

Your Gratitude List

Considering what you have to be grateful for is a powerful exercise toward mindfulness and positivity. We can appreciate mundane things in life when we take notice. Here are some potential categories to consider each day to create a positive mindset:

Today I am grateful for:

1. People in my life (family, friends, TC community)
2. Valuable skills or knowledge I have?
3. Who or what makes me laugh
4. Nature I appreciate lately
5. Books I love
6. Music I love
7. Memory I treasure
8. Challenges I've tackled
9. A day dream I have
10. Netflix Series I'm obsessed with

Getting In Touch With Your Work Values

Stand Out Professional Moment

- Describe a moment in your educational or professional life that you felt completely fulfilled, proud, challenged, accomplished and fully alive.
- Please describe this moment:
- Who or what you were impacting:
- What was the inner reward of this for you?
- Why do you think this stands out in your memory?
- What skills or abilities were you living out that day?
- From thinking about the meaning this day had, what work values are most important to you?

WHAT BELIEFS KEEP YOU FROZEN AND UNABLE TO TAKE RISKS OR THRIVE?

Identify limiting beliefs: My strongest limiting belief that keeps me frozen to take a risk is: (see examples below) and list a few that speak to you or name others not listed.

Example: I need to please others so I won't be rejected.

1. I can't be happy until he/she changes.
2. I have to earn other people's approval to feel good about myself.
3. If I let people really get to know me, they won't like me.
4. I have to stay in the relationship because I can't make it on my own.
5. If I'm happy even when others are suffering, it means I don't care.
6. I can't be happy until the relationship/career is different.
7. If they really loved me, they would _____.
8. I need to do more and more to be worthy.
9. I don't know what I want.
10. I shouldn't put my needs before others'.
11. I'll never really change.
12. I'm responsible for other people's happiness, and they're responsible for mine.
13. I don't deserve love, success, money, fame, etc.
14. If I pursue my own interests, my relationships will suffer.
15. I don't have time to nurture myself.
16. It's too late for me to find happiness and success.
17. If I speak my mind, I'll be rejected.
18. I should be farther along than I am.
19. I'd better not be too happy, or I'll just have farther to fall.
20. Things will never work out for me.
21. I shouldn't have to ask my partner for what I want.
22. I'm a bad/unlovable person.
23. I need fear to motivate me and keep me in check.
24. I'll never make enough money.
25. I'll always have to struggle, while others have it easier.
26. Whatever I'm doing, I should be doing something else.
27. Health problems will always keep me from happiness and success.
28. I can't do it.

LIST YOUR TOP 5 LIMITING BELIEFS

- 1
- 2
- 3
- 4
- 5

*Adapted from internet

Exploring Your Underlying Purpose and Values

Fantasy Feature Article Brainstorm

This is a free write fantasy exercise. Write everything that comes to mind, no matter how crazy when you read this prompt.

You are being featured in the most important publication, journal, newspaper, magazine or online media outlet of your choice highlighting your career and life achievements and contributions to society at the absolute height of your career. They are featuring you! You are doing all the work you are passionate about. What will this article say? This is a fantasy assignment. Free write. Write sentences, brainstorm words, make a mind map – everything goes. Don't worry about spelling or grammar. Write away.....Get completely lost in it. Remember it is a free write, fantasy exercise with no rules, no obstacles, no realities.

Write from your soul. This is a fun fantasy writing assignment for you.

ENVISIONING YOUR IDEAL JOB

What would your ideal job look like if you can dream it up?

Please Describe:

Your Client

Your Services

Your Skills Used Most

Your Team

Your Impact

Intellectual Challenge

Your Primary Reward for Work

ASSESS YOUR CORE VALUES

Choose the core values that define you authentically

- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Citizenship
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Openness
- Optimism
- Peace
- Pleasure
- Poise

- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom

INTRINSIC WORK VALUES

1. _____ Variety and change at work
2. _____ Be an expert
3. _____ Work on the frontiers of knowledge
4. _____ Help others
5. _____ Help society
6. _____ Experience adventure/excitement
7. _____ Take risks/have physical challenges
8. _____ Feel respected for your work
9. _____ Compete with others
10. _____ Have lots of public contact
11. _____ Influence others
12. _____ Engage in precision work
13. _____ Gain a sense of achievement
14. _____ Opportunities to express your creativity
15. _____ Work for a good cause

Extrinsic Values

These are the tangible rewards or conditions you find at work, including the physical setting, job titles, benefits and earnings/earning potential. Check off those that speak to you.

1. _____ Have control/power/authority
2. _____ Travel often
3. _____ Be rewarded monetarily
4. _____ Be an entrepreneur
5. _____ Work as a team
6. _____ Work in a fast-paced environment
7. _____ Have regular work hours
8. _____ Set your own hours/have flexibility
9. _____ Be wealthy

10. _____ Have prestige or social status
11. _____ Have intellectual status
12. _____ Have recognition through awards/honors/bonuses
13. _____ Wear a uniform
14. _____ Work in an aesthetically pleasing environment
15. _____ Work on the edge, in a high-risk environment

SUMMARIZE YOUR TOP 5 VALUES IN EACH CATEGORY

PERSONAL VALUES

INTRINSIC VALUES

EXTRINSIC VALUES