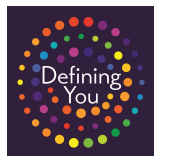


Defining You Worksheets

Part 1

Defining You by Fiona Murden

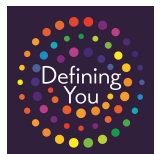


Worksheet Use

It's ok to use *Defining You* and these worksheets yourself, with others or even in your teams. Share, discuss, and learn!

It's NOT ok to use the workbook for commercial use. You can't sell it, sell workshops that you'll facilitate based on it, or create a website redistributing the workbook.

If you're interested in digging deeper with your organization, hiring a Certified Defining You Facilitator, becoming a Certified Defining You Facilitator, or training your internal trainers or even using the Defining You Programme designed specifically for organizations please contact Lorna.Walls@aroka.co.uk.

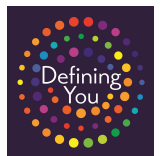


A Quick Reminder

KNOWING WHAT YOU DON'T KNOW

Before you get started, remember when you work through these sheets that:

- rather than answering questions with your habitual response, think about what you really think, feel, and want. Don't assume you know the answers until you've looked at things from every angle, dig beneath the surface, and ask yourself why you feel the way you do about certain things, how the beliefs you have formed came about, what led you to take certain decisions. Doing this will provide far richer insights to work with.
- the first decision you come to about yourself may not be the right one. Try to suspend judgment until you have explored all the options.



‘Observe Don’t React’

Measuring Your Curiosity

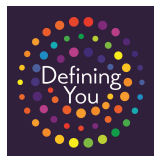
Score on curiosity inventory

- level
- what this tells me:

Overall I am more curious to:

- discover new knowledge and experiences.
- embrace novel and unpredictable situations.

I am going to aim to be more curious by...



‘Observe Don’t React’

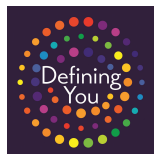
Self-Awareness Measure

Score on self-awareness measure

- level:

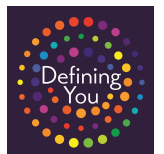
- what this tells me:

I am going to aim to be more self-aware by....



End of Session ‘Observe Don’t React’

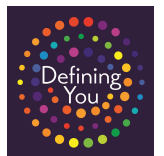
- What I have learnt about myself from this chapter?
- What do I want to work on and how?
- What I want to bear in mind and watch for as I move through the book?



'The Story of You' Upbringing

Self-Esteem

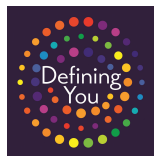
- How much self-esteem did you have as a child? Were you self-confident? For instance, did you throw yourself headlong into activities or hold back?
- Why was that?
- How do you think this relates to your self-confidence now?
- Is there anything that really helped build your self-esteem as a child that you could build on?
- Was there anything that held you back that still affects the way you see the world today?



'The Story of You' Upbringing

Self-Management

- What was your self-management like as a child? Did you stomp about or lash out when you were angry or upset, or were you able to manage your emotions?
- Did your parents help you to understand your emotions and how to deal with them, or have you come to this understanding later in life? How do you think that has affected you?
- Did you have responsibilities as a child? Do you think that helped you understand how to manage your emotions and prioritize your time?
- If you didn't have responsibilities as a child, do you feel like you are self-disciplined now? Do you think your parents influenced that or something else in your environment, like a teacher or the school routine?
- How can you build on any of these observations to help you as an adult?

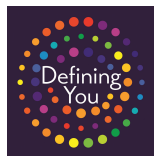


'The Story of You' Upbringing

Social Skills

- What was your relationship with each of your parents (i.e., mother, father) or significant figures in your childhood?

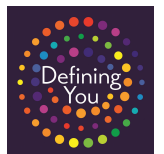
- Was there anything that helped you become more sociable as a child that you could build on now?



'The Story of You' Upbringing

Passions and Interests

- What were you really enthusiastic about as a child? Are they the same things that you get joy from now?
- How many of your own career or life choices were influenced by your parents and/or your environment? Do you think what your family wanted took you off on a certain path?
- How much of your time at work or in life is spent doing things because you have to and how much because you want to? Do you think you need to address this?



'The Story of You' Biological Influences

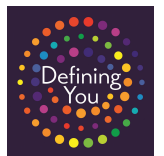
Think about your parents, or talk to your partner, a friend, or a sibling about them. How would you describe them, what adjectives do you use? How do other people describe them? Use this information to fill in the points below.

