



ORIGIN

**The Life Rewind
Method
Worksheet**

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Let's Rewind Your Life...

1) Have I achieved or overcome something in the last 10 years that other people sometimes struggle to do?

2) What have I been working on recently?

3) Have I learned anything new recently, through trial and error, taking a course, or being interested in a topic?

4) Is there anything I wish I'd have known sooner?

5) What is my day job?

6) What would my friends, family and work colleagues say I'm good at?

7) Which topics do people often ask for my advice about?

8) What do I see people doing wrong that I could help them fix?

Additional Notes