

MY 30 YEAR REVIEW

*15 PURPOSEFUL QUESTIONS
FOR REFLECTIVE LEADERS*



QUINN MCDOWELL

BACKGROUND AND HISTORY

I recently turned 30 this past January and decided to reflect on the last 10 years. I wanted to take an inventory of my life over that time - both the good and the bad. Thinking about the past is a great way to be purposeful with your future. I believe that the unexamined life is not worth living.

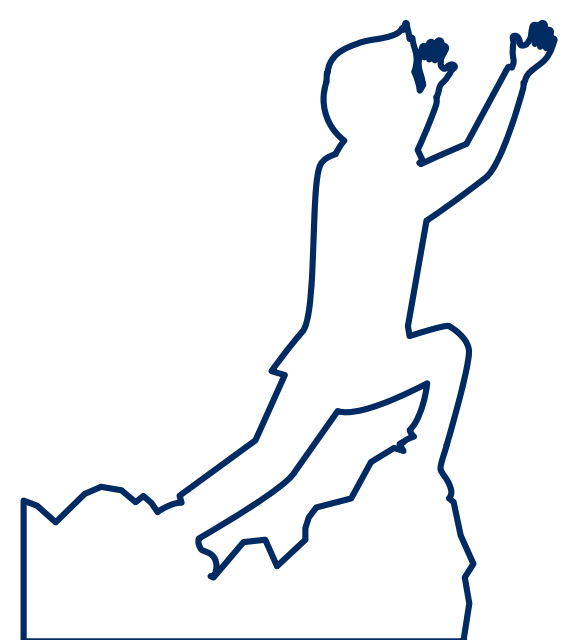
I used this series of questions to guide my reflection on this past decade of existence. I used it to look at all areas of life (family, marriage, professional, personal, etc). I've divided it into three main sections: Reflection, Identity, and Future Planning.

I hope you will find it useful as you intentionally work to become a more purposeful leader, coach, parent, employee, or athlete.

I'd love to hear any thoughts or reflections you might have on the process
(quinn.mcdowell@aretehoops.com).

Keep Climbing.

- Quinn



REFLECTION



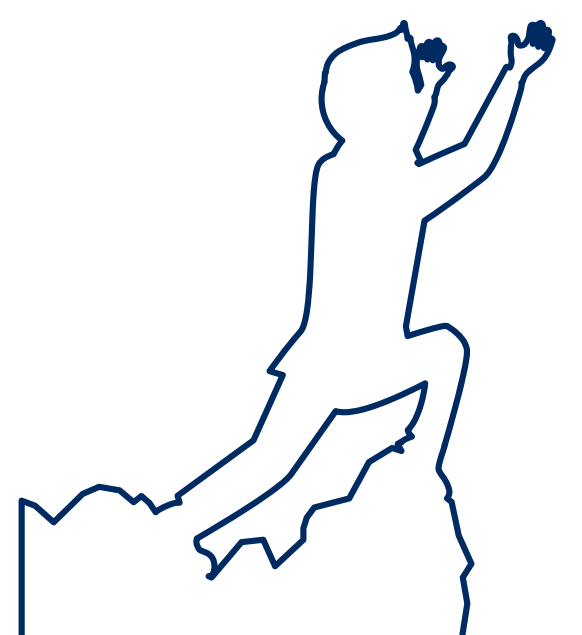
The unexamined life is not worth living.

Socrates



WHAT ARE THE KEY THEMES?

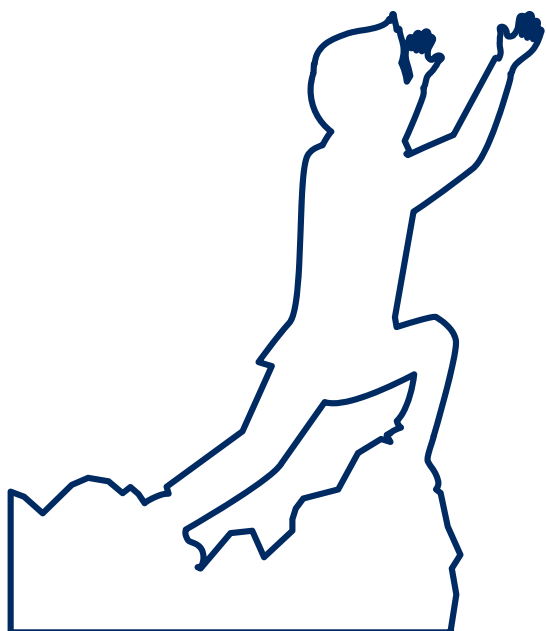
Prompt: What are the key themes or big ideas that characterize the last _____ years of my life?





