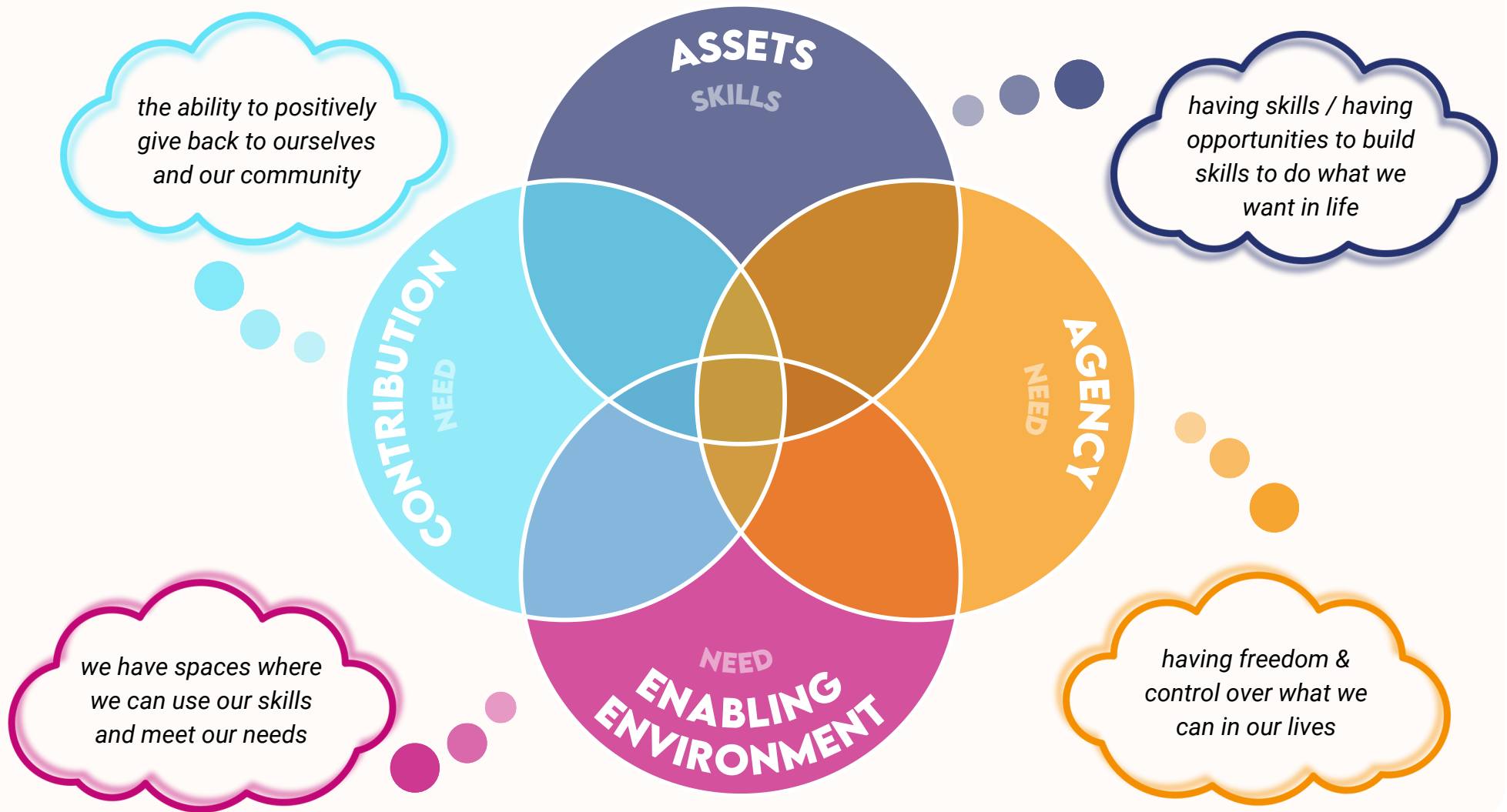




# LET'S THINK ABOUT THIS

## LEVELING UP TOOL

Aight, so here's the deal. We all want to develop to be our best selves, and what your "best self" looks like is going to look totally different to that of others (because we're all one-of-a-kind people!). One way we can all "level up" in our lives is by focusing on some universal areas of human development, and taking steps to grow! **Lets learn a bit more, and dive into some reflection questions after:**



# FINDING OUR AUTHENTICITY ✨ LEVELING UP TOOL



Hold onto those universal areas you just reviewed, we'll come back to those. For now, you're invited to share your thoughts on the below questions to get an idea of **how you want your future to look** in a few different areas:



## EMOTIONAL & MENTAL WELL- BEING

When do you feel  
most calm, confident,  
& happy?



## PERSONAL VALUES & IDENTITY

What values are most  
important to you?  
What identities do you  
hold and love about  
yourself?



## RELATIONSHIPS & COMMUNITY

What kinds of  
relationships do you  
want to build?



## DREAMS & GOALS

What dreams & goals  
excite you the most?



## PHYSICAL & LIFESTYLE HEALTH

What habits, routines,  
& activities support  
the best version of  
you?

# LETS GET STARTED LEVELING UP TOOL



Okay, now that we know the areas we're considering, we need to reflect a bit more on ourselves. This will allow us to know what areas we're feeling pretty good about, what areas we could possibly benefit from looking a little more into, and what areas we are really feeling the struggle in! **Try out these questions and see what you learn about yourself:**

What skills do you **want to gain** or **have & want to use** to do what you want in life?

What spaces **do you have** or **would you be interested in creating** that allow you to use your skills or meet your needs?

Where do you feel like you **have control or autonomy in your life?** Where do you feel like you **do not, but could?**

In what ways do you feel like you **give back to yourself or others**, or you **would be interested in trying?**

ASSETS

ENABLING  
ENVIRONMENT

AGENCY

CONTRIBUTION

# LET'S KEEP GOING LEVELING UP TOOL



It can be pretty challenging to self-reflect on these areas, as they are rather ambiguous and big. If you find yourself stuck on the previous page, consider asking yourself “What would those that know me super well believe I would say in response to each question?” Based off your answers, **do you believe you have an idea on what steps you can take to grow in each area?**

**I SURE DO!** 

**I SURE DON'T!** 

Embark on a journey...

...to the next page

That's okay! Let's dive...

...a little deeper

## ASSETS

*Not sure what to focus on?*

Try filling out the..

[40 Developmental Assets](#)

or the

[Check-Out My Skills](#)

tool(s)

## ENABLING ENVIRONMENT

*Not sure what spaces do what or how to create one?*

- Write out your **skills** & how you could use them and your **needs** & ways they can be met
- Brainstorm spaces that can use your skills & meet your needs

## AGENCY

*Stuck feeling like nothing is in your control?*

Try filling out the..

[Sphere's of Influence](#)

tool

## CONTRIBUTION

*Feeling stuck on this one?*

- What communities (school, dog shelters, queer groups, etc.) would you like to aid?

Consider checking out a [Self-Love Rainbow tool](#) in contributing to yourself

# LET'S WRAP-UP LEVELING UP TOOL



You did it! There's a good chance you learned something new about yourself (or reinforced what you already knew), and now is our opportunity to take those learnings and make use of them. Using what we reflected & wrote on Page 2, **let's go ahead and start taking some steps in planning for how we can grow & develop into the best version of ourselves!**

My name is \_\_\_\_\_ and..

.. I am going to **start** to ..

.. I am going to **continue** to ..

.. I am going to **stop** ..

.. because it supports me in..

- |                                                      |                                                                    |
|------------------------------------------------------|--------------------------------------------------------------------|
| <input type="checkbox"/> Building Assets (skills)    | <input type="checkbox"/> Contributing to Myself / My Communities   |
| <input type="checkbox"/> Building My Sense of Agency | <input type="checkbox"/> Having an Enabling Environment to Grow In |

Others can help me by ..