



Transformation Continuum Worksheet

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Transformation Continuum
Courage To Care

1. Explore something you care about that requires courage to make it happen.
2. Discover the future you want to realize, and your potential you want to realize.
3. Identify your top three actions you will take to keep on your transformation continuum.

What is something I **care** about that requires immense courage to make happen?

What **potential** do I want to realize in myself?

What **future** do I want to realize?

What **top 3 actions** will I take to keep me realizing my potential and future?

1.

2.

3.

Be Courageous Example

What is something I **care** about that requires immense courage to make happen?

“Helping as many people as possible achieve breakthroughs by overcoming their fears and blocks.”

What **potential** do I want to realize in myself?

“Developing the skills, competencies and energy to be the global champions of courage.”

What **future** do I want to realize?

“Courage for every person in every moment.”

What **top 3 actions** will I take to keep me realizing my potential and future?

1. *Help one person, one team and one organization every day*
2. *Create and give away one free transformation tool every month*
3. *Build an ever expanding global network of Courage Ambassadors*