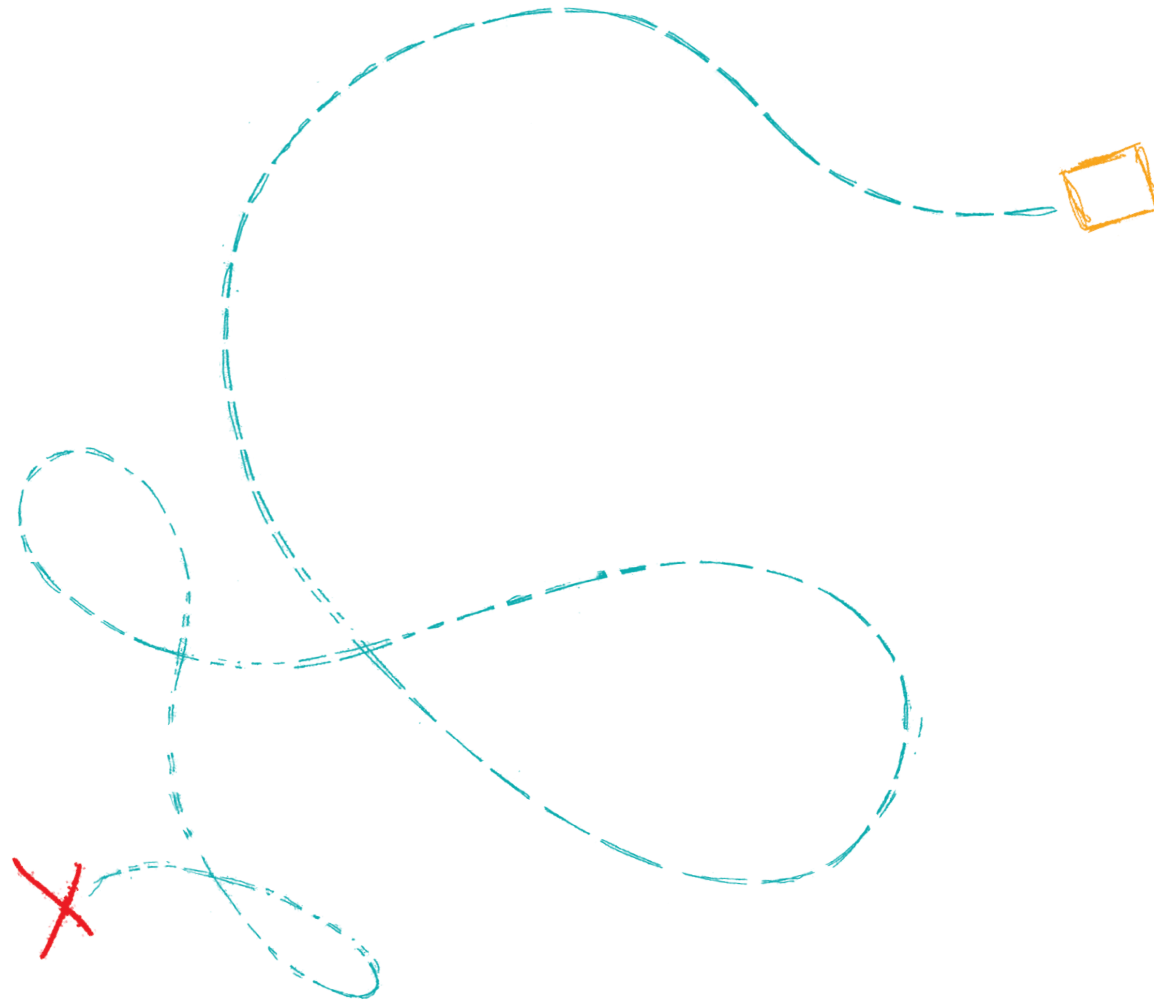


Now It's Clear

The Career You Own



Patterns & Themes - Purpose

Dysfunctional Belief: I should know where I'm going

Reframe: You can't know where you are going until you know where you are.

—Bill Burnett & Dave Evans



Reflective Exercise

1 What has been the most energizing and inspiring moments of this year? Go back through your calendar to pick up themes and patterns from January to now. Look at your strengths, values and pick out the important events.

Write a story or create a sketch about your year to date.



2 Go for a walk - the practice of walking is the most important step in the art of stillness that leads to heightened awareness for critical reflection and questioning.

Monthly Reflection

Goal check-in: Have you accomplished some of your goals for the year?

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

Things I will stop doing

month

year

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NOTES

Day

by Sophia De Mello Breyner Andresen

Spend the day with yourself

Let nothing distract you.

A poem emerges so young and so old

You can't know how long it has lived in you.