WHAT WENT WELL?

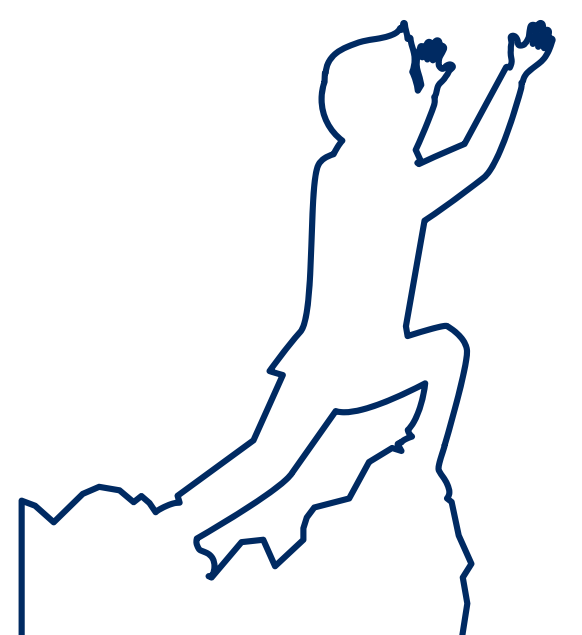
Prompt: What areas of my life went well the last
_____ years?





WHAT DIDN'T GO WELL?

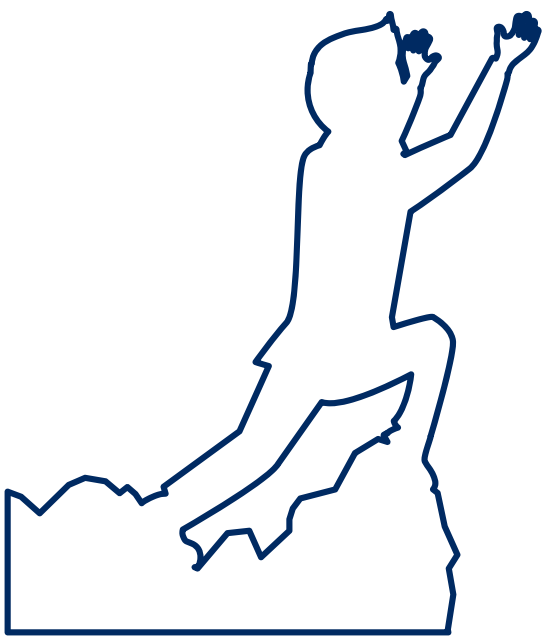
Prompt: What areas of my life didn't go well the
last _____ years?





WHAT DID I LEARN?

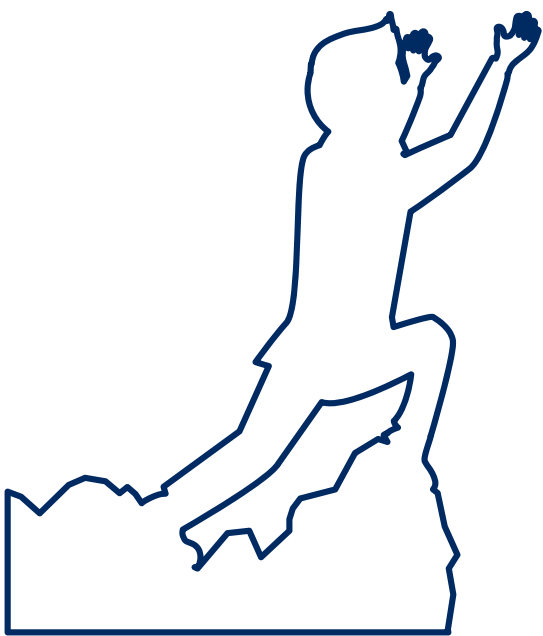
Prompt: What big life lessons did I learn or
experience the last _____ years?





WHAT HAPPENED?

Prompt: What life events, memories, or milestones happened that I don't want to forget?



