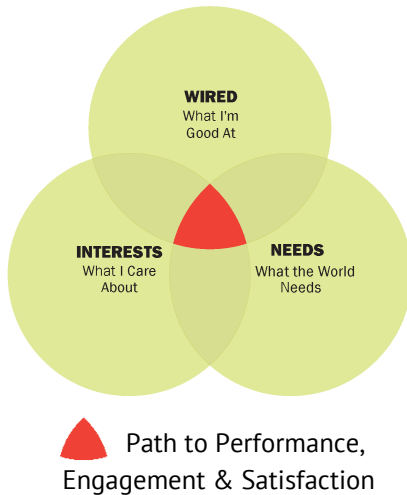


# The W.I.N. Worksheet

Individual Reflection and Connection



When you use your innate **Wiring** to meet **Needs** in areas that are of **Interest**, you engage and excel naturally, creating a greater sense of meaning that can lead to greater satisfaction and success.

Use this W.I.N. Worksheet to assess your strengths and interests and to provide insight over time as you determine a path for meaningful success in all areas of your life including school or career, leisure activities, family, and community.

**W** **WIRED:**  
What am I naturally good at?

*What comes naturally to me? When am I at my best? When do I feel energized?*

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**I** **INTERESTS:**  
What do I like, like to do, and care about?

*What subjects do I enjoy? What activities do I like? What do I care about in the world?*

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**N** **NEEDS:**  
What opportunities exist for me?

*The world, my community, my workplace, and my family benefit from my contribution. What needs do I see?*

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