

Revisiting Your Purpose, Unique Abilities, and Values over Time

Chapter 2: Career

Circumstances, time, experience, and insight will have you rethinking your purpose, your unique abilities, and your values. That's normal. Optimal even.

To make sure you're regularly reevaluating, I'd highly recommend opening your calendar, and choosing a date three months from now to schedule an hour or two for your next review. Record it below.

Day and time for my three-month review:

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book