

2020

PITZER COLLEGE

Career Development Series



FOR MORE INFORMATION:

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WEEK #1 WORKSHEET

PART 1 - THE IOS

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This Worksheet will help you address when you are in a reactive mindset so that you can start to become more self-aware of your brain patterns, how to reach a state of calm, and change them to ones that will serve you.

In times of stress, notice and note down what you feel in your body:

(a body scan may help, does your heart beat faster, do your hands get sweaty, or is there a feeling in your stomach?).

What are the thoughts that accompany the sensations in your body:

(are the thoughts leaning towards the negative, what are you saying to yourself and how, are you avoiding something?)

What can you do to get back to a more creative mindset:

(taking deep breaths to bring your heart rate down, go for a walk outside, do some exercise, etc.)

WEEK #1 WORKSHEET

PART 2 - LIFE PURPOSE

WEEK #1 WORKSHEET - LIFE PURPOSE

This Worksheet will help you develop a Life Purpose Statement. It's a long-term strategy, not just for your work-life but for your life as a whole.

Step 1: Uncovering your values

Think back to at least 3 times (you can list more if you'd like) in your life when you felt content/fulfilled, personally or professionally. It doesn't matter if it was a long time ago or if it happened last week. In the box below, describe each time with the following: What were you doing? Who were you with? What do you remember about that time? What made it so special and rewarding for you?

1

2

3

What are the words you used to describe your experience? You may notice that in the above experience there are some similar words or themes that came up. These words are values that are important to you. In the box below, list out the words or themes that came up.

(Some examples of values: humour, participation, growth, joy, beauty, trust, harmony, connectedness, community, independence, acknowledgement, spirituality, adventure, honesty, recognition, service, contribution, tradition, peace, risk taking, empowerment, creativity, performance, freedom, aesthetics, romance, accomplishment, success, vitality, authenticity, self-expression, trust.)

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Now take a few minutes and think about which words resonate the most with you today. Which ones honor things you deeply believe in and are important to you? Which of these values must you absolutely be honoring in your life in order to feel really whole and complete?

Choose your 3 most important values and put them in the blanks (example below)

What does FREEDOM mean to you?

Release, unbound, light-hearted, space, openness, liberation, make my own rules.

What does _____ mean to you?

What does _____ mean to you?

What does _____ mean to you?

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Step 2: What is the impact you want to make and on whom?

What is the impact you want to make? What do you feel inspired to do? What brings you energy?

What do you bring to the table? What can you do for hours at a time, without noticing that time is passing? What is your special gift to the world? What comes so easily/naturally to you? What is your mantra?

Who is benefiting? What are the groups of people that are benefiting from your special gift?

If you are having trouble with this section, call a friend or colleague that you know likes and respects you. Ask them: What exactly is it about me that makes me someone you want to spend time with?

WEEK #1 WORKSHEET - LIFE PURPOSE

Now that we know what your values are, what they mean to you, and what is the impact you want to make on the world, we can work on simplifying this information into one powerful sentence.

Step 3: Defining your Life Purpose Statement

Fill in this statement: (it may take a few different tries to find one that feels right.)

I _____
(the thing you do best, your superpower, what you "bring to the table"), so that...

(the impact you make, the thing that inspires you to work so hard, the effect of your superpower)

What opportunities can you pursue to help you live your purpose?

What areas might you explore that align with your purpose?

How can you say no to things that fall outside your purpose?

Your Life Purpose is your roadmap.
Discover it. Develop it. Use it to make good choices for yourself.