

Step 1

Your Who - Your Core Value

What makes you happy?

Answer the below questions. I recommend you write them out on a piece of paper.

Who was your favourite teacher growing up and why?

What is your favourite movie of all time?

What do you love most about how your parents raised you?

Which successful person do you look up to as a role model and why?

For your kids (current or future), what lessons do you want to make sure they understand?

In looking at your answers to the five questions, what stands out? What single most important core value do they all have in common?

Next to each of the answers list three description words - just single words, not sentences. So, three words on why that person is your favourite teacher. Three words on why you love that movie etc. You should have fifteen words.

Next underline the repeated words

Look at your list of fifteen words and underline the ones that come up more than once. Anything that comes up repeatedly gives you clarity on what your Who is.

Get it down to one word.

If you can't find one word by going positive, you can think about what you hate. So make a list of all the people you can't stand being around, old boss, bully, bad teacher, family member etc.

What's the most toxic thing these people have in common? Do the same exercise above. Whatever comes up the most is your anti-word.

Here is my Who:

1. Who was your favourite teaching growing up and why?

Mr Wilkins. He was memorable. He was nice, kind and made science interesting. He was relaxed and I paid attention.

Three words Interesting. Nice. Memorable

2. What is your favourite movie of all time?

The Woman of Gold. It ticks all my boxes, law drama, Holocaust, justice. Good story. True story. Great acting, amazing cast. Riveting. Wonderful story. True/Honest.

Three words Justice. Honest. