



DANIEL MERZA

INSPIRING LEADERSHIP. WELLBEING & POTENTIAL

ELEVATE YOUR LIFE & ASCEND

*A Journey Through Reflection,
Vision & Transformation*



“Our deepest fear is not that we are inadequate.
**Our deepest fear is that we are
powerful beyond measure.”**

Marianne Williamson



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2023: CELEBRATING, LEARNING & EVOLVING

Consider the following in both a personal and professional context:

1. WHAT WERE MY 5 GREATEST WINS THAT I'M SUPER PROUD OF?

2. WHAT WERE MY 5 BIGGEST DISAPPOINTMENTS? WHAT WERE THE STUMBLING BLOCKS TIED TO EACH DISAPPOINTMENT?

3. WHAT WERE THE 5 MOST SIGNIFICANT LESSONS GAINED THIS YEAR?

4. HOW DID I HANDLE CHALLENGES AND WHAT DID I DISCOVER ABOUT MY RESILIENCE?

*“We do not learn from experience.
We learn from reflecting on experience.”
(John Dewey)*



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MY COMPELLING VISION PAINTING THE CANVAS FOR MY NEXT 5 YEARS

LIFE DOMAIN	2024 Current position, feelings, results	2029 Aspired position, feelings, results
MY AGE		
MY PARTNER'S AGE		
CHILDREN'S AGE		
CAREER		
INCOME - ACTIVE		
INCOME - PASSIVE		
SAVINGS		
ASSETS		
LIABILITIES		
WORK / LIFE BALANCE		
RELATIONSHIP - PARTNER		
RELATIONSHIP - KIDS		
RELATIONSHIP - BROADER FAMILY		



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RELATIONSHIP - FRIENDS		
RELATIONSHIP - COLLEAGUES		
TRAVEL EXPERIENCES		
PHYSICAL HEALTH		
MENTAL HEALTH		
SPIRITUAL HEALTH		
EDUCATION		
SERVICE TO HUMANITY		

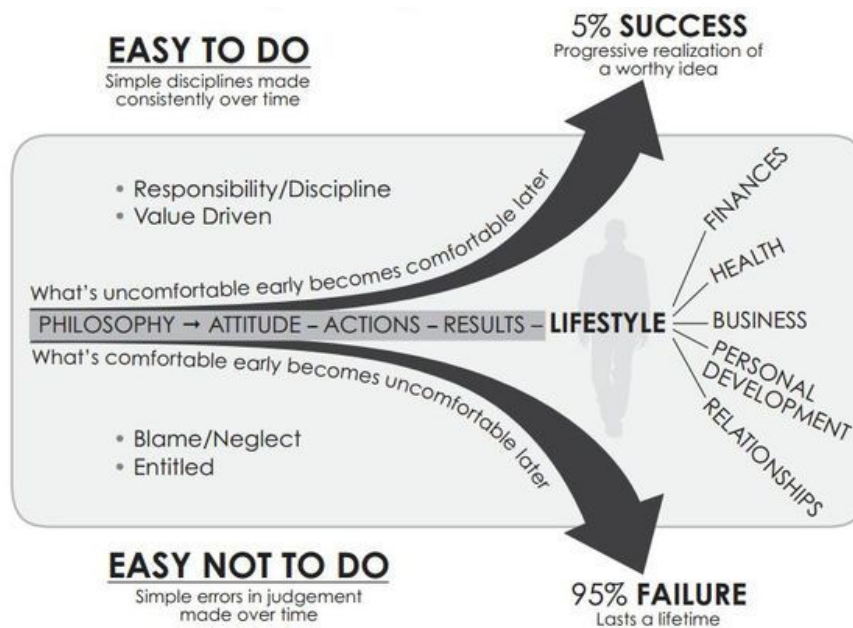


Image extracted from [Jeff Olson's book "The Slight Edge"](#)



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2024: SETTING UP A REMARKABLE YEAR

Consider the following in both a personal and professional context, and **ensure alignment to 5 year vision**

WHAT ARE MY BIG 5 GOALS AND BIG 5 PRIORITIES THIS YEAR?

WHAT HABITS, ROUTINES AND PEOPLE WILL I KEEP THAT HAVE POSITIVELY IMPACTED MY LIFE? WHAT DO I NEED TO LET GO OF? WHAT DO I NEED TO BRING BACK?

WHAT ARE POSSIBLE STUMBLING BLOCKS & THREATS TO INSTALLING THE RIGHT HABITS AND ACHIEVING MY GOALS? WHAT CAN I DO TO MANAGE / ALLEVIATE / AVOID THEM?

WHAT ARE 3 HARD THINGS I CAN DO OVER THE NEXT YEAR TO CHALLENGE MYSELF AND GET OUT OF MY COMFORT ZONE?

5. WHAT WILL BE MY PERSONAL MANTRA FOR THE NEXT 12 MONTHS? (< 5 WORDS)

“The heart of human excellence often begins to beat when you discover a pursuit that absorbs you, frees you, challenges you, or gives you a sense of meaning, joy or passion.”

(Terry Orlick)