

## Defining Your Level 5

Whether you are seeking personal or professional growth, goals related to mental, emotional, physical, career, financial, and spiritual wellness are all in play in **Level 5 EQ**. Beginning with the end in mind you are then provided with the understanding needed to help you achieve the goals in life that matter most to you and those you care for most.

The list below provides you with insight into the benefits available to you through a one-to-one coaching, team coaching, group coaching, or workshop program. You choose your goals, your **Level 5 EQ** program provides you with the understanding needed to achieve them.

Whether or not you achieve **Level 5** will be up to you. You can learn a great lesson in life, and from this, develop the understanding needed to accomplish your goals. Consistent action, through ongoing self-discipline, is required to realize all that is possible for you.

### Personal

- To know who I am
- To know why I am in this world
- To know where I am going and how I am going to get there
- Understanding what it means to be my best self
- Develop **Level 5** communication skills
- Fulfill my potential
- Improve the relationship with my self
- Be a better Christian
- Self-confidence
- A better relationship with my spouse/partner
- A better relationship with my children
- Teach my children what it means to be their best self
- A better relationship with other family members
- Lose weight AND keep it off
- Workout consistently
- Save more money

Break bad habits

Work/life balance

Understanding how to stop doing things for others that take me away from the things I want to do for myself

Peace of mind, joy and fulfillment

Stop selling myself short

More time for things outside of work, especially my self

The ability to say 'No' to others and 'Yes' to my self

More freedom and choices in my life

### **Professional**

Enhance leadership skills

Increase sales

Develop **Level 5** communication skills

Improve customer service, retention and referrals

Improve team dynamics, culture and productivity

A better connection with staff/employees/team

Maximize the growth of my business/organization

More control over my career

Greater job responsibility

Understanding how to work less while not negatively impacting my career

Can you add to the list? If so, please fill in the spaces provided below.

What I also want/need is...



In addition to the things you desire, there are things you don't need. Please check each item below that pertains to you.

What I have that I don't need is...

Stress	Anger
Frustration	Envy
Anxiety	Greed
Resentment	Self-Doubt

Can you add to the list? If so, please fill in the spaces provided below.

What I have that I don't need is...

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- 
- 
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Go back over each list. Have you checked off or added everything you want more and less of in life, as well as in your career/business? As described by previous clients this is going to be the experience of a lifetime. As such, ensure your lists represent the life you desire for your self and those you care for most.