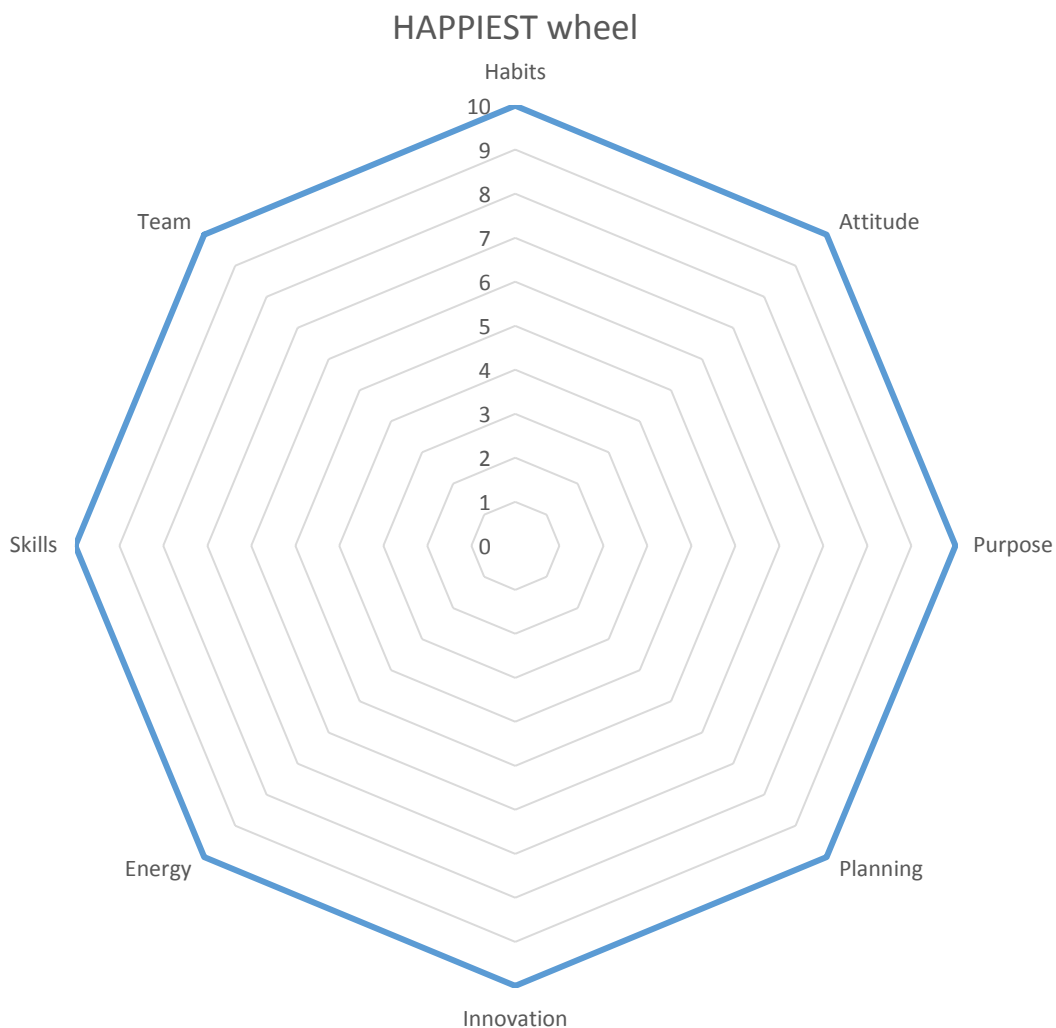


HAPPIEST Wheel™

By Stephie Althouse, PhD, Top-Notch CEO™

Step 1: Set a SMARTER Goal

Step 2: Assess all the ingredients you need for this goal via the HAPPIEST wheel



Step 3: Identify the gaps and establish an action plan to fill them

I need to focus working on the following areas... list what specifically you need to work on.

- 1) _____

- 2) _____

- 3) _____

Examples:

Habits: I need to get into the habit of planning and scheduling every day. (List how you will do it)

Team: I need to expand my work by building a team rather than being the “lone wolf.” (List how you will do it).