DREAM THINK DO
WITH MITCH MATTHEWS

A QUICK HIT EXERCISE

GETTING CLEAR ON YOUR WHO

3 Names That Could Change Everything

1 LOOK BACK

WHO HAS HELPED YOU GET HERE?

YOUR GRATITUDE NAME

- Who has believed in you?
- Who has encouraged, supported, or sacrificed for you?
- Who has opened a door, challenged you, or helped you become who you are today?

1. MY GRATITUDE NAME:

_____

2 LOOK AROUND

WHO NEEDS THE BEST OF YOU NOW?

YOUR PRESENCE NAME

- Who would benefit from more of your love, patience, courage, or presence?
- Who do you want to show up for in this season?
- Who gets more of you if there's more of the best of you?

2. MY PRESENCE NAME:

_____

3 LOOK AHEAD

WHO COULD BENEFIT FROM WHAT YOU DO NEXT?

YOUR PURPOSE NAME

- Who might be helped, encouraged, or inspired if you keep going?
- Who could be impacted by the work you're doing—or the person you're becoming?
- This might be someone you know, or someone you haven't even met yet.

3. MY PURPOSE NAME:

_____

HOW TO USE THIS GUIDE

1. Find a few quiet minutes.
2. Grab a pen or open a note on your phone.
3. Work through the three questions and write down your names.

There are no right or wrong answers. This is for you.

HOW MIGHT REMEMBERING THESE PEOPLE CHANGE HOW YOU SHOW UP THIS WEEK?

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