

# GUT - CHECK

In the columns below, jot down activities, skills, or areas in which you excel, and activities, skills, or areas in which you need some some help.



These are the areas in which I . . .

EXCEL	HELP NEED
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# Dreamwork Framework

## DREAM TEAM

NEED HELP	WHOM? FROM
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Now that we've identified those areas in which we need to ask for help, let's brainstorm people (who are really great at the things we struggle with) who can help us! This is our Dream Team.