Ten Tips to Reaching Your Full Potential Worksheet

1. Have a hero/heroine and a mentor
   
   Who are your heroes?

   Who are your mentors?

2. Be your self

   Who am I?

   Who am I not?

3. Strive for diversity

   What do I do to relieve stress?

   How do I refresh my skills and career?

4. Don’t undersell yourself

   What are my strengths?

   How do I share my strengths with others?

5. Have a support system

   Who provides support for you?

   Who moves you to action?

6. Set, choose, and act on values

   What are three things you value?

   How do you put your values into action?

7. Intern your dreams/have a plan

   What is a goal you have?

Nancy Franz, ISU School of Education Professor Emeritus
What will you start doing today to reach that goal?

8. Take risks

What have you tried that is unique?

What will you do to stretch and expand your capabilities?

9. Be informed/education yourself

How do you consume and use media?

Who around you helps you learn?

10. Be good to yourself

What parts of your life need improvement?

What will you do to achieve better satisfaction with your life?