

LOVE-LED

ROADMAP FOR SELF REFLECTION



LISTEN

What are you saying & thinking about yourself, others, the situation that makes you or others upset?



OBSERVE

What are you doing that isn't helping or healthy for yourself or others?



VALUE

What are your top 3 values and is what you are saying or doing in line with them?

1

2

3

LEARN

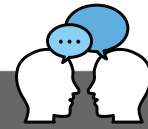
What did you learn from that discussion? Write your insights down.



5

EXPRESS

Who is in your Inner Circle (friend, coach)? Pick one of these people, share your answers & ask for feedforward.



4



EXPLORE

If your success was completely guaranteed, what bold changes might you choose?

6

DECIDE

What action(s) have you chosen? What support do you need for the next step(s)?



7

questions adapted from Vogt, Brown & Isaacs (2003)

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