

Activity 1- Answer the following questions:

1. What would you do if money wasn't an issue? (What matters to you most in the world?)
2. What gets you in that flow state? (When do you feel that time doesn't exist?)
3. What makes you unique? Reach out to five people you are close to. Kevin reached out to three close friends and two family members. Here is an example text message,

"Hey _____! I am participating in an ImpactRX Workshop with RealLeaders. Really quick, I was wondering if you could let me know what you think makes me unique. It doesn't have to be long, just one thing that makes me who I am. I appreciate it!"

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

Activity 2- Before reflecting upon your peers answers as to what makes you unique, answer the question yourself. What are five things that YOU think make you unique?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

Activity 3- Is who you think you are in line with who others think you are?

Spend some time analyzing whether you are living a life of congruence. Do any of the unique characteristics your peers identified in you overlap with the ones you identified in yourself? Circle them.

Activity 1- Let's do some MATH

STEP 1-

Avg Age of Retirement (67)
(MINUS) Your Age

= _____

STEP 2- # from Step 1 (x) 24 hrs day (x) 7 days week (x) 52 weeks/year =

STEP 3- Add the number of hours you sleep per night and the number of hours you work per day together (8hrs of sleep + 8hrs of work = 16 hours). Multiply this # by (x) 5 days/week (x) 52 weeks/year (x) # of years until retirement (67-Age) =

STEP 4- NOW, take that number and divide by the hours you have left in your career (the # found in Step 2). This will give you the percentage of your life dedicated to work.

MY % _____

Activity 2- Choose one uniqueness that you and your peers both identified in yourself. What impact are you looking for in your life and on others lives through your work, and how are you working toward this result? Spend time drafting INTENTION STATEMENTS following the formula below.

“My intention is to **VERB, ADVERB ADJECTIVE YOUR UNIQUENESS** that result.”

EXAMPLE- My intention is to have the most meaningful conversations that change lives.

Activity 1- Eliminate 3 things from your life that are not in congruence with your intention.

1. _____

2. _____

3. _____

Activity 2- Write three things you will do that will replace the time made available.

1. _____

2. _____

3. _____
