AT MY BEST

What are you like at your best and what is your evidence?



ROLE FOR ME

Use this paper to sketch out the ideal job and company for you

My Core VALUES

Review the below list and without overthinking, circle each of the values that you feel resonates with you

Family

Freedom

Security

Loyalty

Intelligence

Connection

Creativity

Humanity

Family

Freedom

Beauty

Intelligence

Connection

Creativity

Humanity

Success

Respect

Invention

Diversity

Generosity

Integrity

Finesse

Love

Honesty

Adventure

Kindness

Teamwork

Career

Communication

Learning

Excellence

Quality

Commonality

Contributing

Spiritualism

Strength

Entertain

Wealth

Speed

Power

Affection

Cooperation

Love of Career

Friendship

Relationship

Encouragement

Courage

Compassion

Fitness

Professionalism

Knowledge

Patience

Change

Prosperity

Wellness

Finances

Gratitude

Facilitation

Effectiveness

Fun

Justice

Appreciation

Willingness

Contentment

Happiness

Patience

Forgiveness

Self-Respect

Peace



Once you have discovered your top 5 core values, use the below to identify how you will live with these values in your day-to-day life

Core Value No. 1:	
How will you live this value in your day-to-day life?	
Core Value No. 2:	
How will you live this value in your day-to-day life?	
Core Value No. 3:	
How will you live this value in your day-to-day life?	
Core Value No. 4:	
How will you live this value in your day-to-day life?	
Core Value No. 5:	
How will you live this value in your day-to-day life?	



Use this exercise to collect evidence for your portfolio

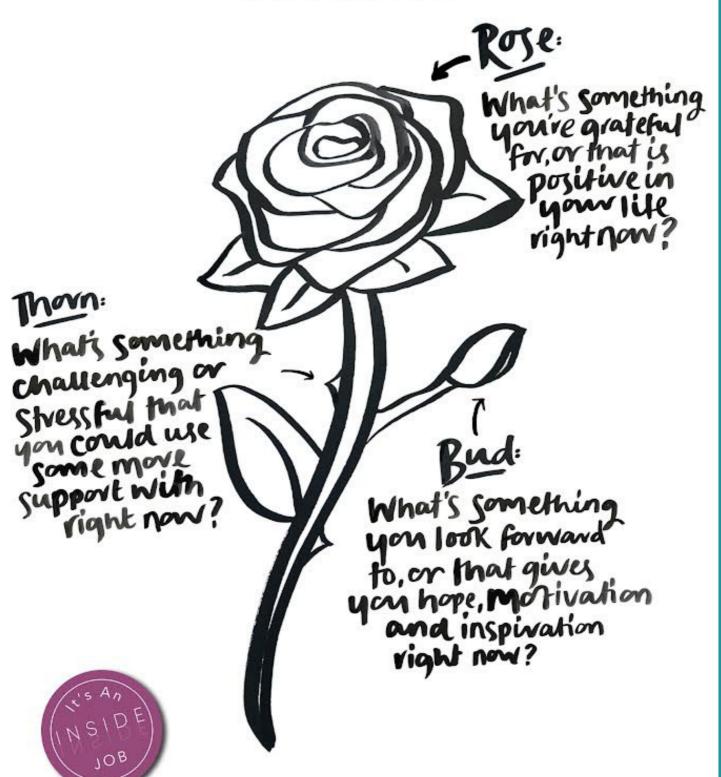
The Situation What was it and how did it happen? The Steps What steps did you take to make it a success? The Result What difference did you make ?

DRAINERS

Who or What is draining your energy!



INSIBE COACHING



Week
Beginning:

Gratitude JOURNAL

Use this journal for the week ahead and each day think of and choose three things that you feel grateful for

	1	2	3
MON			
TUE			
WED			
THUR			
FRI			
SAT			
SUN			

Gratitude PROMPTS

Use this journal for the week ahead and each day think of and choose three things that you feel grateful for

	#1 Describe your favorite moment of the day
	#2 Describe your favorite person
	#3 Write about a random act of kindness
	#4 List 5 things you are grateful for today
	#5 Write about a favorite hobby.
	#6 Write about a recent success you had
	#7 Write about something you accomplished today
	#8 Write about a pet and what makes them special
	#9 Write about a happy memory
	#10 What's a simple pleasure that you're grateful for?
	#11 What's something that you're looking forward to
	#12 What's a possession that makes your life easier?
	#13 What do you like about your job?
]	#14 Write about a friend that you're grateful for
	#15 What's a tradition that you're grateful for?



Who currently supports, encourages and energizes you? Positive relationships are sometimes underrated in terms of stress reduction, motivation and inspiration.

	In What are	a's of your life	e do you requ	ire a boost?	
Which	n five people	in your life c	urrently make	your star line-up	?
1.		2.		3.	
	4.		5.		
	Say why	this person n	nakes your sta	ır line-up	
Number 1:					
Number 2:					
Number 3:					
Number 4:					
Number 5:					

SELF-COMPASSION

It's easy to give our friends love, compassion, and understanding, even when they fail or make a mistake. It can be much harder to extend that same understanding and compassion to ourselves when we make a mistake. Follow these instructions to start showing yourself more compassion:

Think about a time a close friend has felt bad and has been struggling in some way. How would you respond to your friend in this situation? Write down what you do and say, and the tone in which you talk to your friends
Now think about times where you have been struggling. How do you typically respond to yourself when in such a situation? Write down what you say to yourself and note the tone in which you say it
Did you notice a difference? And if you did, why? Write down what factors cause you to treat yourself so differently to those that are around you?
Think about how things might change if you responded to yourself in the same way that you would typically respond to a close friend and write down your thoughts below