILL MY KNOWLEDGE?

DO I HAVE THE MINDSET OF A LIFE TIME LEARNER?

HOW CAN I IMPROVE MY PERFORMANCE AT WORK?

DO I HAVE A POSITIVE IMPACT ON MY WORKING ENVIRONMENT?

LIFELEAD LEADERS:

WE ALL HAVE A LEADERSHIP ROLE AND IT DOES NOT HAVE TO BE WITH A TITLE. TO BE A PINNACLE LEADER WE SHOULD ANSWER AND REFLECT ON THE FOLLOWING QUESTIONS:

AM I HONEST AND TRUSTWORTHY ?

AM I LEADING WITH A CLEAR END VISION?

DO I LEAD BY EXAMPLE?

DO I INSPIRE? AM I PASSIONATE?

IS MY EGO UNDER CONTROL? AM I HUMBLE?

AM I COMPETENT? DO I HAVE THE ABILITY TO SCAN THE HORIZON?

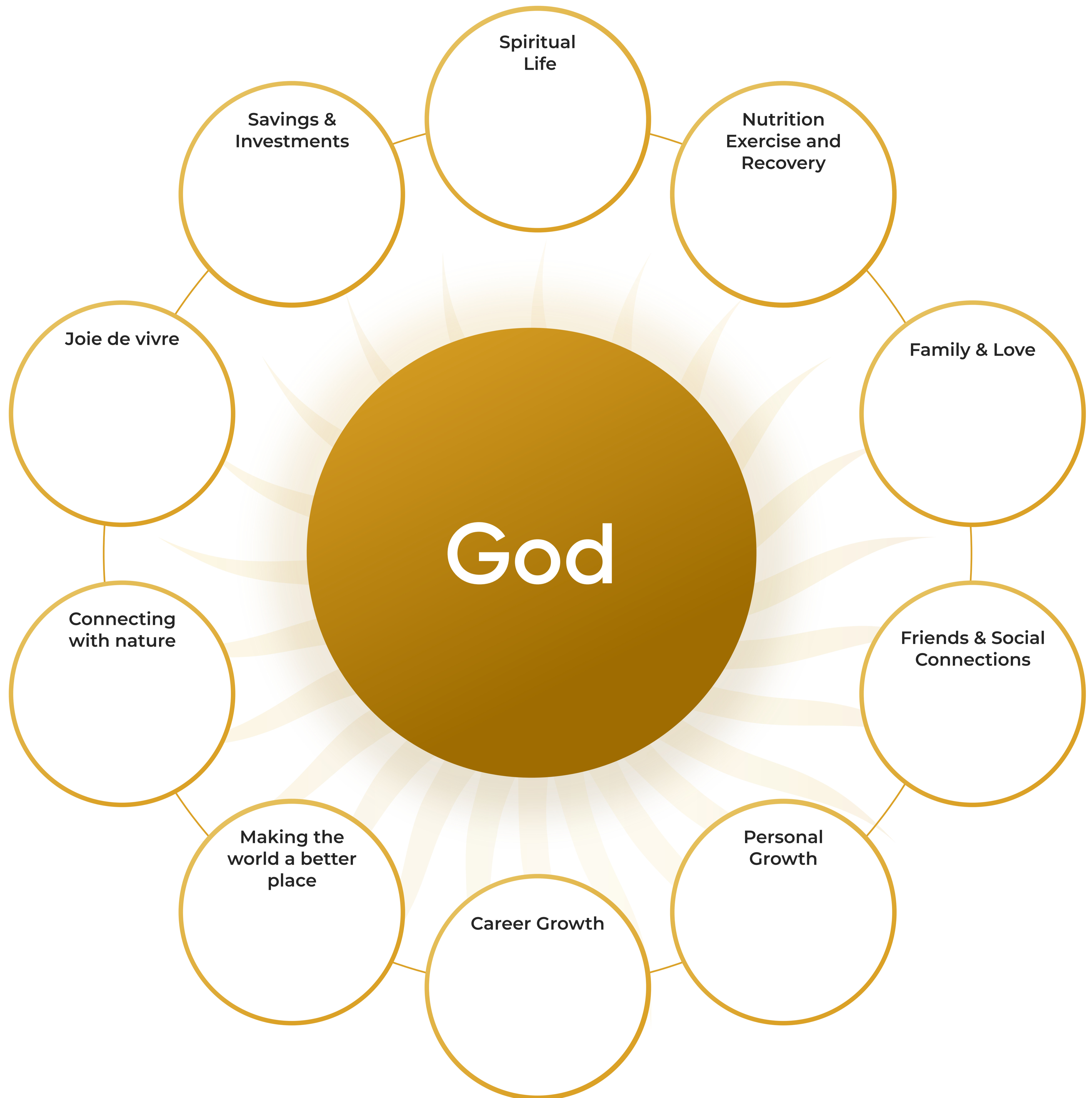
AM I A GOOD LISTENER? AM I A GOOD COMMUNICATOR?

AM I CONSISTENT AND COMMITTED?

DO PEOPLE FOLLOW MY VISION BECAUSE THEY HAVE TO OR BECAUSE THEY WANT TO?



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Lifelead Success Wheel Scorecard: 1 To 10.
10: Very Satisfied 1: Not Satisfied

| Attribute | Score | How can I improve my score? |
|---------------------------------|-------|-----------------------------|
| Spiritual Life | | |
| Nutrition Exercise & Recovery | | |
| Family & Love | | |
| Friends & Social Connection | | |
| Personal Growth | | |
| Career Growth | | |
| Making the world a better place | | |
| Connecting with nature | | |
| Joie de vivre | | |
| Savings & Investments | | |



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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|--------|---------|-----------|----------|--------|----------|--------|
| 9:00 AM - 10:00 AM | | | | | | | |
| 10:00 AM - 11:00 AM | | | | | | | |
| 11:00 AM - 12:00 PM | | | | | | | |
| 12:00 PM - 01:00 PM | | | | | | | |
| 01:00 PM - 02:00 PM | | | | | | | |
| 02:00 PM - 03:00 PM | | | | | | | |
| 03:00 PM - 04:00 PM | | | | | | | |
| 04:00 PM - 05:00 PM | | | | | | | |
| 05:00 PM - 06:00 PM | | | | | | | |

