

Living and Leading by Design

3 steps to stop being a passive passenger
and start being the pilot of your dreams!



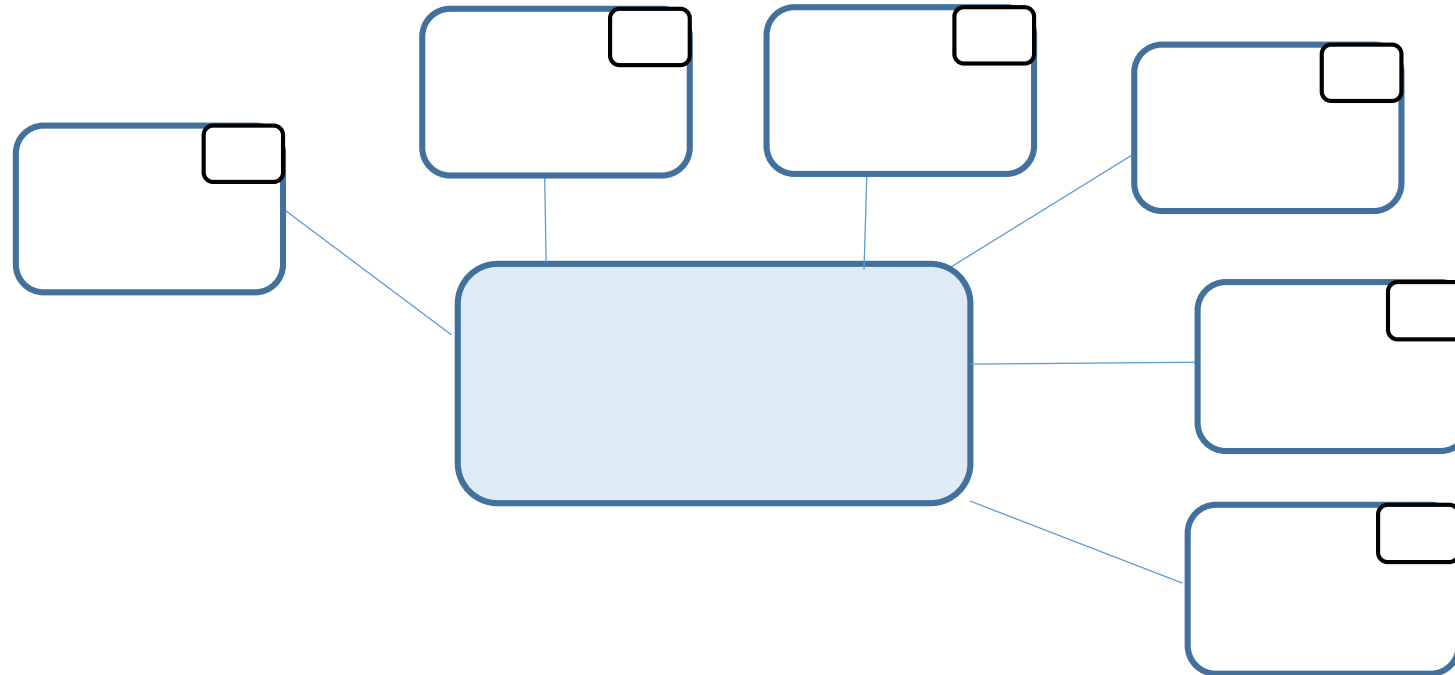
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What's Your Perspective? Exercise #1

Instructions:

1. Place your name in the central box
2. Think about the different aspects of your life (family, work, volunteer, associations, parent groups, friends. Create a box for each one and place a number for the amount of people that fall into that group in the corner of the box. Add as many boxes as you need.
3. Add up the total number of people in your sphere and place that number in this box:



What's Your Perspective? Exercise #1

Fuel for Thought



- What messages are they getting about you?

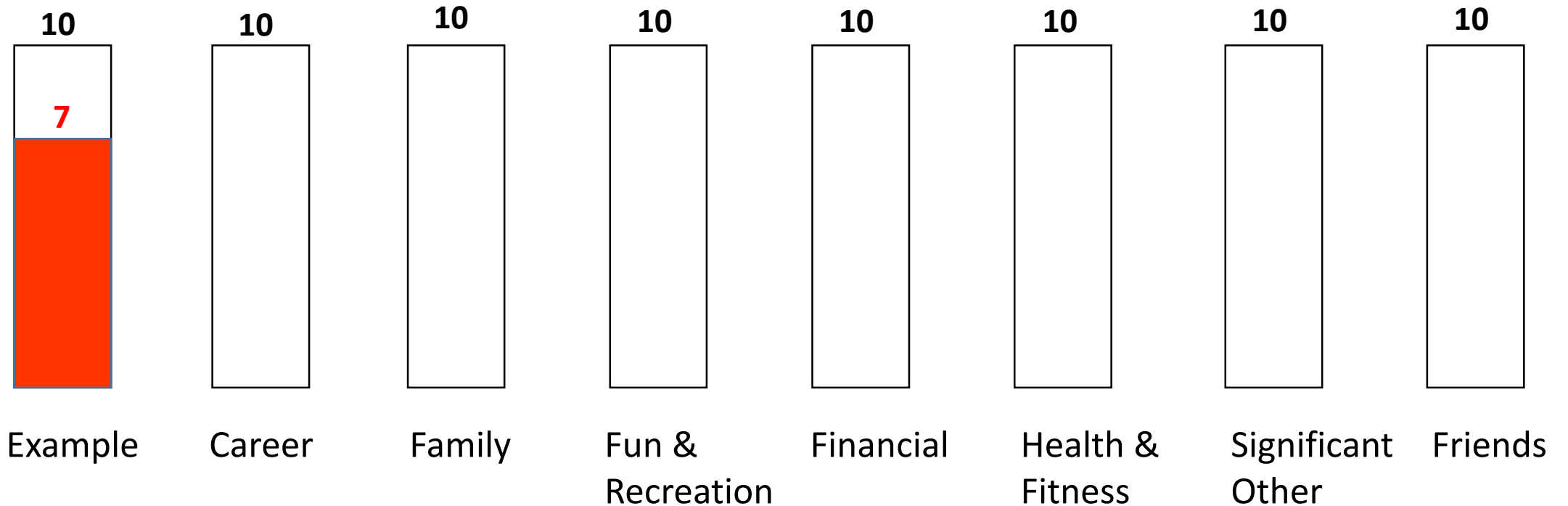
- How would they describe you?

- Are you different in one area of your life than others?

- If you could change one thing about the message you're conveying - what would it be?

- How can you invite more diversity and inclusion into your network?

What's Your Perspective? Exercise #2



Instructions:

1. Consider each aspect of your life. Rate each one from 0 to 10 where 0 is as poor as it can get and 10 means that everything is really amazing in this area.

What's Your Perspective? Exercise #2

Fuel for Thought



- What are the most important things to focus on from this perspective?

- Where would you like to make changes?

- When you find yourself getting caught up in the details, take a step back and look at the big picture.

- Does what you're worrying about really matter at the end of the day?

Key Personal Values Chart

Instructions:

1. Review the list of values below and check off the words that resonate for you. This is not about the values you'd like to have, or think you should have. There are nor right or wrong values. Select all the words that you feel connected to.

