

Nava

**WELCOME
TO EXPRESS
TO SUCCESS**

www.withnava.com

Nava



**LET'S
DISCOVER
OURSELVES**

www.withnava.com



What's your dream?

Nava

www.withnava.com

Write down your answer below...

Nava



What is a powerful question?



Write down your answer below...

Nava



- What are 3 strengths you can think of right away?

- What are you proud of in your life? What do you like about yourself?

- Where do you feel most comfortable?

- What's the best present you have received?

- When have you felt most energised? What were you doing?



www.withnava.com

Write down your answers...

1. What are 3 strengths you can think of right away?
2. What are you proud of in your life? What do you like about yourself?
3. Where do you feel most comfortable?
4. What's the best present you have received?
5. When have you felt most energised? What were you doing?

Nava

Complete your wheel of life.

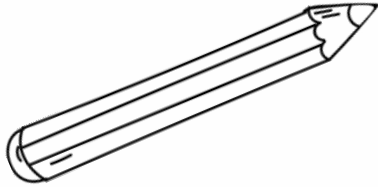
Rate the areas from **1 -10**



Add your answers in the table below

Career	Family & Friends	Significant Other / Romance	Fun & Recreation
Health	Money	Personal Growth	Physical Environment

Nava



**Draw and/or
write down your
visualisation.**



Draw and/or write down your visualisation.

REFLECTIONS

A large, empty rectangular box with a thin black border, intended for writing reflections. It occupies the central portion of the page.