

**Use when your career is at a crossroads or anytime you want to get your bearings. Adapt to suit your needs.**

**Purpose:** To become aware of thinking that is blocking moving forward and to check in on the health of my personal spirit so that I know what to do to strengthen my resilience when I am totally out of my comfort zone (or pushing the edge).

<b>Beliefs</b>	<b>Is this limiting?</b>	<b>Empowering?</b>	<b>Revealing</b>
<p>When it comes to getting a job I believe that I am .....</p> <ol style="list-style-type: none"> <li>1. Too old?</li> <li>2. Too smart?</li> <li>3. Too advanced?</li> <li>4. Too tired to care?</li> </ol> <p>Your turn.....0 I am..... The world is..... My greatest dreams are....</p> <p>When I stand back and look at my life I see some patterns... they are:</p> <p>e.g.</p> <ul style="list-style-type: none"> <li>• I start things and don't finish them.</li> <li>• I need to be told what to do or I get confused.</li> </ul> <p>Over to you!</p>			

## The State of My Personal Spirit

It doesn't matter whether you are a solo entrepreneur, a CEO, or a human navigating life, without a high personal spirit there is no desire to live life well. That choice comes from within and is sourced in these three personal pillars. They show up in employee disengagement, moving through life transitions and reinventing yourself (transformations), teams performing (or not) and organizational change. They are completely in your control to alter, strengthen, or reignite.

	1	2	3	4	5
<b>Sense of control</b>	Things happen. No control.	If only someone would save me.	Hmm...no one is coming. Might have to save myself.	Whether I believe I can or can't, I am right. - Henry Ford	I choose how I respond to what happens.
	1	2	3	4	5
<b>Initiative</b>	My get up and go got up and went.	Tough to get out of bed in the morning. If only someone would tell me what to do.	Good idea. Might lie down and wait till the feeling passes.	For every door that closes another one opens, most days.	Now I can do what I've always wanted to do.
	1	2	3	4	5
<b>Outlook on life</b>	Life dealt me a bowl of lemons. Life Sucks.	Its too ...big, overwhelming, unmanageable, impossible, hard.	I will give it a shot but there is a good chance the sky might fall on me.	Lemons make great lemonade.	Everything I have experienced has value.

Were you brutally honest with yourself? If so, then you can see exactly what needs to be done to move up the spectrum. Shift perspective, convert the self-talk from negative to positive, be perpetually grateful are some examples.

### Notes and Observations: