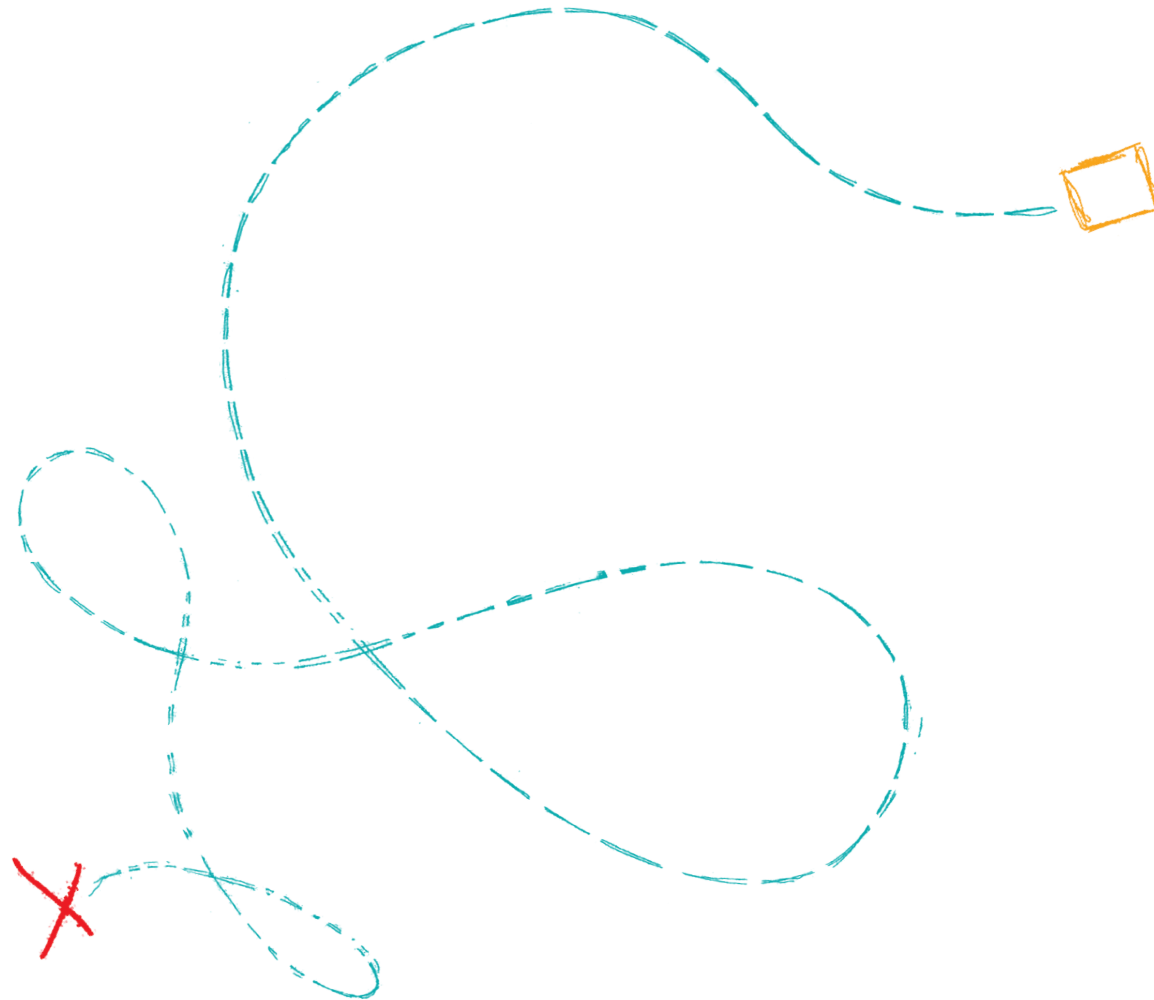


# Now It's Clear

*The Career You Own*



# Taking Stock

## LEARN THE SKILL OF STRENGTHS FINDING

*It's our strengths rather than our weakness that are our greatest areas of growth.*  
—Robert Biswas-Diener



## Reflective Exercise

1 Looking back, what are you most proud of in your career and life?

2 What do you like best about yourself?

3 What am I looking forward to next month?

4 What "work" does not feel like you're working, that is, you don't realize the time passing?

5 Reflect on your response and create a list of your top 10 Character Strengths and Values

6 Take stock of your current self and map your strengths and values against your future self, what do you need to hold onto and what can you let go?

# Monthly Reflection

What do you need to do to uncover the future you?

Things I will start doing  
(purpose, health, wealth)

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Things I will stop doing

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month

year

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NOTES

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# Self-Worth

by Shihori Obata



*All the time - there is a poem I am searching for.*

*And every time -*

*That I cannot find a poem in me,*

*This sustaining breath -*

*This insignificance - that is my own -*

*It is all I can see.*

*Because words aren't enough.*

*And most of the time -*

*I'm not enough -*

*And the only time I feel enough -*

*Is when I have poetry - Forever changing*

*The art in being - Me*