

Discovering Success

• 7 Exercises to Uncover Your Purpose, Passion & Path •



• **EXERCISE ONE: BREAK FREE FROM EXPECTATIONS** •

Step One: Influence Spider Diagram

Use the space below to create a spider diagram that names and maps out the various people and factors that have influenced your life in some way. From childhood friends and schooling to your current job title and income, be sure to write down everything and anything that has somehow impacted the way you live and make decisions.



• **EXERCISE ONE: BREAK FREE FROM EXPECTATIONS** •

Step Two: Rating the Impact of Outside Influence

Using the table below, write down elements of your current life and career in the column on the left (this can be anything from the city you live in to the number of hours you work). Then, use the column on the right to rate how much each element was influenced by outside sources. A ranking of ten indicates an extremely heavy influence, whereas a ranking of zero indicates no influence at all.

CURRENT CAREER & LIFE	INFLUENCE RATING



• **EXERCISE ONE: BREAK FREE FROM EXPECTATIONS** •

Step Three: Finding Dissonance

The goal of this exercise is to help you uncover dissonance between your “real life” and your “Instagram life.” In the left column of the table, write down the things you do because they appear impressive to others. In the right column, write down the corresponding activities that *actually* bring you joy. For example, you might travel frequently because you think that it’s impressive to others, but in reality you actually prefer to stay home.

PROJECTING	REAL LIFE



• **EXERCISE TWO: BACK TO THE BEGINNING** •

Step One: Before School

The point of this exercise is to rediscover what you naturally gravitated towards before people began telling you who to be. Select three family members to talk to to help you identify your passions, aspirations, and heroes from before the age of five.

THREE FAMILY MEMBERS TO TALK TO

THREE THINGS YOU LOVED BEFORE AGE 5

THREE JOBS YOU WANTED OR HEROES YOU HAD



• **EXERCISE TWO: BACK TO THE BEGINNING** •

Step Two: During School

In this exercise, you'll identify the things you gravitated towards in adolescence. Select three friends to talk to to help you identify what aspects of school you loved, the types of careers you expressed interest in, and any heroes you might've had. The point of this exercise is to identify passions or interests that you might have lost sight of or forgotten.

THREE FRIENDS TO TALK TO

THREE THINGS YOU LOVED DURING SCHOOL

THREE CAREERS YOU WANTED OR HEROES YOU HAD



• **EXERCISE THREE: LISTEN TO WHAT YOU LOVE** •

Step One: Track & Color Code Your Time

Use the table below to track your days and write down what you did, when you did it, and how it made you feel. The more granular you get, the better. The point of this exercise is to identify patterns in the small moments and identify which activities energize you and which ones drain you.

After you've tracked your time for at least one month, go back through your table and color code each row. You might choose to highlight activities that made you feel some positive emotion in green and activities that made you feel some negative emotion in red. This will make it easy for you to see how you feel most of the time.

