

## Your mind is your most powerful resource

Print out this worksheet, think through the questions, and write down your answers in the spaces provided. After that, paste this page somewhere prominent that you will see everyday, like on your bedroom/bathroom mirror, or your wardrobe door.

What are your dreams and passions?  
If you know you could not fail, what would you attempt to do?

What are your talents? What are you good at?  
What do you enjoy doing?

What are your goals for this year?  
In sports? In studies? (or in any other area?)

Circle the words below that best describe you.

Passionate	Dreams	Driven	Optimistic
Excellence	Committed	Dedicated	Confident
Determined	Hardworking	Unwavering	Meticulous
Focused	Positive	Resilient	Persistent

Feel free to email your thoughts to me and I would be happy to help you along your journey to achieving your dreams.