



## Getting Back in the Groove (Without Feeling Like a Broken Record)

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### The Groove

What does the groove feel like?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

The essence of the groove is \_\_\_\_\_.

The engine of the groove is \_\_\_\_\_.

### The Essence: The Five Growth Areas

What does the groove feel like?

1. \_\_\_\_\_ Keyword: \_\_\_\_\_
2. \_\_\_\_\_ Keyword: \_\_\_\_\_
3. \_\_\_\_\_ Keyword: \_\_\_\_\_
4. \_\_\_\_\_ Keyword: \_\_\_\_\_
5. \_\_\_\_\_ Keyword: \_\_\_\_\_

### The Engine: Finding Your Next Step

You only need “one to grow on.”

**Growth Area 1:** \_\_\_\_\_

Where I want to be: \_\_\_\_\_

Where I am now: \_\_\_\_\_

My next step will be: \_\_\_\_\_

I will take it by (date): \_\_\_\_\_

**Growth Area 2:**\_\_\_\_\_

Where I want to be:\_\_\_\_\_

Where I am now: \_\_\_\_\_

My next step will be: \_\_\_\_\_

I will take it by (date): \_\_\_\_\_

**Growth Area 3:**\_\_\_\_\_

Where I want to be:\_\_\_\_\_

Where I am now: \_\_\_\_\_

My next step will be: \_\_\_\_\_

I will take it by (date): \_\_\_\_\_

**Growth Area 4:**\_\_\_\_\_

Where I want to be:\_\_\_\_\_

Where I am now: \_\_\_\_\_

My next step will be: \_\_\_\_\_

I will take it by (date): \_\_\_\_\_

**Growth Area 5:**\_\_\_\_\_

Where I want to be:\_\_\_\_\_

Where I am now: \_\_\_\_\_

My next step will be: \_\_\_\_\_

I will take it by (date): \_\_\_\_\_

**Fuel for the Engine:**

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