

BECOMING MY AUTHENTIC SELF

STEP 1: DEFINING PURPOSE

PURPOSE

What is your purpose? Reflect on these questions:

- *What impact or contribution have you made by being who you are?*
- *What impact or contribution are you currently making?*
- *What impact or contribution can you make?*

The questions are daunting but don't get stuck, open your mind.

Physical	Emotional	Spiritual
Mental	Family / Social	Professional / Work
Financial	Intellectual/ Culture	Environmental

Consider 2/3 statements about what your purpose could be i

1. My purpose in my work could be:

2. My purpose in my family life could be:

3. My purpose in X area of my life could be:

If I could, I would...

If I could accomplish one thing in my life, it would be....

STEP 2 List of Values, Beliefs, or Desirable Personal Traits / Virtues

Accomplishment	Control	Independence	Reliable
Achievement	Cooperation	Improving Society	Religion
Adventure	Courage	Innovative	Respectful
Affection	Courteous	Integrity	Responsible
Affectionate	Creativity	Intellectual	Restrained
Affiliation	Dependable	Involvement	Salvation
Ambitious	Disciplined	Imagination	Self-controlled
Assisting others	Economic Security	Joy	Self-reliance
Authority	Effective	Leisurely	Self-respect
Autonomy	Equality	Logical	Sincerity
Beauty	Excitement	Love	Spirituality
Belonging	Fame	Loving	Stability
Broad-minded	Family Happiness	Mature Love	Status
Caring	Family Security	National Security	Success
Challenge	Forgiving	Nature	Symbolic
Cheerful	Free Choice	Obedient	Taking Risks
Clean	Freedom	Order	Teamwork
Comfortable life	Friendship	Peace	Tidy
Companionship	Fun	Personal Development	Tender
Compassion	Genuineness	Pleasure	Tranquillity
Competent	Happiness	Polite	Wealth
Competitiveness	Health	Power	Winning
Contributions to others	Helpfulness	Pride	Wisdom
Conformity	Honesty	Rational	Justice
Contentedness	Hope	Recognition	Service Other

My most Important Values:

1.

4

2.

5

3.

6

Questions for consideration

What are your deeply held values? Where did they come from? Have your values changed much since childhood? How do values inform your actions?

My 5 current dominant personal traits / beliefs / virtues.

1.

2.

3.

4.

5.

Questions for consideration

What tools do you use to be self-aware? Do you get feedback from friends/ family/ mentor/ colleague? How do you take it ?

My 5 most important personal traits / beliefs / virtues.

1.

2.

3.

4.

5.

Questions for consideration

Do my current dominant personality traits / beliefs / virtues serve my values?
If not which personality traits are out of kilter with my values? Who are our
role models whose traits we wish to emulate

What is my dominant negative trait which hinders me?

Step 3: ACTION PLANNING

GROW mentoring model

Third **GOALS** Decide on 3 or 4 goals only

First: **REALITY** Where am I at now? where do I want to get to?

Second **OPTIONS** What options are available to me/ what do I prioritise?

Lastly **WORK** Decide what to do, how to do it, action and regularly review