DATE	WHAT YOU DID	HOW YOU FELT



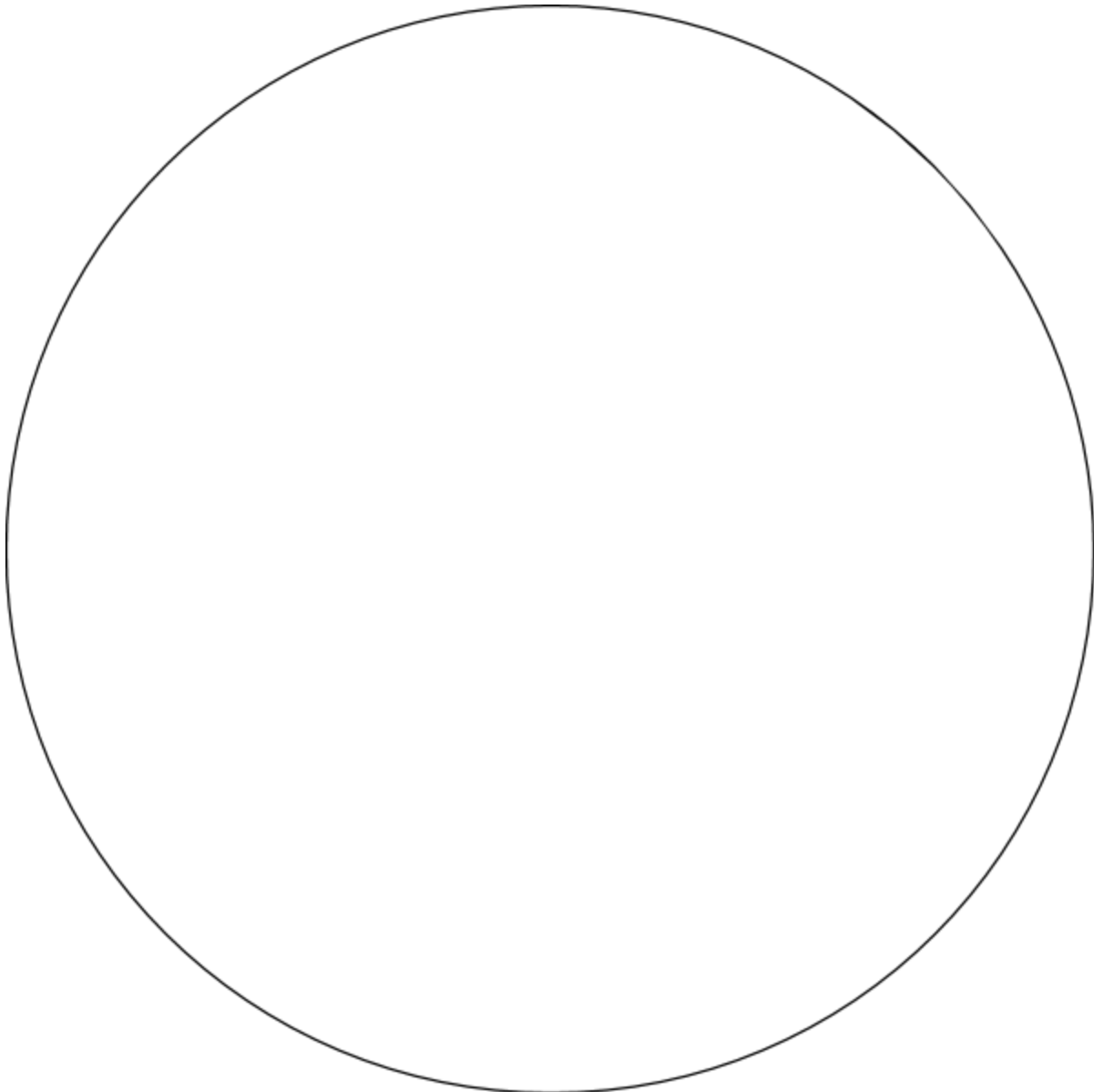
• EXERCISE FOUR: CHOOSE A DIRECTION •

Step One: Pie Chart of Your Non-Negotiables

Go through all of your previous worksheets and jot down any themes or patterns that keep coming up on a separate sheet of paper. Maybe it's having time to yourself, freedom to choose the types of projects you take on, quality time with loved ones, or financial security.

Then, use the circle below to create a pie chart of your non-negotiables. These are the things that are most important to you and that you require in order to have a full life. Draw upon the themes and patterns you identified above to help you identify your non-negotiables.