IDENTITY



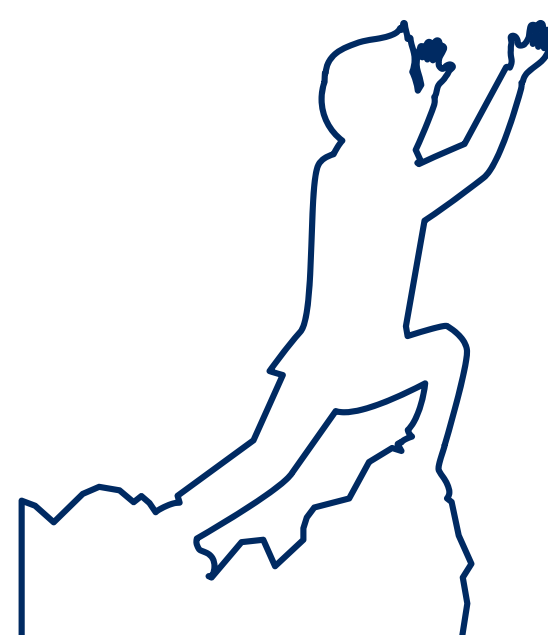
Progress requires unlearning. Becoming the best version of yourself requires you to continuously edit your beliefs, and to upgrade and expand your identity.

James Clear



DID I LIVE ALIGNED WITH MY PURPOSE?

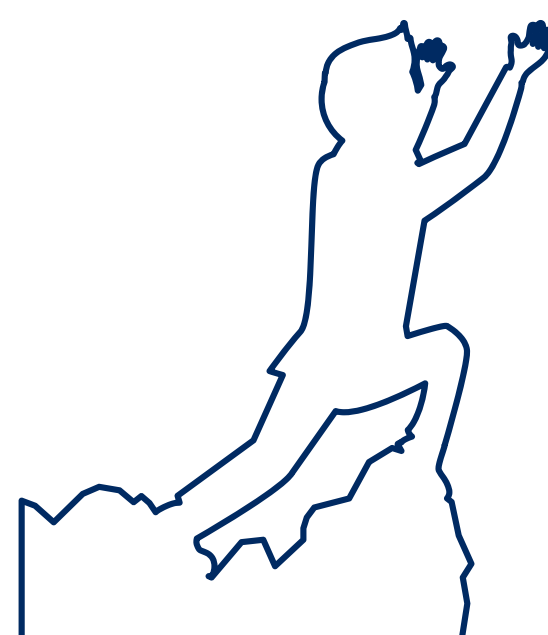
Prompt: Did my life reflect the reason behind
WHY I do what I do?





DID I LIVE ALIGNED WITH MY PILLARS?

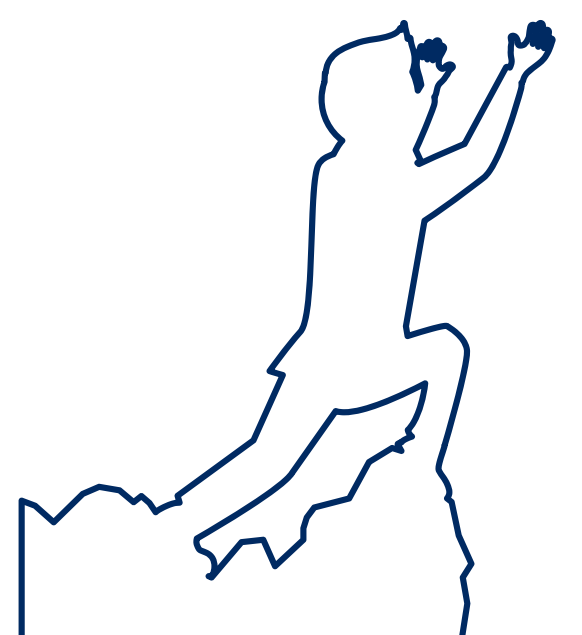
Prompt: Did my life align with my core values and principles?





DID I STAY TRUE TO MY PROCESSES?

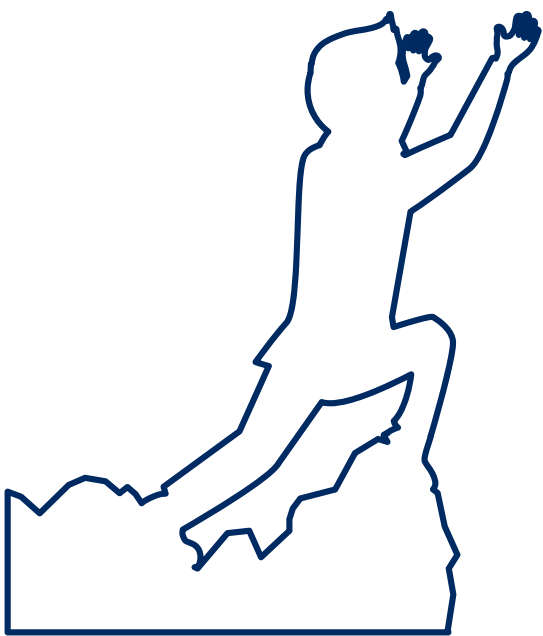
Prompt: Did I maintain the consistent habits that help me accomplish my goals?





