



start with gratitude

WHAT FIVE THINGS BRING YOU THE MOST GRATITUDE?

1.
2.
3.
4.
5.

strengths

NAME YOUR THREE GREATEST STRENGTHS. WHAT DOES IT FEEL LIKE TO STAND IN A PLACE OF GRATITUDE?

values

WHAT DO YOU HOLD DEAR THAT MAKES THAT GRATITUDE EASY TO FEEL?

opportunity

WHAT IS AVAILABLE TO YOU WHEN YOU HOLD YOUR STRENGTHS AND VALUES CLOSE TO YOU? WHAT ARE YOUR PRIORITIES?

Call me for coaching when you want to dig deeper.



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