

5:5:5 WORKSHEET

90 Days Challenge Workshop

🔍 Complete this before the workshop. This reflection sets the foundation for your transformation. Be honest with yourself—this is for you, not for show. Your most valuable insights come from gut-level honesty.

1. The 5 People You Trust Most in Life

Who do you turn to when things get real? Who sees you at your most vulnerable—and still shows up?

Person 1 and Why You Trust Them:

Person 2 and Why You Trust Them:

Person 3 and Why You Trust Them:

Person 4 and Why You Trust Them:

Person 5 and Why You Trust Them:

2. The 5 Mentors You Aspire to Be Like

They don't need to know you personally. What do they have, do, or embody that you're working toward?

Mentor 1 and What you Admire About Them:

Mentor 2 and What you Admire About Them:

Mentor 3 and What you Admire About Them:

Mentor 4 and What you Admire About Them:

Mentor 5 and What you Admire About Them:

3. Your 5 Greatest Weaknesses

Not flaws—just the gaps between where you are and where you want to be. What holds you back or drains your energy?

Weakness 1 -- What It Is and How It Shows Up:

Weakness 2 -- What It Is and How It Shows Up:

Weakness 3 -- What It Is and How It Shows Up:

Weakness 4 -- What It Is and How It Shows Up:

Weakness 5 -- What It Is and How It Shows Up:

Bring This to the Workshop

Your completed worksheet is the starting point for your 90 Days Challenge journey. We'll use your answers during the 2-hour workshop to personalize your roadmap and identify which breakthrough to tackle first. See you soon!