<input type="checkbox"/> Risk	<input type="checkbox"/> Grace	<input type="checkbox"/> Togetherness	<input type="checkbox"/> Accomplishment
<input type="checkbox"/> Impact	<input type="checkbox"/> Serve	<input type="checkbox"/> Empathize	<input type="checkbox"/> Travel
<input type="checkbox"/> Design	<input type="checkbox"/> Learn	<input type="checkbox"/> Relate with God	<input type="checkbox"/> Faith
<input type="checkbox"/> Sensations	<input type="checkbox"/> Guide	<input type="checkbox"/> Educate	<input type="checkbox"/> Competition
<input type="checkbox"/> Expert	<input type="checkbox"/> Have fun	<input type="checkbox"/> Triumph	<input type="checkbox"/> Community
<input type="checkbox"/> Wealth	<input type="checkbox"/> Attractiveness	<input type="checkbox"/> Family	<input type="checkbox"/> Innovation
<input type="checkbox"/> Problem Solving	<input type="checkbox"/> Assist	<input type="checkbox"/> Support	<input type="checkbox"/> Peace
<input type="checkbox"/> Imagination	<input type="checkbox"/> Social Interaction	<input type="checkbox"/> Be passionate	<input type="checkbox"/> Respect
<input type="checkbox"/> To glow	<input type="checkbox"/> Cause	<input type="checkbox"/> Instruct	<input type="checkbox"/> Cooperation
<input type="checkbox"/> Honesty	<input type="checkbox"/> Sensual	<input type="checkbox"/> Score	<input type="checkbox"/> Arts
<input type="checkbox"/> Gamble	<input type="checkbox"/> Being alone	<input type="checkbox"/> Harmony	<input type="checkbox"/> Power and authority
<input type="checkbox"/> Stimulate	<input type="checkbox"/> Physical challenge	<input type="checkbox"/> Enlighten	<input type="checkbox"/> Locate
<input type="checkbox"/> Conceive	<input type="checkbox"/> Uncover	<input type="checkbox"/> Win over	<input type="checkbox"/> Flexible work schedule
<input type="checkbox"/> Freedom	<input type="checkbox"/> Inspire	<input type="checkbox"/> Take risk	<input type="checkbox"/> Creativity
<input type="checkbox"/> Set standards	<input type="checkbox"/> Play games	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Experiment
<input type="checkbox"/> Courage	<input type="checkbox"/> Quality	<input type="checkbox"/> Fame	<input type="checkbox"/> Privacy
<input type="checkbox"/> Encourage	<input type="checkbox"/> Improve	<input type="checkbox"/> Danger	<input type="checkbox"/> Facilitate
<input type="checkbox"/> Assemble	<input type="checkbox"/> Magic	<input type="checkbox"/> Stability	<input type="checkbox"/> Independence
<input type="checkbox"/> To feel good	<input type="checkbox"/> Influence	<input type="checkbox"/> Money	<input type="checkbox"/> Integrity
<input type="checkbox"/> Be entertained	<input type="checkbox"/> Venture	<input type="checkbox"/> Truth	<input type="checkbox"/> Decisive
<input type="checkbox"/> Coach	<input type="checkbox"/> Minister to	<input type="checkbox"/> Dominate field	<input type="checkbox"/> Achievement
<input type="checkbox"/> Friendship			

Key Personal Values Chart

Instructions:

It's very important you follow these steps in order:

1. From the list you marked off, look for words that have similar meanings. You'll find there are themes within the words you selected. For example you may have selected integrity, honesty and respect and for you these words have a similar feel. Pick a word and place it on line 1. Find other words from the values you selected that might go with this word. If you have a word that doesn't fit, put it on line 2 and start another theme. You will probably find you have 4 – 6 themes
2. Once you have your themes described on the left, think about one word (a person, place or thing) that will remind you of this theme. Now you only have 4 – 6 words to remember rather than the entire list.

Step 1: Grouping Key Values	Step 2: Theme
1.	
2.	
3.	
4.	
5.	
6.	

Personal Values Exercise

Fuel for Thought



➤ Where in your life are you currently honouring these values?

➤ What could you say no to, now that you're clear about what's important to you?

➤ When you get stressed, get curious about what value of yours is not being honoured.

1. Recognize that it's **temporary**
2. Attempt to **change** it
3. Permanently **leave** the situation

How to Think Positively Big Fuel for Thought



- Strive to imagine the **BEST** possible solutions.
- Use the concept of a boomerang when brainstorming. Imagine the best possible answer to your problem as you throw the boomerang out there.
- Once you have a great idea, reverse engineer it and discover all the things you actually can do to create this solution
- Keep your conditioned learnings filed away!
- No stickies on the boomerang. Forget about cost, timeliness, lack of resources etc. Boomerangs don't fly with stickies.





Connect with Carol:

www.carolring.ca



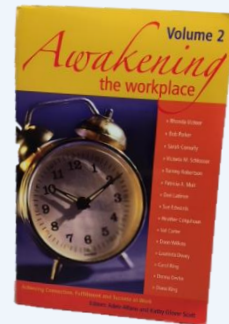
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