THE BETTER YOU

Invest in Yourself, One Win at a Time
PARTICIPANT WORKSHEET

Business Solutions
CARROLL COMMUNITY COLLEGE
carrollcc.edu/business-solutions

The healthier and more capable you become, the more you have to offer.

1. Who Are You Investing In?

Your most important investment is you. The goal isn't perfection; it's continual growth toward the next, better version of yourself.

When I'm at my best, what becomes possible for the people around me?

Where would becoming healthier help me make a greater impact—in my work, relationships, family, or community?

2. Your Personal Investment Portfolio

Rate each domain from 1 (needs significant attention) to 10 (strong and sustainable). This is a compass, not a scorecard for your worth.

What would a healthier version of me look like here?

PHYSICAL _____ / 10
Energy, movement, rest, nourishment
A healthier me: _____

COGNITIVE _____ / 10
Learning, focus, mindset, curiosity
A healthier me: _____

EMOTIONAL _____ / 10
Awareness, resilience, relationships
A healthier me: _____

SPIRITUAL _____ / 10
Purpose, values, meaning, connection
A healthier me: _____

Which domain most needs my attention right now—and why?

If I strengthened this domain, how might my capacity for impact increase?

3. Protect and Grow Your Energy

Notice what restores your energy and what consistently drains it. Small adjustments can help you sustain your contribution over time.

ENERGY GIVERS

ENERGY DRAINS

One boundary, routine, or small change that could protect my energy is:

4. Create Space Between Stimulus and Response

When pressure rises, a pause can help you choose a response rather than react automatically.

SETTLE
Ground your body. Pause, plant your feet, and take a slow, steady breath.

SENSE
Notice what is happening. Name the emotion and physical signals you feel.

SHIFT
Step back and observe. Ask: What response best fits my values and purpose?

Think of a recent frustration. What might change if you pause, name what you feel, and choose your next move?

5. Choose Your Next Win

A win of commission is an intentional action you add. A win of omission is an unhelpful action you choose to avoid or reduce. A stackable win strengthens more than one area of life.

One small action I can ADD (commission):

_____
_____
_____
_____

One unhelpful behavior I can REDUCE or AVOID (omission):

_____
_____
_____
_____

How could one small action strengthen more than one domain (stackable win)?

_____
_____
_____
_____
_____
_____
_____
_____

6. My 30-Day Investment Commitment

Choose something small enough to repeat, meaningful enough to matter, and specific enough to track.

For the next 30 days, my daily/weekly win will be:

_____
_____
_____
_____
_____

I will do it when/where:

_____
_____
_____
_____

The person/domain this will help me serve better is:

_____
_____
_____
_____

How I'll Notice Progress

I'll know it's making a difference when:

_____
_____
_____
_____

WHAT'S YOUR WIN?
One win. One day. Then again tomorrow.