

VALUE SHIFT WORKSHEET

Goal:

Primary Challenge:

S.M.A.R.T. Value Shift:

	<i>Assets (Advantages, Strengths, etc.):</i>	<i>Liabilities (Disadvantages, Weaknesses, etc.):</i>
<i>Internal: Within Your Control</i>	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
	<i>Opportunities (Positive chances or trends):</i>	<i>Threats (Negative changes or trends):</i>
<i>External: Beyond Your Control</i>	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.

Please send an email to info@stre.me for questions or feedback.

<i>Sparks:</i>	<i>Positive Outcomes:</i>					<i>Negative Outcomes:</i>				
	1.					1.				
	2.					2.				
	3.					3.				
	4.					4.				
	5.					5.				

Ask and answer this question everyday, **did I/we make progress today.**

Week	1							2							3							4							Sub-total									
Yes:																																						
No:																																						

Step 1 After 28 Days: Assess Your Results

How many times did you make progress towards overcoming your challenge? _____

What did you achieve? Please describe in 20 words or fewer.

Are any Positive Sparks tangible? If so, which ones, and how?

Are any Negative Sparks tangible? If so, which ones?

What do you want to do about the Negative Sparks?

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