WHAT ARE MY CONVICTIONS?

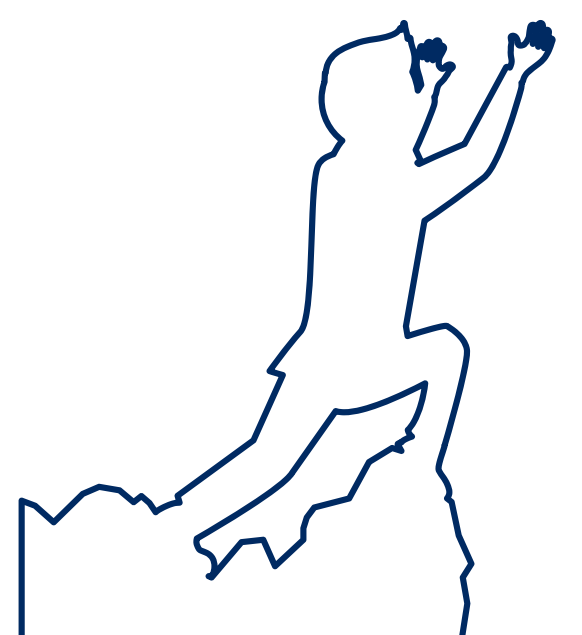
Prompt: In my profession, what are my convictions regardless of the circumstances?



WHAT ARE MY KEYSTONE HABITS?

10

Prompt: What are the habits that make everything else in my life better?



FUTURE PLANNING



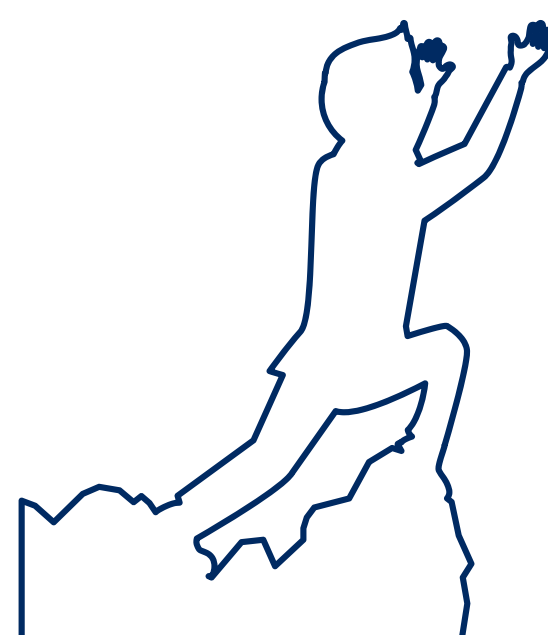
Storytelling helps leaders connect their people's personal meaning to their vision of the future.

James Kerr



WHAT IS MY VISION OF AN IDEAL FUTURE?

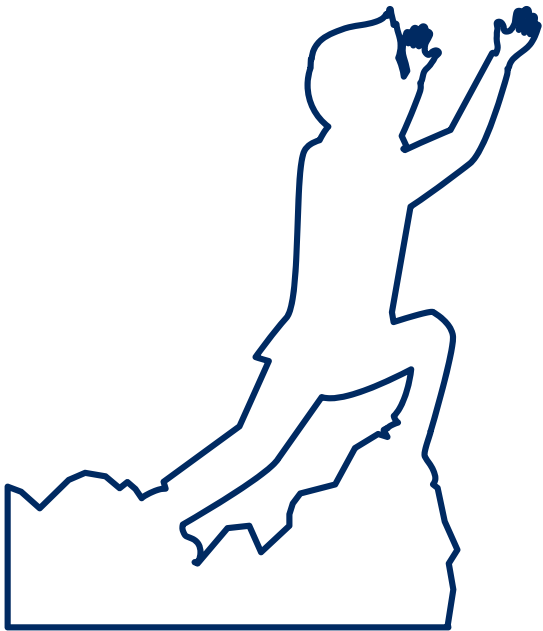
Prompt: What would a picture of my preferred,
"heavenly" future look like?





