

Worksheet Module 1

Task 1 – Write your own personal mantra

Task 2-Values

Understanding your Values

When it comes to core values, there's no "one size fits all" approach. Everyone is different.

Try not to jump ahead to the list, choosing words that simply sound good or sound like the kind of values you would like to have. Instead, pick up a pen and paper, and spend some time on personal reflection — writing about what moves you.

Below are some questions to help you start this exploration. The answers you write down are clues you can use to identify your core value system.

1. Who do you admire?

To better understand what you value, it can help to turn to real-life examples of people who exhibit admirable qualities. Think of some positive role models who inspire you to live a meaningful life.

This could include people you know personally, famous figures, characters in a book, etc.

As you think about these people, write down:

- what it is about them that inspires you
- the admirable qualities they possess
- behaviours and actions you would like to emulate

2. What inspires you to take action?

Often our core values reveal themselves through our actions. Can you think of a situation when you took a stand for someone or something?

Try writing down some of the reasons you felt so strongly and compelled to take action.

3. When do you feel most like yourself?

When you're in situations that allow you to be authentic, that's a clue that you are in alignment with your values.

In situations where you feel real and authentic, what's going on? Write down:

- who you're with
- what activities are involved
- positive emotions or outcomes of these experiences

If you found it hard to put words to the qualities, emotions, and ideas in the exercises above, it may help to look through some examples.

Take some time to explore this list of values and beliefs, and consider which ones resonate with you:

Values – Choose your core Values from this list choose as many as feels right to you. Ideally 10 words to best describe your core values

Core Values List

- Be True
- Contentment
- Friendship
- Courage
- Balance
- Compassion
- Fitness
- Professionalism
- Relationship
- Knowledge
- Patience
- Change
- Prosperity
- Wellness
- Finances
- Gratitude
- Grace
- Endurance
- Facilitation
- Effectiveness
- Fun
- Fame
- Justice
- Appreciation
- Willingness
- Trusting Your Gut
- Giving People a Chance
- Patience
- Forgiveness
- Self-Respect
- Abundance
- Reciprocity
- Enjoyment
- Entrepreneurial
- Personal Development
- This Too Shall Pass Attitude
- Honesty
- Adventure
- Kindness
- Teamwork
- Career
- Communication
- Learning
- Excellence
- Innovation
- Quality
- Commonality
- Contributing
- Spiritualism
- Strength
- Entertain
- Wealth
- Speed
- Power
- Affection
- Cooperation
- Love of Career
- Friendship/Relationship
- Encouragement
- Pride in Your Work
- Clarity
- Fun-Loving
- Charisma
- Humor
- Leadership
- Renewal
- Home
- Harmony
- Family
- Freedom
- Security
- Loyalty
- Intelligence
- Connection
- Creativity
- Humanity
- Success
- Respect
- Invention
- Diversity
- Generosity
- Integrity
- Finesse
- Love
- Openness
- Religion
- Order
- Advancement
- Respect
- Joy/Play
- Forgiveness
- Work Smarter and Harder
- Excitement
- Change
- Goodness
- Involvement
- Faith
- Wisdom
- Beauty
- Caring
- Peace
- Happiness

Now that you've got plenty of ideas, you can begin to narrow it down to a few that could become the basis of your core value system.

Here are some questions to help you see where these values show up in your life:

- How do you define this value?
- What actions and activities reflect this value?
- What else could you do to further align yourself with this value?

Task 3- Industry

Finding what you are good at.

Write down 5 of your greatest achievements in your career to date. If you have just finished school or college the write your greatest achievements in your educational career to date.

What other things are you good at ? Things you just enjoy doing. List 5 of these things to get a better understanding of your abilities

Write a list of the industry sectors that most interest you. It might be easier to write a list that don't interest you and then see what's left.

Once you have you list of Industry Sectors chosen. List 10 companies under each sector that most interest you. Do you research. Visit their websites, social media pages and read about them in news searches. Read their mission statements and values. Do they align with you own. Do you like what they stand for. If yes list them in your top 10.

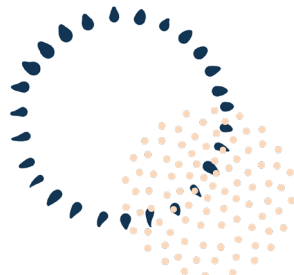
Task 4

Define success and what it means to you. Write a few sentences on what success looks like.

Live the life you want to lead

Write a list of criteria that you would love next job opportunity to have. Look at things like, working hours, salary, commute, management style, KPI's of success, benefits package etc Do this as an 'ideal situation' exercise

Ask yourself, what is enough and what is too much.



Manifest

Write a 1 year and 5 year plan in the following way.

Write a paragraph that starts with

[Todays Date + 1 year] i.e.

“Today is May 28th 2022 and in the past 12 months I am so happy and grateful that....”

[Todays Date + 5 years] i.e.

“Today is May 28th 2026 and in the past 5 months I am so happy and grateful that....”

Write freely and honestly in a free flowing exercise. Think about all areas of your life not just your career, relationships, family, travel, health, environment, fun etc.

