



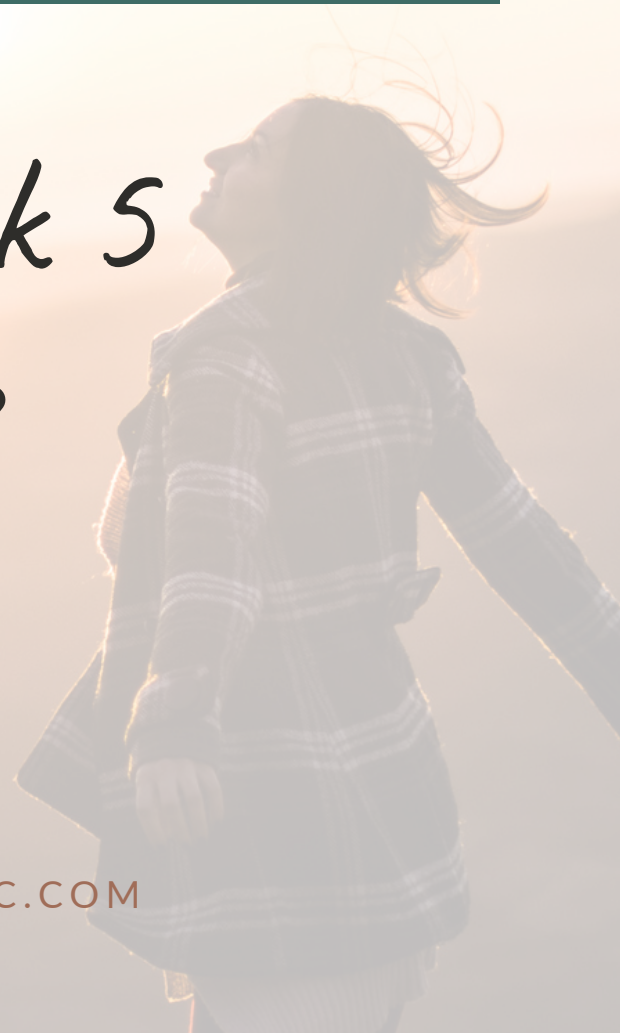
RISE

*Ralise your POTENTIAL
& Live your PURPOSE*

Workbook 5



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Welcome to Module 5!

Module 5 discusses some of the key characteristics of people who are successfully realising their potential: a curious mind, an optimistic outlook, a growth mindset, and high levels of autonomy and relatedness. Of course, these are not all of them. For example, high levels of self-acceptance and self-esteem have been discussed earlier, while others, such as self-kindness and strong behavioural regulation will be covered in later modules.

Here are some exercises to cultivate the great traits covered in Module 5. Remember to articulate SMART goals for anything you'd like to shift in your life. And, to take it step by step - as you know by now, realising your potential is a lifelong process, rather than a one-time achievement.

Maike x



1) *Module recap*

Write down your 3 key takeaways from Module 5.

2) *Cultivating curiosity*

Identify a topic that triggers strong emotional reactions in you and dedicate 15-20 minutes to writing about it in a journal.

You can write about what it is that triggers you, what thoughts, feelings and actions it provokes, when these triggers occur and whom they involve, what you could do to solve it, - anything that comes to mind. You can do this anytime you find yourself triggered by something.



Identify a day where you intentionally adopt a more curious mindset about everything and anything - simply to practice being curious. Then take notes about your experience.

If you're not sure what to be curious about, you can use the following prompts:

- Did something sparked your interest? Go read up on it further.
- Did something upset you? Play detective and find out why.
- Is there something people seem to come to you for advice for? Why?
- Do you find yourself daydreaming? About what?
- Did you notice envy coming up for you? What is it you envy others for?
- Have you received a compliment for something? What was it?
- Do you feel drained today? What led to it?
- Are you feeling one with the world? What triggered it?
- Did you choose one movie over another? Why?
- Do you have a new favourite book? What about it speaks to you?



3) *Cultivating optimism*

Think of a negative event in your life (e.g. when you failed a test or something didn't go as well as you'd hoped). Identify how you attributed the outcome of this event with regard to the 3 elements of the explanatory styles: locus of control (internal vs. external), variability (stable vs. variable), and specificity (global vs. specific).

This is the negative event in 1 sentence:

...and here is how I would explain it:



Next, identify if your explanatory style was pessimistic or optimistic. If it was pessimistic, try to change your explanation to a more optimistic one.

Remember the examples from the video lesson:

Pessimistic explanatory style: "I was terrible in that exam (internal), I've done badly on past exams (stable), and other areas of my life are going badly (global)."

Optimistic explanatory style: "It was a poorly worded exam (external), I have done better on past exams (variable), and I am doing well in other subjects (specific)."

...and here is how I would explain it more optimistically (if applicable):

Now, repeat this whole exercise, but think of a *positive event*.

This is the positive event in 1 sentence:

...here is how I would explain it:

...and this is how I would explain it more optimistically (if applicable):

4) *Adopting a growth mindset*

If you're keen to adopt a growth mindset, the question is: In what area of your ability to realise your potential do you currently have a fixed mindset? Once you've identified that, you need to challenge your underlying belief. Let's practice!

Remember that adopting a growth mindset involves three steps:

1. Challenging your current beliefs
2. Choosing to think differently
3. Looking for opportunities to reframe current beliefs and instead view challenges as opportunities for growth

[Please note: If you do not have any limiting beliefs about your ability to realise your potential, try to identify a limiting belief you may have about your ability to develop and grow in a different area of your life - just so you can practice this.]

This is an aspect where I don't think I have what it takes in order to realise my potential:

Now reflect on the following questions and write down your answers:

Is that really so?

What makes you believe that?

What evidence is there to support that belief?

What evidence is there that contradicts that belief?

What action steps would you take if you believed the contradicting evidence more than the supporting evidence?

5) *Autonomy*

Identify the aspects of realising your potential that are in your control.

How might you be able to take more responsibility for those aspects, so that you can change your current reality?

6) *Relatedness*

Identify opportunities to improve your relationships with other people. Ensure the opportunities are all linked to something YOU can do (rather than other people needing to change ;))

Identify in what ways realising your potential can help other people. Write down as many ideas as you can think of.



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