



## Welcome to the **RE-START** Challenge!

Here we all are ... two years plus after the beginning of a pandemic. If you found this, you are probably ready to **refocus or refresh YOUR life!**

By actively participating in this **RE-START** challenge you will gain clarity on what is important to you, your strengths and how you want to use those to establish your goals.

During the next **four days**, you will have the opportunity to identify and and articulate:

The **STRENGTHS** that make you **WHO YOU ARE** and the **VALUES** that **YOU CARE ABOUT** along with the **GOALS** you wish to achieve to create a **STRATEGIC VISION** for **WHAT** you wish to accomplish.

Plan to spend between 15 minutes and 1 hour per day for four days for a total time commitment of 1 hour to 4 hours.

**LET'S GET STARTED!**

## Day 1: STRENGTHS and WHO YOU ARE

Instructions: Take stock of your strengths and capture these in the space below. Consider taking one or more strength's assessment below to add to your knowledge of yourself.

[Clifton Strengths](#)

[High 5 Test](#)

[Keirseey Temperament](#)

[Myers Briggs](#)

[YouScience](#)

Strengths:



## Day 2. YOUR VALUES - WHAT YOU CARE ABOUT

**Instructions:** Reflect on your attitudes, beliefs and values that are essential for you to live your best life filled with meaning and joy and capture in the space below. Consider taking one or more value's assessment below to add to your knowledge of yourself.

[VIA Strengths](#)

[Values Worksheet](#)

[Values Clarification](#)

**Or, select 4 or 5 core values you feel are most important to you.**

Kindness  
Faith  
Hope  
Joy

Integrity  
Loyalty  
Respect  
Service

Adventure  
Fun  
Learning  
Teamwork

Tolerance  
Courage  
Work Ethic  
Perseverance

Family  
Individuality

\_\_\_\_\_  
\_\_\_\_\_

Key Values:

### Day 3: GOAL YOU WISH TO ACHIEVE

**Instructions:** Reflect on your deepest desire or priority goal for yourself. Capture your goal in the space below.

Key Goal:

### Day 4: CREATE A STRATEGIC VISION FOR WHAT YOU WANT TO ACCOMPLISH

**Instructions:** Align your progress from Days 1-3 to create a Strategy Vision Statement for the goal you wish to achieve in the space below:

I am (insert strengths):

I value (insert values):

I will optimize these strengths and values to reach my goal of (insert goal):

# **CONGRATULATIONS! You have completed the RE-START Challenge!**

**This is an exciting step towards reaching your goal!**

**Interested in exploring the entire START process to further build a plan to achieve your desires and goals?**

**Contact Ruth Beauchamp [here](#) to schedule a complimentary and confidential call to learn about coaching and START courses or register for our self-paced START online course [here](#).**

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