

## Know thyself: mini guide to self-discovery

*It's reasonable to want life – at work and elsewhere – to feel rich and rewarding. But sometimes things can get a bit stale or stuck. You may feel you could be more effective in your current work role, or that you're ready to progress to a new one. Perhaps you want to develop better relationships with others. Or maybe you want to handle the pressures of life at work or at home with more ease. Whatever isn't working for you, the first step in getting unstuck is to get really clear about who you really are – your true values and deepest aspirations. This mini guide sets out three simple exercises to discover these truths, and gives a taste of 1-1 coaching with Rising Minds.*

### 1. Picturing your future

- Choose a point in your future (e.g. 1, 5, or 10 years from now) that you'd like to imagine yourself in.
- Sit quietly. For a few moments, bring awareness to your body and breathing. Allow thoughts to come and go.
- When your mind feels relatively settled, start to picture yourself in your chosen future time. Imagine that you are really thriving in your life. To draw out some details, ask yourself: where you live, what work you do, how you spend your other time, who are the main people in your life, and how you positively impact on them.
- As you reflect, allow any thoughts, emotions, words and images to emerge without censoring yourself.
- When you're ready, bring the reflection to a close, and notice your body and breathing for a moment.
- Now get a big piece of paper and capture on it the most important insights from your reflection. If you're very visual, draw a picture. If you're more verbal, write down some key words and phrases. Or use both.
- Display your creation somewhere visible for as long as you want, and add anything new that comes to mind.

### 2. Writing your obituary

Imagine that you have lived the best possible life for you. Now write your obituary. This may sound like a morbid exercise, but in practice it can be very positive and revealing. Here are some questions to help you reflect:

- What will you have done and achieved?
- What will people say about you?
- What will be your qualities and characteristics that people would most wish to celebrate?
- How will you have affected other people?
- What difference will you have made to the world?

### 3. Finding your values

Values are about what matters most to you in the world and your life. They are what you want to stand for and how you want to live. To help you get clear on your values, on pages 2 is a set of values cards for you to cut out. Each card shows one main value, with a few related values. Play around with the cards and find your top 5 values. Here are some questions to help you identify your main values:

- **Obituary:** see exercise 2 above – what values show up in the life you would like to have lived?
- **Character strengths:** which do you already have? What ones do you want to develop?
- **Role models:** who do you look up to? What personal strengths or qualities do you admire in them?
- **Wealth:** you inherit a fortune...what would you do with it, who would benefit and share, how would you act?
- **Disapproval:** what do you disapprove of in others and so what would you do differently in their shoes?

Once you've identified your top 5 values, write them down in the table on page 2. Now, score each of them out of 10 according to how much you feel your current life allows you to express that value. Finally, jot down ideas on how you might go about expressing that value more, particularly where your level of satisfaction is below 5.

Found this mini guide helpful? To find out more about 1-1 coaching with Rising Minds contact: [info@risingminds.org.uk](mailto:info@risingminds.org.uk) or call 07866 566496

|   |  |  |
|---|--|--|
| <b>Freedom</b><br>Choice<br>Empowerment<br>Independence         | <b>Achievement</b><br>Accomplishment<br>Excellence<br>Productivity | <b>Appreciation</b><br>Acknowledgement<br>Recognition<br>Respect |
| <b>Authenticity</b><br>Truthfulness<br>Honesty                  | <b>Trust</b><br>Integrity<br>Decency<br>Fairness                   | <b>Beauty</b>  |
| <b>Peace</b><br>Calm<br>Contentment<br>Simplicity               | <b>Flow</b><br>Ease<br>Effortlessness<br>Relaxation                | <b>Change</b><br>Challenge<br>Growth<br>Learning                 |
| <b>Collaboration</b><br>Cooperation<br>Participation<br>Support | <b>Understanding</b><br>Patience<br>Tolerance<br>Forgiveness       | <b>Love</b><br>Compassion<br>Kindness                            |
| <b>Connection</b><br>Community<br>Friendship                    | <b>Contribution</b><br>Generosity<br>Helpfulness<br>Service        | <b>Creativity</b><br>Expression                                  |
| <b>Determination</b><br>Strength<br>Focus<br>Dynamism           | <b>Passion</b><br>Enthusiasm<br>Romance<br>Vitality                | <b>Play</b><br>Fun<br>Joy<br>Humour                              |
| <b>Knowledge</b><br>Clarity<br>Insight                          | <b>Order</b><br>Accuracy<br>Efficiency                             | <b>Openness</b><br>Curiosity<br>Spontaneity<br>Flexibility       |
| <b>Adventure</b><br>Discovery                                   | <b>Meaning</b><br>Purpose<br>Spirituality                          | <b>Wellbeing</b><br>Health                                       |

## Values sort

| Rank | Value/description | Level of satisfaction<br>0-10 | What next? |
|------|-------------------|-------------------------------|------------|
| 1    |                   |                               |            |
| 2    |                   |                               |            |
| 3    |                   |                               |            |
| 4    |                   |                               |            |
| 5    |                   |                               |            |