WHAT IS MY VISION OF A FUTURE TO AVOID?

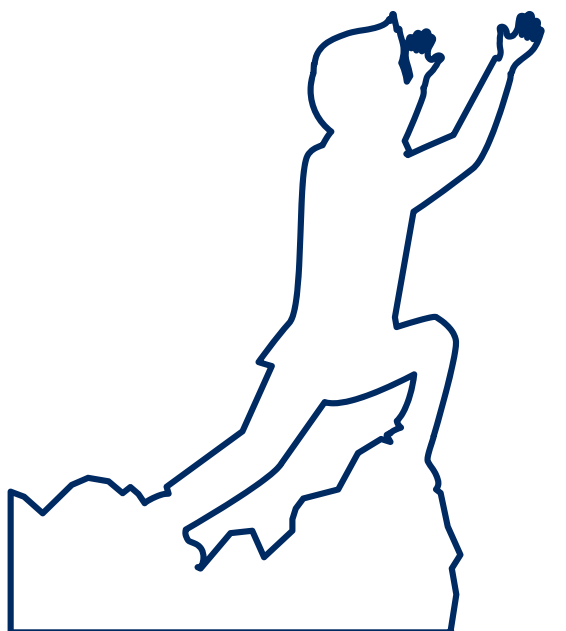
Prompt: What would a picture of my non-preferred, "hellish" future look like?



WHAT ARE MY SHORT TERM GOALS?

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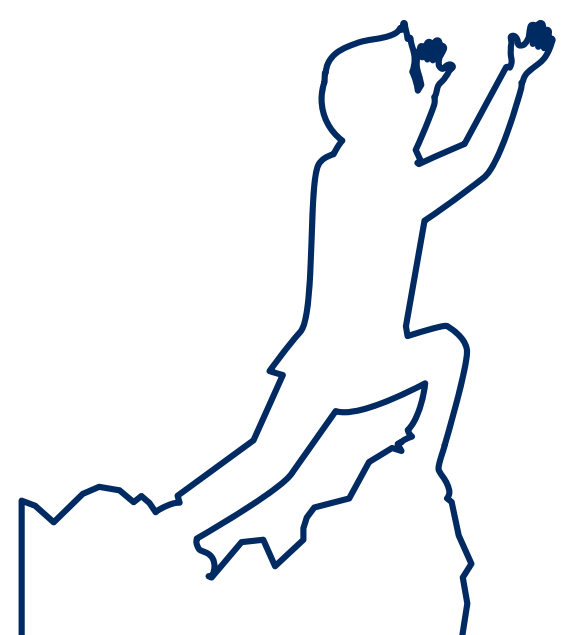
Prompt: What do I want to accomplish in the next 1-5 years?



WHAT ARE MY MEDIUM TERM GOALS?

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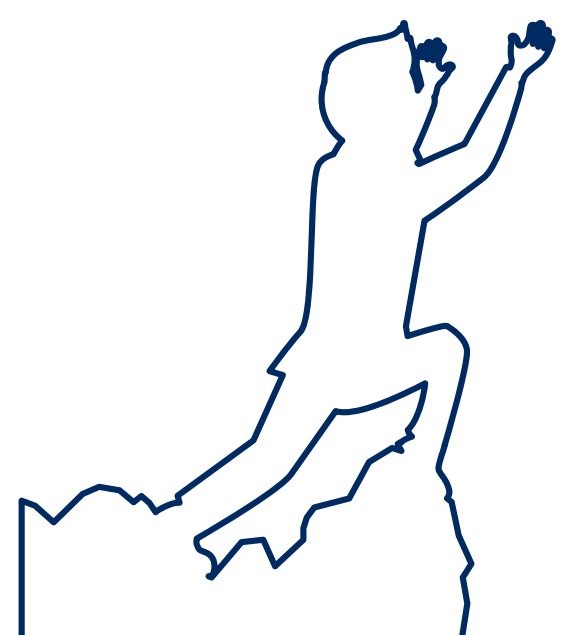
Prompt: What do I want to accomplish in the next 5-10 years?



WHAT ARE MY LONG TERM GOALS?

15

Prompt: What do I want to accomplish in the next
15+ years?



WHY WE EXIST

Simply put, we exist to build transformational leaders by inspiring and developing athletes, coaches, and influencers to live lives of toughness, humility, and purpose to the Glory of God.

To learn more, visit:
www.aretehoops.com/mission

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