

"DISCOVERING YOU"

WORKSHEETS

Custom-prepared for:
Brigham Young University – Idaho
Power 2 Become Participants

BY:



SELF: REINVENTED

TAKE CHARGE, LIVE BETTER!

INTRODUCTION

SELF: REINVENTED is a program focused on improving the lives of its participants. While a participant can focus on any one element of the program and reap positive results, the greatest improvements are a result of the methodological approach we've created as the exercises, coaching and mentoring strengthen each other.

The three areas of the SELF: REINVENTED program are as follows:

- 1) Discovering and enhancing our passions and purposes;
- 2) Managing everyday life demands by utilizing project management best practices; and
- 3) Increasing resilience and optimism to overcome life's challenges.

This packet is offered FREE to BYU-Idaho's Power 2 Become participants to help you **start** your journey of discovery as you look within yourself to better understand who and what you are.

Should you decide that you would like to continue your journey of self-discovery and improvement with us, we invite you to visit www.SelfReinvented.com to view all options available including workshops, seminars, personal coaching and mentoring, and upcoming books.

Power 2 Become participants will receive a discount on all goods and services offered. We want to help you succeed in life and will work to customize our program to focus on what is important to you.

It's time to...

TAKE CHARGE, LIVE BETTER!

Exercise 1: WHO AM I?

Instructions: This exercise is tailored to help you identify who you've become as a result of the influences in your life. The exercise is simple, write down the top 10 most influential people in your life.

You will then write down the top belief / core value you received from that person.

Lastly, mark Yes or No on whether you choose to continue this belief / core value. At the end of this exercise, you should have a better understanding of the values and beliefs you've come to believe and who has influenced you the most. (See Appendix 1 for examples of common values and beliefs)

Exercise 1: WHO AM I?

(Make copies as necessary)

Name/Descriptor of Person: <i>Example - Father</i>		
Top Belief or Core Value learned from this Person: <i>Hard work is what it takes to succeed in life, even at personal sacrifice.</i>		
Do I choose to continue this belief? (circle one)	YES	NO

Name/Descriptor of Person:		
Top Belief or Core Value learned from this Person:		
Do I choose to continue this belief? (circle one)	YES	NO

Name/Descriptor of Person:		
Top Belief or Core Value learned from this Person:		
Do I choose to continue this belief? (circle one)	YES	NO

Name/Descriptor of Person:		
Top Belief or Core Value learned from this Person:		
Do I choose to continue this belief? (circle one)	YES	NO

Exercise 1: WHO AM I?

(Make copies as necessary)

Name/Descriptor of Person:		
Top Belief or Core Value learned from this Person:		
Do I choose to continue this belief? (circle one)	YES	NO

Name/Descriptor of Person:		
Top Belief or Core Value learned from this Person:		
Do I choose to continue this belief? (circle one)	YES	NO

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Top Belief or Core Value learned from this Person:		
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Exercise 1: WHO AM I?

(Make copies as necessary)

Name/Descriptor of Person:		
Top Belief or Core Value learned from this Person:		
Do I choose to continue this belief? (circle one)	YES	NO

Name/Descriptor of Person:		
Top Belief or Core Value learned from this Person:		
Do I choose to continue this belief? (circle one)	YES	NO

Name/Descriptor of Person:		
Top Belief or Core Value learned from this Person:		
Do I choose to continue this belief? (circle one)	YES	NO

Name/Descriptor of Person:		
Top Belief or Core Value learned from this Person:		
Do I choose to continue this belief? (circle one)	YES	NO

Exercise 2: WHAT AM I?

Instructions: This exercise is tailored to help you identify the roles you have in life and the expectation associated with those roles. Write down as many roles as you can think of.

Then prioritize the roles starting with 1 as the most important role you have. For each role, write down the main expectation that comes with that role and identify who or what has influenced you to have that expectation.