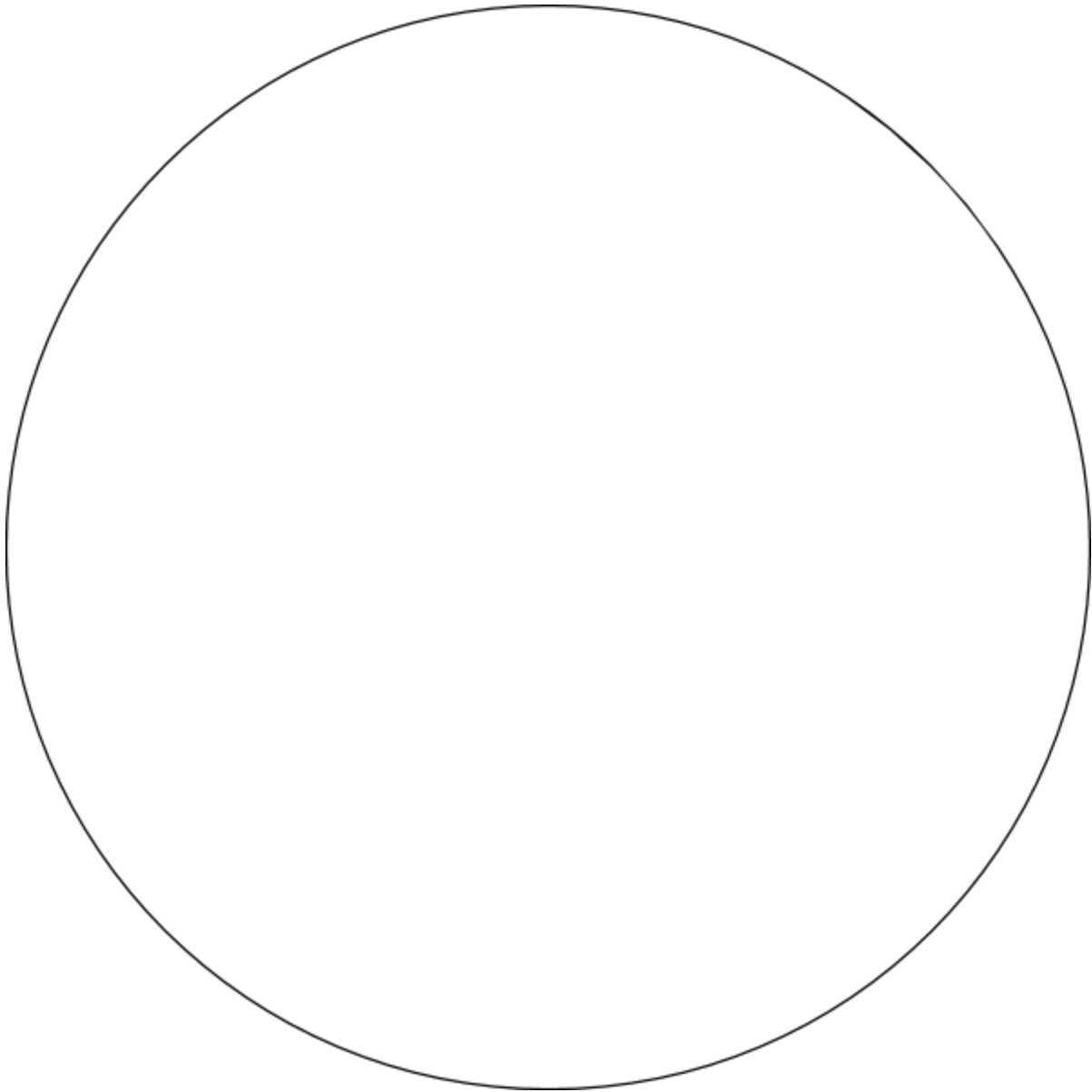
For example, Emma's categories were people/friends, money, time to herself, travel, and risks.



• **EXERCISE FOUR: LISTEN TO WHAT YOU LOVE** •

Step Two: Chart of Your Ideal Week

Use the circle below to create a pie chart of your ideal week. Look at your non-negotiables and fill in the circle below, allocating time for the things that matter most to you. Then, look to your completed chart to identify gaps in how you want to be spending your time and how you're actually spending your time.



• TAKE ACTION: MANAGE YOUR TIME •

If you want to make a change in your life, you'll need to find the time to commit to making that change. Use this worksheet to identify how you're spending your time and look for areas to optimize how you're spending your time.

ESTABLISH YOUR NON-NEGOTIABLES

What are the things that currently take up your time that you can't change immediately?

WHAT CAN YOU REMOVE

Is there anything that you're currently spending time on that you *can* remove from your life?

WHERE CAN YOU ADD TIME

Where in your day or week can you add in time? Can you download an app that blocks your social media accounts for a few hours each day? Can you remove yourself from a social obligation you no longer wish to partake in?



• TAKE ACTION: MANAGE YOUR MONEY •

This worksheet will help you figure out how to put yourself in the financial position to go after what you want. Use the space below to hone in on how you might be able to make money work better for you.

ESTABLISH YOUR NON-NEGOTIABLES

What is the bare minimum you need to get by each month? Do you have any financial obligations that you can't get out of?

WHAT CAN YOU REMOVE

Are you spending money on something that doesn't actually bring you joy?

WHERE CAN YOU ADD INCOME

How might you be able to create passive income? Can you sell your art online or monetize your podcast?

