

Who are you really?

We are born with a lot of programming. Programming from our respective cultures, our parents, from generations of people who were doing their best to survive and hopefully thrive.

However, we are not them. We go through school and begin to have other peoples expectations put on us. We can become who we want to be, without all of this preconditioned programming that we did not chose.

Do you know who you are? Do you know what you care about?

Values Exercise

The next couple of pages are about spending time understanding who you are, who you want to be, and taking stock of the delta between those two things.

As with everything here, this is not about perfection or blaming yourself, the world or anyone else for what cannot be changed. It's also not about right or wrong. However you chose to live your life is ok – the goal is that you are intentional about it as much as you can.

When you do the life scan exercise, the most important part is to spend time dreaming of what amazing looks like in this area for you. It's equally important to skip over areas that are not important to you.

Enjoy. ✨

Intimate relationships –

How important is this area of your life?

1- not 2- somewhat 3 - very

How fulfilling is this area of your life to you?

1- not 2 - somewhat 3 - important

Describe a blissful state of this area below.

(how do you want to feel? how will you treat your partner (s)?

Do you actively work on this area at least once a week? _____

Friendships & Social Life -

How important is this area of your life?

1- not 2- somewhat 3 - very

How fulfilling is this area of your life to you?

1- not 2 - somewhat 3 - important

Describe a blissful state of this area below.

(what kind of people do you want to surround yourself with? what kind of friend are you?

Do you actively work on this area at least once a week? _____

Parenting -

How important is this area of your life?

1- not 2- somewhat 3 - very

How fulfilling is this area of your life to you?

1- not 2 - somewhat 3 - important

Describe a blissful state of this area below.

(How does being a parent add meaning to your life? What kind of parent do you want to be?)

Do you actively work on this area at least once a week? _____

Leisuretime -

How important is this area of your life?

1- not 2- somewhat 3 - very

How fulfilling is this area of your life to you?

1- not 2 - somewhat 3 - important

Describe a blissful state of this area below.

(Do you allow yourself time to do absolutely nothing? What “non productive” activities enhance your life and why?)

Do you actively work on this area at least once a week? _____

Creative life

How important is this area of your life? 1- not 2- somewhat 3 - very

How fulfilling is this area of your life to you? 1- not 2 - somewhat 3 - important

Describe a blissful state of this area below.

(Creating is a natural part of life. How often are you engaging in creative work, from putting together an outfit to painting?)

Do you actively work on this area at least once a week? _____

Learning life

How important is this area of your life from 1-3? One being not important, 3 being very.

How satisfied are you in this area of your life?

Describe a blissful state of this area below.

(Is learning and growing important to you? Why and in what ways?)

Do you actively work on this area at least once a week? _____

Work & Career

How important is this area of your life from 1-3? One being not important, 3 being very.

How satisfied are you in this area of your life?

Describe a blissful state of this area below.

Why is work important to you - money, stimulation, people? Are you doing the work you enjoy?

Do you actively work on this area at least once a week? _____

Contributions & Community

How important is this area of your life from 1-3? One being not important, 3 being very.

How satisfied are you in this area of your life?

Describe a blissful state of this area below.

What does a thriving community mean to you? How are you contributing to others and the world at large?

Do you actively work on this area at least once a week? _____

Health and Well-being

How important is this area of your life from 1-3? One being not important, 3 being very.

How satisfied are you in this area of your life?

Describe a blissful state of this area below.

What does a thriving community mean to you? How are you contributing to others and the world at large?

Do you actively work on this area at least once a week? _____

Non-physical life (spirituality, religion, etc)

How important is this area of your life from 1-3? One being not important, 3 being very.

How satisfied are you in this area of your life?

Describe a blissful state of this area below.

What does a thriving community mean to you? How are you contributing to others and the world at large?

Do you actively work on this area at least once a week? _____

Adaptable - I'm able to adjust to new conditions and challenges effectively.
Adventurous - I am willing to take risks and try new experiences.
Altruistic - I can show selfless concern for the well-being of others.
Analytical - I am able to break down complex problems and think critically.
Assertive - I can confidently expressing opinions and standing up for myself.
Caring and compassionate - I show kindness and concern for myself and others.
Confident - I have self-assurance and belief in one's abilities.
Cooperative - I am willing and able to work together with others harmoniously.
Courageous- I am brave and willing to face fear or adversity.
Courteous - I am polite and have good manners.
Creative - I use my imagination and think of new and original ideas.
Diligent - I show persistent effort and hard work.
Empathetic - Understanding and sharing the feelings of others.
Empowering - Encouraging others to take control and make decisions.
Fair - Treating people equally and justly.
Flexible - Able to adapt to change and new situations easily.
Forgiving - Willing to pardon others' mistakes or wrongdoings.
Forthright - Direct and honest in expressing opinions.
Generous - Willing to give and share freely with others.
Genuine - Authentic and sincere in actions and feelings.
Gracious - Courteous, kind, and pleasant.
Grateful - Feeling thankful and appreciative.
Honest - Truthful and trustworthy.
Humble - Having a modest view of one's importance.
Humorous - Able to find and express what is funny.
Independent - Self-reliant and able to make decisions alone.
Innovative - Introducing new ideas and methods.
Inspirational - Motivating others to achieve their best.
Joyful - Feeling great happiness and delight.
Kind-hearted - Having a sympathetic and caring nature.
Loyal - Showing firm allegiance and support.
Modest - Not boastful or arrogant; humble.
Optimistic - Having a positive outlook on life.
Patient - Able to wait calmly without frustration.
Persistent - Continuing firmly despite difficulties.
Reliable - Dependable and trustworthy.
Resilient - Able to recover quickly from setbacks.
Respectful - Showing consideration and regard for others.
Responsible - Accountable for one's actions and duties.

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Courteous - I am polite and have good manners.
Creative - I use my imagination and think of new and original ideas.
Decisive - I am able to make decisions quickly and effectively.
Diligent - I show persistent effort and hard work.
Empathetic - Understanding and sharing the feelings of others.
Empowering - Encouraging others to take control and make decisions.
Enthusiastic - Showing intense and eager enjoyment or interest.
Fair - Treating people equally and justly.
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