Lastly, mark Yes or No as to whether you feel those expectations are still valid. At the end of this exercise, you should be able to identify whose expectations you are seeking to satisfy the most. Are they your expectations or someone else's? (See Appendix 1 for examples of common values and beliefs)

Exercise 2: WHAT AM I?

Instructions: This exercise is tailored to help you identify the roles you have in life and the expectation associated with those roles. Write down as many roles as you can think of.

ROLE	RANK	Primary Expectation	Who or What Established the Expectation?	Do you Agree?
<i>Example: Employee</i>	3	<i>Work until the job gets done regardless of hours required (salaried)</i>	<i>Company Culture</i>	<i>NO, I'm human and need breaks</i>

Exercise 3: BIG CHOICES – WHY DID I MAKE THEM?

Instructions: This exercise is tailored to help you determine the core values and beliefs that have influenced some of the biggest choices you've made in life so far. We dig down by asking "Why?" **at least** five times, more if necessary, until we uncover a core value or belief. (See Appendix 1 for examples of values and beliefs)

At the end of the exercise, you want to ask yourself if your biggest decisions have been aligned with values and beliefs you want to follow. If so, great! If not, what can you do to avoid this trap in the future? At the end of this exercise, you should begin to see patterns in your decision-making.

Example:

The choice was made to buy a Sports Car.

1st Why – Why did I buy the sports car?

Response – Because I think it looked cool.

2nd Why – Why is it important to drive a cool-looking car?

Response – Because people with cool cars are more popular.

3rd Why – Why do you need to be popular?

Response – Because I want women to like me.

4th Why – Why do you believe women only like popular men?

Response – Because popularity makes up for lack of good looks.

5th Why – Why do I think good looks is the most important attraction factor to the opposite sex?

Response – Because attractive women only want to be with attractive men and vice versa.

Analysis: Is that true? Are there any examples which defy this logic? What were some negative effects of making this choice (additional debt, still didn't attract the desired person, etc.)

Choice: Do I want to continue this belief? YES or NO?

Exercise 3: BIG CHOICES – WHY DID I MAKE THEM?

(Make copies as necessary)

DESCRIBE THE CHOICE MADE OR BEING MADE:

1st Why _____:

2nd Why _____:

3rd Why _____:

4th Why _____:

5th Why _____:

What is my core value or belief driving this choice?

Who instilled in me this value or belief?

Do I choose to continue this belief? (circle one)

YES

NO

NEXT STEPS



As you can see, this is just the beginning of a great journey toward self-discovery and betterment. We invite you to work with us to deepen your understanding of yourself and to implement desired changes in your life. We offer multiple options ranging from individual mentorship and coaching to group workshops and seminars. A book is scheduled for release (e-format) on 12/31/2018.

Each person has so much potential inside. This potential can't be effectively tapped into while confusion of purpose and commitment exist. SELF: REINVENTED™ is designed to help persons clarify their passions and purpose, better manage their daily responsibilities, and increase their ability to overcome life's challenges.

That is why we invite you to "Take Charge, Live Better!"

Discover how you can continue your Self Reinvention at www.SelfReinvented.com

APPENDIX 1: VALUES & BELIEFS

A **value** can be defined as *a person's principles or standards of behavior; one's judgment of what is important in life.*

Examples of values include:

Loyalty	Commitment	Honesty
Creativity	Humor	Passion
Optimism	Patriotism	Service
Courage	Fitness	Reliability
Trustworthiness	Selflessness	Stability
Love	Consistency	Compassion

Values typically are influenced by (but not limited to) family, peers, work, religion, culture, significant life events, friends and education.

A **belief** can be defined as *an opinion, conviction or perspective that something is true or exists.*

Examples of beliefs include:

- People can't be trusted.
- God wants us to be...
- Doing good all the time can cost us.
- Family should always come first.
- Community comes before self... "the greater good"
- An overweight person doesn't care about themselves.

Beliefs are typically derived by experience. While family and peers may have initial influence, our beliefs evolve as personal experience either ratifies or denounces such beliefs.

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PODCAST
COMING
SOON!

