

Rediscovering your passions

“navigating a meaningful life”

Interviewing a colleague

Purpose – to help them rediscover when they were at “their best”

- Ask open ended questions
- Keep probing to fully understand the situation e.g. What were you doing? Who were you with? What talents were you using? How did you feel? Etc
- Don’t be afraid of silence – perhaps re-ask the question in a different way. Take notes endeavouring to understand their deep motivators, the talents they enjoy using, and their preferred environment

My ideal life in 5 years

Please number the elements of your life below from 1-15 in order of your most preferred (you’d like to spend most time on this) to least preferred (least time):

Exercise – physical activity, tennis, golf, jogging etc _____

Nutrition – do you “live to eat” or “eat to live” – time spent planning, shopping, cooking? _____

Relaxation/Meditation – Yoga, Stillness, Unwinding, Napping _____

Hobbies/Interests – Music, Pets, Travel, Crosswords etc _____

Romantic relationship – quality time spent with partner _____

Family relationships – parents, siblings, children, cousins etc _____

Friends – how important are your relationships with friends? _____

Work/community – your relationship with work colleagues etc _____

Paid Work – is it a job, or a career? _____

Voluntary work – would you like to donate your time to helping others? _____

Global sustainability – how important is a peaceful, sustainable world to you? _____

Learning – do you enjoy sharing what you have learnt? _____

Spirituality/Religion – how important is worship and studying scriptures to you? _____

Nature – how much time do you like to spend in nature? Plants, animals, birds, scenery etc _____

Home environment – How much time do you enjoy creating an ideal home? _____

Understanding your whYcode

Your whYcode is the confluence of your 5 year vision, your values, and your strengths. It is the key to leading a meaningful life.

Sources to Identify Strengths

www.AuthenticHappiness.org – free assessment from Martin Seligman and the school of Positive Psychology – the assessment is called “VIA character strengths”

www.StrengthsFinder.com - from Gallup Press

Ask a friend to interview you like in the first exercise.

Example

Vision

To build global credibility so that I can positively influence people to believe they can thrive in spite of circumstances, in a peaceful, sustainable world.

whYcode

1. Deeply at peace – personally living a peaceful life

How do I know? – every day I feel centred and always see the big picture

What will I do? – 6 days per week I include meditation and walks in nature.

Which strengths will I use? – my spirituality, oneness of humanity, love of nature

The importance of action

Nothing changes until someone moves

Goals that work

Moderate – Meaningful to YOU – seek guidance from mentor – written – reviewed weekly.

3 actions I will take within 48 hours
