

# AT MY BEST

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



The background of the page is a light-colored, crumpled piece of paper, creating a textured, organic feel. This central area is framed by a solid teal border on the left, right, and bottom edges.

# The Ideal 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

# My Core VALUES

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?



# My Success STORY

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 ?

# Energy DRAINERS

Who or What is draining your energy!



A stylized battery icon with a teal outline and a purple lightning bolt, representing energy drain. The battery is rectangular with rounded corners and a small teal tab at the top. Inside the battery, there are ten horizontal lines for writing. A purple lightning bolt is positioned to the right of the battery.

# INSIDE INSIDE COACHING

Rose:

What's something you're grateful for, or that is positive in your life right now?

Thorn:

What's something challenging or stressful that you could use some more support with right now?

Bud:

What's something you look forward to, or that gives you hope, motivation and inspiration right now?



# Gratitude JOURNAL

Week  
Beginning:

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?.....



# Your Star LINE-UP

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

In What area's of your life do you require a boost?

_____	_____	_____
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Which five people in your life currently make your star line-up?

1. 	2. 	3. 
4. 	5. 	

Say why this person makes your star line-up

Number 1:	
Number 2:	
Number 3:	
Number 4:	
Number 5:	

# Practicing 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