



MEMBER PROGRESS CHECKLIST

What does career progress and a good quality of life mean to you? The meaning is different for every-one and only you have the answers. When we make progress in our life and career we feel great. When we are not experiencing progress it usually means it's time for a change. As our careers grow, shift, and expand, what we want in our life, and what we want to accomplish, changes too. Often we become busy and forget to take time to re-evaluate our goals and stretch for new ones. Committing to our goals and setting deadlines to achieve them brings progress, and progress brings contentment and joy. No one can answer the below questions and put the answers into motion but "you" and when you do, we can't wait to celebrate with you. Let's put our decisions and actions in motion. It's ok to dream. If we don't take time to dream how will our dreams ever become reality.

Coming up with a plan takes a few minutes - it's up to you to follow through and execute. We like to do this exercise at the beginning of every month and review it at the end to see all that we accomplished and achieved. Don't forget to take time to celebrate your wins - big and small. Cheers to your decision to live the life that you deserve.

YOUR CAREER:

What three things do you love about your career and what you do?

- 1.
- 2.
- 3.

If "the sky were the limit" in your career, what changes or leaps would you make? Let's take some time to dream.

- 1.
- 2.
- 3.

What three goals and deadlines will help you move forward with the above leaps?

If a leap seems daunting, set small steps with calendar deadlines:

- 1.
- 2.
- 3.

QUALITY OF LIFE:

What three things about your quality of life do you love?

- 1.
- 2.
- 3.

What three things about your quality of life would you like to change or improve?

- 1.
- 2.
- 3.

What three things would help you accomplish the above improvements?

- 1.
- 2.
- 3.

Set and list three calendar deadlines that will help you move forward with the improvements above and in the process help you achieve a better quality of life for you.

- 1.
 - 2.
 - 3.
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YOUR COMMUNITY OF SUPPORT

Having a supportive community around us can make all of the difference.
Let's take a look at how we are supported:

List your communities of support below and how they support you:

- 1.
- 2.
- 3.

List three areas where you would like more support and set deadlines for finding them:

- 1.
- 2.
- 3.