



Pause + Reflect Worksheet

Grab a journal and set some time aside when you are feeling the need for clarity, realignment and focused direction in your work. You can complete this worksheet by yourself or exchange time with a trusted friend or colleague.

List your Core Values. (Unsure of your Core Values, [discover them here.](#))

What part/s of my work am I most excited about? Why?

What part/s of my work am I questioning? Why?

What part/s of my work is there flow right now?

What part/s of my work feel stuck?

What are my strengths?

What part/s of my work am I leaning into my strengths?

How do I want to feel in my work?

What is my definition of success? What does great look like for me?

What have I said YES to from a place of ego or feeling like I should?

What am I curious about and want to take action on?

What part/s of my work do I need support from others to take action?

What part/s of my business do I need to place on a "not yet" list and save until another time?

Where does fear come up in your work? Why?

What are 3 actions that you can take to create clarity and direction with what you have learned from this reflection?