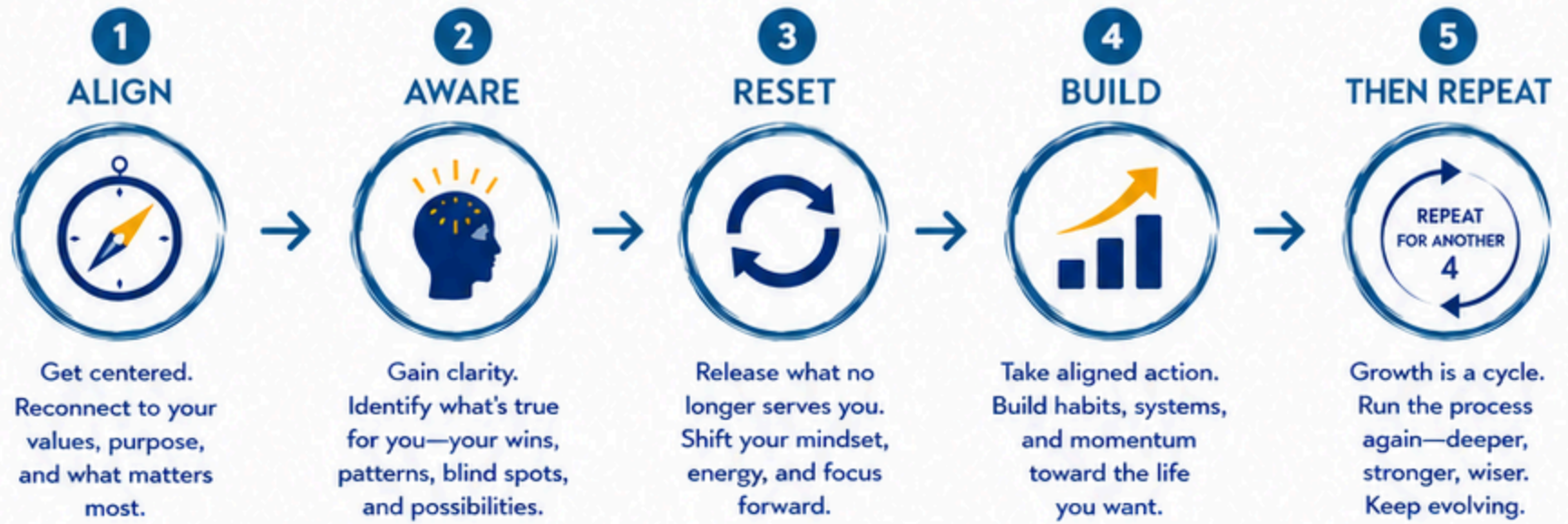




# The Ultimate Source Process



..... THIS IS YOUR CYCLE. YOUR LIFE. YOUR ULTIMATE SOURCE. ....

♥ *Let's pause and pray. Take a few quiet moments to invite God in and listen.* ♥

Write any thoughts, impressions, or nudges you receive.

- 1 Where am I... and what do I actually want?
- 2 What will you do if one or more of the six Challenge Areas shows up?
- 3 What is your micro goal for the week?
- 4 What is the first step to the first step of that micro goal?
- 5 What Ultimate Source Life Areas will you implement if you get stuck?
- 6 What Ultimate Source Life Area(s) will you use to build momentum or help you complete that micro goal?
- 7 What stood out to you the most in this session?

## THE ULTIMATE SOURCE 12 LIFE AREAS™

Service & Giving Back _____	Curiosity & Learning _____	Nutrition & Water _____
Spirituality & Faith _____	Balance & Fulfillment _____	Movement & Momentum _____
Relationships & Connecting _____	Adventure & Pioneering _____	Goals & Organization _____
Gratitude & Attitude _____	Passion & Purpose _____	Rest & Relaxation _____