

The Heroes Circle

General Module Worksheets



Welcome to The Heroes Circle program. The program has been designed to assist you in your self-transformation and make achieving your dreams more exciting and fulfilling.

The practice of assessing your progress and making course corrections, allows you embody the teachings more readily. Those who participate in the self-assessment process tend to learn and develop much more rapidly.

Thus, use the worksheets provided for the whole program. As you do so, it becomes more natural and easy to follow and keep it going.

The following page is a generic worksheet, to be completed after each bi-monthly Life Quest, and before the next workshop. The worksheets can be added together to make your own personal record of your heroes journey.

You might impress yourself someday, when you decide to look back over the ground you covered and insights you gained.

The Heroes Circle™ Program

Worksheet Instructions

INSTRUCTIONS: After each Life Quest, fill out the date and module you are working on. Then complete the answers to questions relevant to performing this module.

1. **Measure Yourself.** Measure how well you carried out your life quest. (1 being lowest, 10 being highest).
2. **Write It Down.** After completing your life quest, write down your experience and insights below. Writing makes you capture it and think about it on another level.
3. **Do A Gut Check.** Explore your feelings now. Then spend the next two weeks thinking what really impacted you at a gut level. What got to you about this life quest? What moved you? Inspired you? Hurt you? (**etc.**)
4. **Acknowledge and Action.** After you have completed your Workshop and Life Quest on this module, acknowledge your successes. List at least five successes you enjoyed as a result of embracing this module. Assess the best action to take. And then pursue it with all you've got.

Module # _____ Title: _____

Date: _____

The Heroes Circle™ Program Worksheet - Use for all 24 Modules

1. Measure yourself:
2. Write it down (Experiences and insights):
3. Do a gut check (moved and inspired):
4. Acknowledge and action: