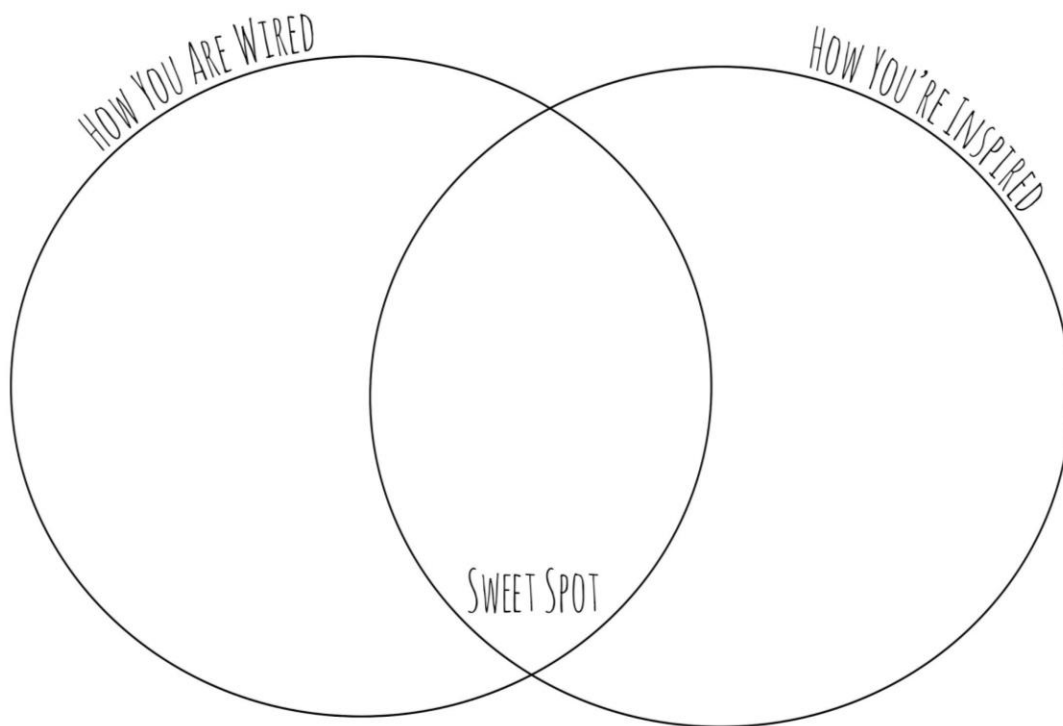


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ME ON PURPOSE WORKBOOK

On the following pages, you will find 6 main sets of questions and activities. If a particular question within a set does not resonate with you, skip it. You should first answer questions directly in this workbook & then add to your Venn Diagram (see p22 for one, or draw your own). You can “phone a friend” or family member as you reflect on your past (and present). Friends and family members are great at noticing things about each other.



After filling in your answers from the 6 activities, we will explore that sweet spot in the middle. Are you ready for your first set of questions?

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HOW YOU ARE WIRED

(THE LEFT SIDE OF THE DIAGRAM)

#1 Values

Review the list of values below. Feel free to write in any values that you have that you do not see in the list.

- 1st pass: Put a **dot** next to the values that resonate with you... up to 20...
- 2nd pass: Fully **underline** the values that mean the most to you... up to 10
- 3rd pass: **Circle** the most important... up to 5
- 4th pass: **Star** 3.

Note that there are **3 pages** of values to look over!

Go, go!

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Accomplishment	Faith	Originality
Achievement	Fame	Passion
Adventure	Family	Patriotism
Advocating	Fidelity	Peace
Altruism	Fitness	Perfection
Ambition	Focus	Perseverance
Assertiveness	Freedom	Pleasure
Athleticism	Friendship	Poise
Authenticity	Fun	Popularity
Authority	Generosity	Positivity
Autonomy	Gratitude	Recognition
Balance	Growth	Reliability
Beauty	Happiness	Reputation
Boldness	Hard Work	Resourcefulness
Calmness	Healing	Respect
Candor	Health	Responsibility
Carefulness	Helping	Security
Challenge	Honesty	Self-respect
Commitment	Honor	Self-control

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Community	Humor	Self-reliance
Compassion	Imagination	Selflessness
Competency	Independence	Sensitivity
Competitiveness	Influence	Serenity
Consistency	Ingenuity	Service
Control	Inner Harmony	Social Connection
Cooperation	Innovation	Spirituality
Courage	Insightfulness	Spontaneity
Creativity	Inspiration	Stability
Curiosity	Integrity	Status
Decisiveness	Intelligence / IQ	Strength
Defending	Intuition	Success
Dependability	Justice	Support
Determination	Kindness	Talent
Diligence	Knowledge	Teaching
Discipline	Leadership	Thoroughness
Educational status	Learning	Thoughtfulness
Efficiency	Legacy	Tolerance
Emotional quotient / EQ	Love	Tradition

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Empathy	Loyalty	Trustworthiness
Enjoyment	Mastery	Truth-seeking
Enthusiasm	Meaningful Work	Understanding
Equality	Motivation	Uniqueness
Excellence	Novelty	Unity
Excitement	Nurturing	Vision
Expertise	Open-mindedness	Vitality
Exploration	Openness	Wealth
Expressiveness	Optimism	Wisdom
Fairness	Order	_____
_____	_____	_____
_____	_____	_____



Stop & go add your most meaningful insights to your Venn Diagram.

#2 Personality

One of the most popular personality test is the Myers-Briggs test and personalities are defined based on:

- extroversion $\leftarrow \rightarrow$ introversion
- sensing $\leftarrow \rightarrow$ intuition
- thinking $\leftarrow \rightarrow$ feeling
- judging $\leftarrow \rightarrow$ perceiving

Review the question sets on the next page and decide which best describes you.

For each set, put a little check next to the bulleted items that you identify with. Then decide which letter you should circle.

Once you have all 4 letters you can look at the grid of 16 and see if the characteristics listed resonate with you.

Alternatively, you can visit **16personalities.com** and take a longer (and free) assessment.

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1. Are you outwardly or inwardly focused? If you:

- Could be described as talkative, outgoing
- Like to be in a fast-paced environment
- Tend to work out ideas with others, think out loud
- Enjoy being the center of attention

then you prefer

E
Extraversion

- Could be described as reserved, private
- Prefer a slower pace with time for contemplation
- Tend to think things through inside your head
- Would rather observe than be the center of attention

then you prefer

I
Introversion

3. How do you prefer to make decisions? If you:

- Make decisions in an impersonal way, using logical reasoning
- Value justice, fairness
- Enjoy finding the flaws in an argument
- Could be described as reasonable, level-headed

then you prefer

T
Thinking

- Base your decisions on personal values and how your actions affect others
- Value harmony, forgiveness
- Like to please others and point out the best in people
- Could be described as warm, empathetic

then you prefer

F
Feeling

2. How do you prefer to take in information? If you:

- Focus on the reality of how things are
- Pay attention to concrete facts and details
- Prefer ideas that have practical applications
- Like to describe things in a specific, literal way

then you prefer

S
Sensing

- Imagine the possibilities of how things could be
- Notice the big picture, see how everything connects
- Enjoy ideas and concepts for their own sake
- Like to describe things in a figurative, poetic way

then you prefer

N
Intuition

4. How do you prefer to live your outer life? If you:

- Prefer to have matters settled
- Think rules and deadlines should be respected
- Prefer to have detailed, step-by-step instructions
- Make plans, want to know what you're getting into

then you prefer

J
Judging

- Prefer to leave your options open
- See rules and deadlines as flexible
- Like to improvise and make things up as you go
- Are spontaneous, enjoy surprises and new situations

then you prefer

P
Perceiving

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Your 4 letters: _____

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ISTJ Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.	ISFJ Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.	INFJ Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.	INTJ Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.
ISTP Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.	ISFP Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.	INFP Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.	INTP Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.
ESTP Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.	ESFP Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.	ENFP Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.	ENTP Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.
ESTJ Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.	ESFJ Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.	ENFJ Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.	ENTJ Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.



Stop & go add your most meaningful insights to your Venn Diagram.

If there is something you like in your “box” above, you can add that to your Venn Diagram (on the left) along with your four letters. Note that personality, though “wired” is not set in stone.

#3 Talents & Skills

Remember that you can phone a friend or family member! Sometimes is hard to know what you are good at because you don't realize it is special to be good at it!

These days...

What are you good at?

What are your talents?

What do others tell you that you are good at?

Have you been told that you have a gift?

What do you offer to those around you?

What have others appreciated about you or complimented you on?

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What qualities do others admire in you... or do you admire about yourself?

What qualities of yours do you take pride in? **Pride** is a pleasing sense of approval of oneself for having done something good; especially something that has significant purpose or meaning.

What about Mini Me?

Any past talents, skills, or gifts?

What did you take pride in?



Stop & go add your most meaningful insights to your Venn Diagram.

HOW YOU'RE INSPIRED

We are moving on to the **RIGHT side of the Venn Diagram**, starting with...

#4 Passions

Vallerand defined **passion** as "a strong inclination toward a self-defining activity that one likes (or even loves)." Healthy passions are just that -- healthy, as in "harmonious."

When do you feel love or joy regarding life itself? Regarding work? When active with hobbies? Others? Volunteering? **Joy** can be described as feeling lit up, light and vibrant, with a "spring in your step." **Love** is a feeling of strong and enduring affection or attachment for someone -- or many; truly a "many-splendored thing" as it encompasses all of the other forms of positivity.

What makes you come alive with the feeling that this is what you were meant to do (at home, at work, with others, with hobbies, when helping)?

When do you have a gleam in your eyes or a glow about you?

When was the last time you woke up excited for the day? Why?

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What things do you love?

What do you find yourself naturally drawn to? What do you get “sucked in” to (in a good way)?

What activities bring you joy?

What things excite and energize you (or have in the past)?

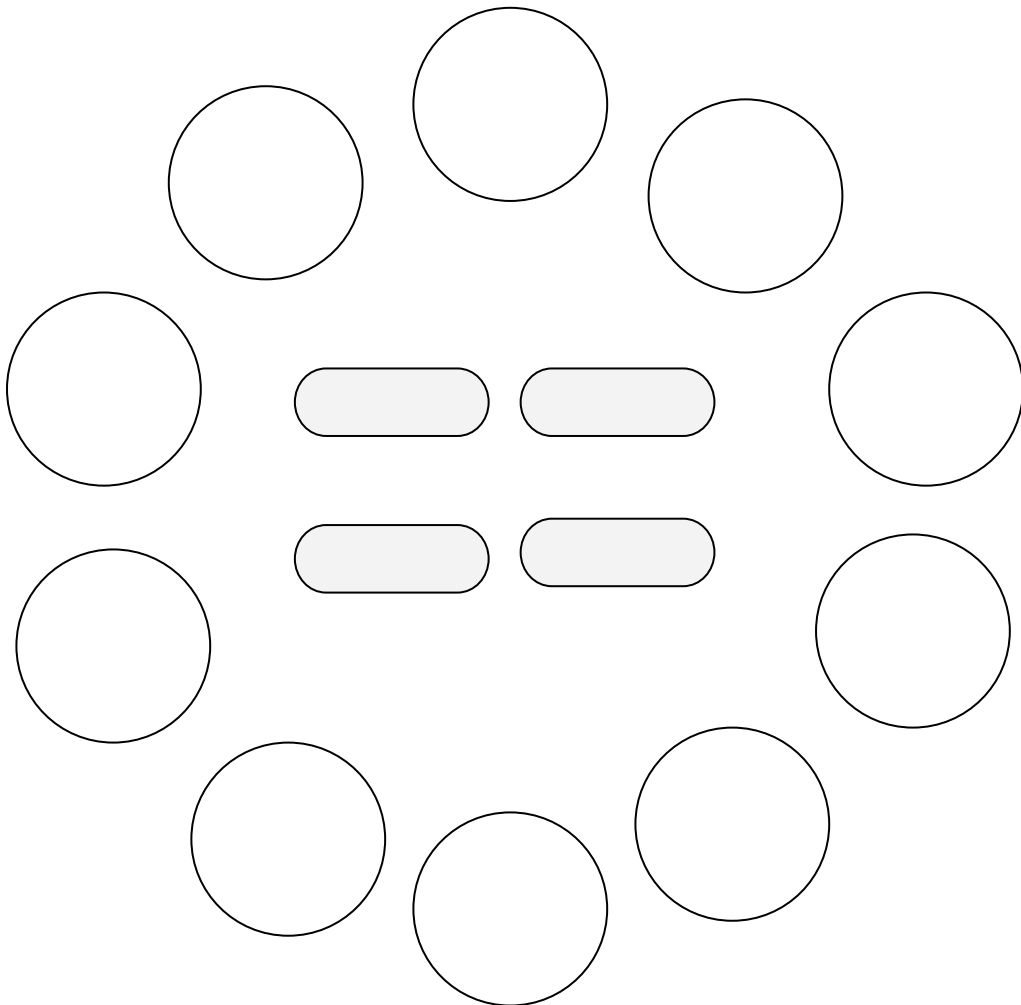
What do you put invested work into outside of the workday?

What do you dream about being or doing? How would you want to change a life, a community, or the world?

When are you in flow? *You're in **flow** when you are fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.*

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Bubble Mapping: In the center, write: family, self, hobby, and career. (Note that you can choose a different 4, or even add more... like, perhaps *community*.) Next, write a “passion” of yours in each circle below. Where do these passions connect currently? Draw lines to connect each circle to the center. What do you notice?



Stop & go add your most meaningful insights to your Venn Diagram.

#5 Interests & Inspirations

Interest is a feeling of fascination or curiosity over something; your attention is captured, you get pulled in and engaged. **Inspiration** is a self-transcendent emotion in the face of deeply moving and uplifting experiences.

Now...

What are you interested in? Academically? Physically? Spiritually? Emotionally?

Socially?

What are the most interesting parts of your day? Week? At work? Outside of work?

What inspires you? What makes you tear up?

Where do you find inspiration? What do you find fascinating?

In what ways (and in what situations) do you feel inspired to help?

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Mini Me...

What did inspired you? Fascinated you?

What did you find uplifting?

What did you daydream about?

What did you pretend to be? Play?

What captured your attention? What were you drawn to?

How did you want to change the world?



Stop & go add your most meaningful insights to your Venn Diagram.

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EXPLORATION

Does anything stand out from your diagram or from your handwritten answers?

Does anything stand out in the way of:

... defining you or what you care about?

... giving you drive or meaning or direction?

... sparking something to focus on, contribute to, help change?

... how you create and co-create value for others and the world? **Value** is the benefit, usefulness, and importance of something. It's subjective, in that the recipient gets to decide the value. There's also not single direction of delivery: We don't just deliver value, value comes right back at us. It's co-created.

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Do you see any common themes? Patterns? Anything that resonates with you? A trajectory or a direction? Write down your thoughts and ideas now.

Focus Questions:

1. (a) At your core, how are you wired?

(b) At your core, how are you inspired?

(c) Exploring the sweet spot: What does the overlap of (a) and (b) look like?

Look for what:

- delivers value
- provides a service; serves others
- provides a benefit or usefulness

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- provides a contribution

It may help to focus on how you co-create value with:

- Family and friends
- Strangers
- Your community
- At work (1-on-1, with teams and the organization as a whole)
- Charities and causes
- The world

2. What does the world need or want more of?

3. How can you be (or how are you) “the change,” make a difference, serve and/or provide value?

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My Sweet Spot:

(Describe what you noticed about your connection with purpose.)



Stop & go add your most meaningful insights to your Venn Diagram.

Fill in the overlapping region, the **“sweet spot.”**

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CONGRATS!

Great job! You did it. I hope this exploration was fun, insightful and helpful! If you enjoyed this and it helped you connect to a sense of purpose. Here's how you can keep the momentum going.

STARTING NOW:

Pay attention!

What's exciting energizing, brings you joy, puts you in the moment, makes you glow, brings you happiness, makes you proud, fulfills you, captivates you, consumes you, resonates with you?

When do you feel like you are doing what you were "born to do"?

When are others appreciative of how you show up and serve?

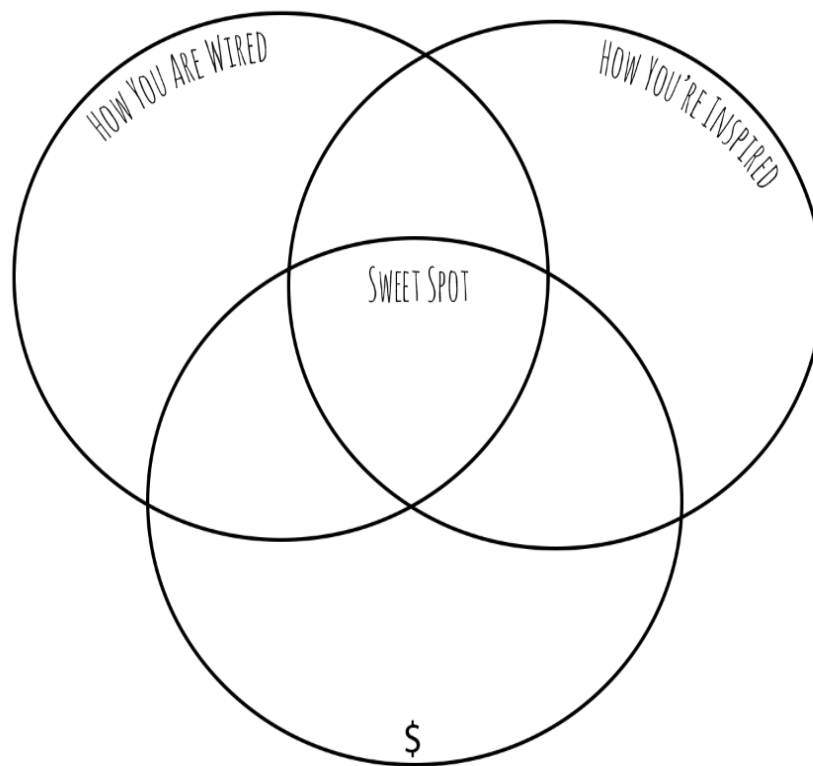
Do you notice that you have parts? ...Like part of you wants one thing, and part of you wants another? This is called *multiplicity of mind*, and you can learn about your parts, and you can *lead* your parts. I recommend getting into IFS, which stands for *Internal Family Systems*. It's an evidenced based-non pathologizing model. All parts have positive intentions. We also have a part that is not a part: IFS calls this *Self*.

If you would like to live on purpose, living in *Self Energy* is a fantastic idea. Again, check out official books, videos, YouTubes, and or the IFS official site: **SelfLeadership.org**. (I have no affiliation... I am a huge fan of IFS... It's a game changer, especially when living on purpose.)

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Also, pay NO attention. That is to say, set aside time to lie or sit quietly, and drop into *awareness of being* itself. Instead of being magnetized to a stream of thoughts, or to your awesome personality ('cuz, let's face it, you circled the best one on p8) drop in to awareness itself – where are these thoughts arising? Where is this awesome personality arising? (Where are *many, many, many* other things arising?) When we connect with awareness itself, who knows what inspiration might get “tickled up” for us?

If you want to see where your “wired” and “inspired” revelations map to your career choice, draw a third circle: the money circle. This circle represents jobs that exist AND the ones you can potentially create for yourself.



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IN 3 MONTHS:

Revisit this workbook (a new and blank version without looking at the old one and then compare).

What keeps coming up for you?

By paying attention in the day-to-day, did something new surface?

By setting aside time to pay NO attention, what has come of that?

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