- I would describe my mother as being:

- I would describe my father as being:

- How I am like my mother:

- How I am different from my mother:



'The Story of You' Biological Influences

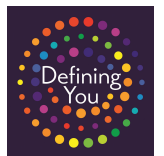
- How I am like my father:

- How I am different from my father:

- What does completing this exercise tell you about your personality? Which parts of your personality do you think may be more genetic and which influenced by your experiences you have had and the people you have interacted with?



'The Story of You'



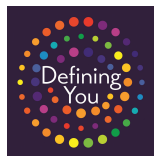
‘Growing Up’

Score on emotional wisdom inventory

- level

- what this tells me:

I am going to aim to be more emotional wise by:



'Growing Up'



‘Growing Up’ Reframing

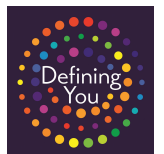
Event:

How I have always thought about the event:

Does this way of thinking about it put the event within my control?

Does this way of thinking about it give the event meaning?

How can I think of the event so that it's within my control?



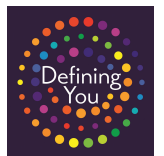
‘Growing Up’ Reframing

Reframed thought:

How can I think of the event so that it has meaning?

How will changing the way I see this event alter the way I see myself and how will it alter my personal narrative?

What are the positive impacts this could have on me moving forward?



‘Meaning in Life’ Values

Grouping of Values (Title)

Values included:

Grouping of Values (Title)

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Grouping of Values (Title)

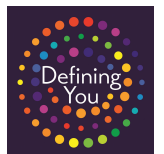
Values included:

Grouping of Values (Title)

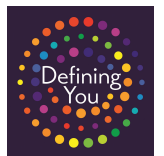
Values included:

Grouping of Values (Title)

Values included:



Meaning in Life – Your Passions, Interests and Story so Far



‘Meaning in Life’ – Your Passions, Interests and Story So Far

Look back at your passions and interests as a child and your responses to the questions in ‘The Story of You’. In the context of that, think about the following:

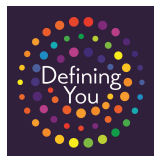
Do you still love doing the same things that you got lost for hours in as a child? Maybe you haven’t engaged with them for years or you use them in different ways now.

What is working well for you in your current life and career?

What do you find fulfilling, meaningful, enjoyable, and important?

What drains you, makes you stressed and anxious, or wastes your time?

What would you do if you didn’t need to get paid?



‘Meaning in Life’ – Your Passions, Interests and Story So Far

Make a list of your 5–10 core passions and interests.

STEP 2 - Investigate how you can use these passions and get involved with your interests. Note down your thoughts here:

STEP 3 - Think through how you could include these passions in your life, either as a hobby or maybe as a volunteering exercise, or how you could incorporate an element of them in your career over a longer period. You may even want to explore changing careers to make your true interests more central to your life.



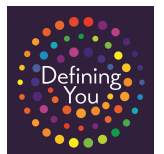
‘Meaning in Life’ - Connection

CONNECTION CHARACTERISTIC 1: MAKE TIME – What I will try:

- **Week tried (date):**
- **Score: /10**
- **Observations:**

CONNECTION CHARACTERISTIC 2: OBSERVE, DON’T REACT – What I will try:

- **Week tried (date):**
- **Score: /10**
- **Observations:**



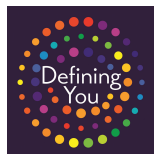
‘Meaning in Life’ - Connection

CONNECTION CHARACTERISTIC 3: BE A DETECTIVE AND LEARN– What I will try:

- **Week tried (date):**
- **Score: /10**
- **Observations:**

CONNECTION CHARACTERISTIC 4: SEE IT THROUGH THEIR EYES– What I will try:

- **Week tried (date):**
- **Score: /10**
- **Observations:**



‘Meaning in Life’ - Connection

CONNECTION CHARACTERISTIC 5: BE REWARDING TO DEAL WITH– What I will try:

- **Week tried (date):**
- **Score: /10**
- **Observations:**

MY RANKING OF CONNECTION CHARACTERISTICS: S

- **I will incorporate the top-ranked connection characteristic into my daily routine by:**

- **Starting on:**

