



with Dr Audrey Tang & Sharon Lawton

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Create your storyboard (feel free to add images)

1. Where are you now? (Career, time of life, current accomplishments)
2. Where did you begin?
3. How did you get where you are now? (Think about significant moments – this is a powerful exercise because we can get so caught up with the person we've become that we may forget that we had skills we used previously)
4. What (or who) motivates and inspires you?
5. What have you learned so far?
6. What highs, lows and challenges came your way?
7. What does the future hold?



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I would pair this with the VISION Board for future goal setting.

Identify:

- Career Goals
- Personal Goals
- Financial Goals
- Motivational Quotes
- People who are important in your life/those you are grateful for

Then create a collage of images, placing it somewhere that you will be able to see it and retain your focus.

Images do not need to be of you, they can be of the setting you aspire to thrive in; or of longed for possessions; or an "ideal"

Always include the last point which looks at gratitude – never get so caught up with where you are going you forget what you have!

