

# BUILDING YOUR ROADMAP WORKSHEET

## CORNERSTONES

Emotional Well Being	
Physical Well Being	
Nutritional Well Being	
Sleep Well Being	

## YOUR COMPASS

1. What is your purpose?	
2. Why do you work?	
3. What goes here?	

## 3 VERSIONS OF YOU

Option 1	
Option 2	
Option 3	

## RESOURCES

Who can you talk to? Can you try on new ideas?	
--	--

## OTHER THOUGHTS

One action today?	
Tomorrow?	
This week?	
This month?	