



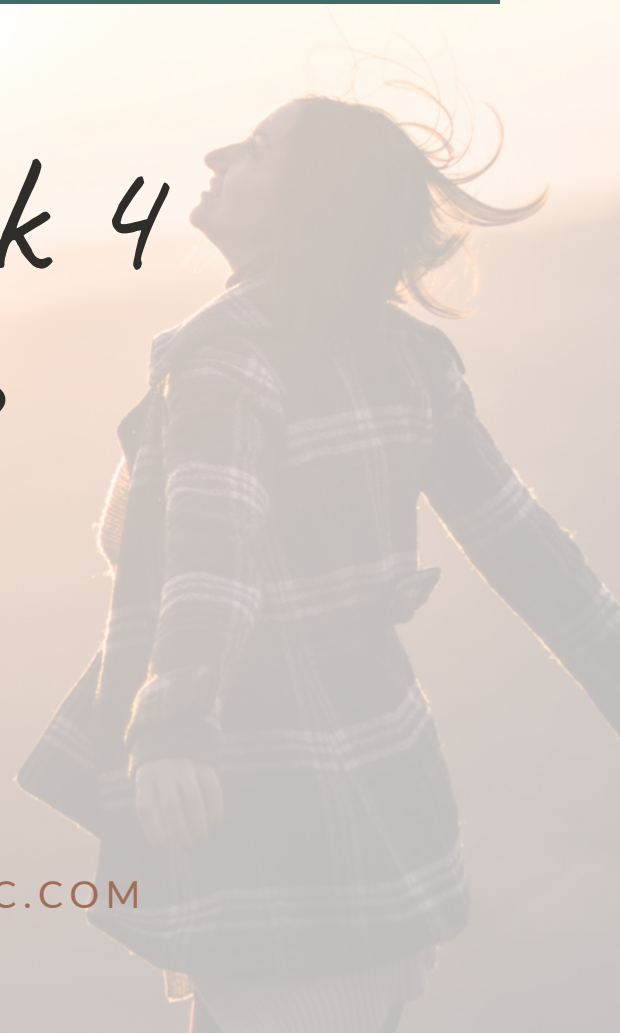
RISE

*Ralise your POTENTIAL
& Live your PURPOSE*

Workbook 4



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Welcome to Module 4!

In this part of the course, we discuss the essence of you. And, if you ask me, this is the most exciting part of the course. Here, we look at your passions, values and purpose, talents and strengths, and your self-concept to bring it all together. In short, this is where you become crystal clear on the direction and specific action steps you want to take to realise your potential. Or, the sail (direction and momentum) of your sailboat ;)

The following exercises help you identify the individual components of your self-concept and a complete vision of what your thoughts, feelings and actions look like in this more wholesome version of you. This is possibly THE most crucial part of the course and your journey, so I encourage you to take your time as you go through each task.

After this, you're halfway through the course already! Well done!

Maike x



1) Module recap

Write down your 3 key takeaways from Module 4.

A large, empty white rectangular area intended for writing the key takeaways from Module 4.

2) *Your current self*

As this module is all about the essence of YOU, we start the exercises with a short story about your life. This will serve as a foundation for the following exercises.

Write down a short story about your life, using the following prompts:

- It might be useful to structure it into sections, such as the first years, the school years, early adulthood, mid-life etc.
- Focus on all the important aspects, such as any particular challenges and how you got through them, moments of pride and joy, important decisions you made and why.
- Think of the main people involved and how your relationship to them has shaped you.
- Try to be as honest as you can and write it in the same voice in which you think.
- Pay attention to any emotions that arise as you're writing.
- Afterwards, highlight anything that you find most insightful about who you are.





3) *Your passions*

Let's talk about your passions! What are some passions of yours? What passions can you spot in your life story above? Write down any that come to mind.

Remember that passions are those things that really interest you, that might energise you, and that you could even talk about all day. If you cannot identify any, write down some things you might like to explore as a passion.

For each passion listed, identify if there's a risk of them being or becoming obsessive. And, if so, identify boundaries you can put in place to cultivate a healthier balance with them.

4) *Your purpose*

Your purpose is basically the expression of your core values through action. So, it's time to gain clarity on your core values. Some people struggle with this, so this is a good topic to explore through coaching.

Read through your life story above and identify any decisions you made in your life: What was it that made you decide one way rather than another? What was it that was important here for you? If you had to describe it in one word, what would it be? Write down these words for each of the cross-roads you faced.

These are the decisions I made in my life:

These are the reasons why I decided how I did:

If I had to describe these reasons into one word each, this is what they would be:

Congratulations - you just identified (some of) your values!



Remember that one of the factors distinguishing passions from purpose is that your purpose is something you contribute to others, society or the greater good (even if on a very small scale). How might you be able to express the values you identified above through actions in a way that might help others?

Write down anything that comes to mind - whether you think it's realistic or not.

[Blank white space for writing]

In what ways might you be able to combine your passions with your purpose?

[Blank white space for writing]

5) *Your talents*

Go back to your life story and highlight any talents you might have.

These are my talents:

In what ways might you be able to combine your talents with your passions with your purpose?

6) *Your strengths*

In this step, go back to your life story, identify any strengths you may have and list them below.

The trick is to refrain from being judgemental and disregarding any strengths.

For example, maybe you've always been good at entertaining others, relating to people, lifting the mood in others, building trust, analysing problems, and so forth. Whatever it is, be precise in your language when you describe this. What are the subtleties?

Ensure you acknowledge as many strengths you can find in there as possible. Also, try to be positive in your language: Focus on what you did, rather than what you didn't do that led to the outcome.

If you struggle to identify any strengths there, ponder the following questions:

- Pay attention to what you feel drawn towards every day. What activities are you attracted to?
- Which ones give you energy or a strong sense of engagement?
- What activities make you lose track of time?
- When do you perform exceptionally well?
- What do you talk about or do when you sound confident?

These are my strengths:

[Blank white space for writing]

In what ways might you be able to use your strengths to pursue your purpose?

[Blank white space for writing]

7) *Your ideal self*

Now it's time to bring it all together in order to paint a picture of your ideal self!

Try to bring together everything you learnt so far, including the module on self-esteem. For example, how do they spend the day? How do they make a living? What do they do in their leisure time? What people do they spend their time with? What do they read/ watch/ consume? How do they handle setbacks? How do they look after themselves? How do they talk to themselves and others and honour their boundaries?



8) *Toward self-congruence*

The final step is to identify how your current self differs from your ideal self and determine concrete action steps you can take to close this gap step by step.

These are the things my ideal self does that I would like to achieve:

These are the actions steps I will take to work towards my ideal self:



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