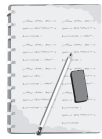


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CHAPTER 2 EXERCISES



EXERCISE 4: RETRACING YOUR STEPS

A. ENERGIZING ACTIVITIES & PURSUITS				
<p>What did you love to do as a child, youth and young adult? What were you really good at? What made you special or unique? How has this changed over time?</p>				
AGE 0-10	AGE 10-20	AGE 20-30	AGE 30-50	AGE 50+
<p><i>EXAMPLE:</i></p> <ul style="list-style-type: none"> ▪ Artist ▪ Piano/Singing ▪ Play Outside ▪ Watching TV ▪ Building Forts ▪ Entrepreneur ▪ Reading & Poetry 	<ul style="list-style-type: none"> ▪ Art/Design ▪ Singing/Piano ▪ Athletics ▪ Movies ▪ Home Décor ▪ Entrepreneur ▪ Writing 	<ul style="list-style-type: none"> ▪ Graphic Design ▪ Singing/Band ▪ Athletics/League ▪ Film & TV Work ▪ Building Stores ▪ Startups ▪ Writing 	<ul style="list-style-type: none"> ▪ Design (side) ▪ Less singing ▪ Sporadic workout ▪ Personal video ▪ Build sites/apps ▪ Consulting ▪ Pro-writing 	<ul style="list-style-type: none"> ▪ Design ▪ Occasional singing/concerts ▪ Need diet/ work out / ▪ Video for self/clients ▪ Build sites/apps ▪ Consulting ▪ Writing a book
<p><i>YOUR ENTRIES:</i></p>				

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B.

GOALS & ASPIRATIONS

Did you ever have a strong desire to “be” something as an adult? Did you aspire to a certain achievement? Did you ever feel a sense of having a purpose or a calling? Perhaps you have a professional “bucket list.” Write down the things that come to mind, which may be very specific or a more esoteric desire or a sense or longing you’ve carried for years. How did you respond to these desires? Did you act? Did they change or morph into something else? Did you lose sight of anything important? What impulses linger today?

SOMEDAY, I WANT TO...

HOW DID YOU RESPOND?

EXAMPLE:

- *Set up my own photography studio and pursue professional photography*
- *Teach and mentor students*

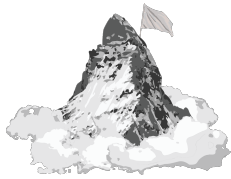
- *On hold (still) Having trouble affording the studio – not likely to make a living this way.*
- *Volunteer 1x per month with Junior Achievement*

YOUR ENTRIES:

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EXERCISE 5: PRIDE & ACCOMPLISHMENTS

A. YOUR GREATEST MOMENTS

Now, think about your greatest accomplishments, starting as far back as you can remember. What were some of the best and most gratifying moments of your life? What made them so great? How did those accomplishments influence your future? Write everything that stands out—it doesn't just have to be work-related.

ACCOMPLISHMENT	YEAR/AGE	HOW IT MADE YOU FEEL
<i>EXAMPLE:</i> <i>Started my own business selling popcorn on the 4th of July and made \$25.</i>	<i>7.5 years</i>	<i>I felt proud of myself Made parents proud – felt their approval Felt smart, accepted, ingenious, empowered, competent, successful. Felt supported by family, excited, exhausted, prosperous, competent and appreciated.</i>

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B.

ASK YOURSELF

When was the last time you felt a great sense of accomplishment? Does your work produce a similar sense of gratification, pride, satisfaction today? Why, or why not?

NOTES

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B.

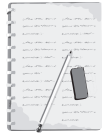
SAY THANKS!

Consider writing a brief note of thanks to each person who encouraged you in your journey, summarizing the impact they had on you. This can be a wonderful way to repay someone for their investment in you. Even if that person is no longer around to receive your note, consider leaving a tribute on social media! It can be cathartic and encouraging to others to describe in detail how another person's positive investment in you mattered!

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EXERCISE 7: DISCOURAGERS & DREAM KILLERS

A.

WHO INHIBITED YOU?

Take a minute to reflect upon the Discouragers and Dream Killers who have influenced your path. List them here. Note that it isn't uncommon to find that some of the same people that encouraged you to have, at some level, also proved to be discouraging. So, it's perfectly fine to list someone as both an Encourager and Discourager. Circle the name of your Dream Killers and identify the dream(s) they killed.

NAME	RELATION/ ROLE	NEGATIVE ACTIONS	IMPACT ON PATH & FEELINGS
<i>EXAMPLE</i>			
George	Grandpa	<i>"Don't be a designer, you will always be poor"</i>	<i>Taught to respect money over passion. Believed skills were not good enough. Being wealthy is most important. Don't do what you love.</i>

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WHO INHIBITED YOU? (CONT.)			
NAME	RELATION/ ROLE	NEGATIVE ACTIONS	IMPACT ON PATH & FEELINGS

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B.

LABELS, LIES & CURSES

Very frequently, Discouragers and Dream Killers superimpose names, labels, lies, and even curses on our identities that may be far from accurate, but can settle into our being as “truth.” Take a minute to write down and mentally confront any names, labels, and lies that have been superimposed upon your identity. Weigh the truth of these labels. Cross out and renounce things that are untrue. *Note: This may help you recall other Discouragers and/or Dream Killers!*

EXAMPLE:

“You will never amount to anything”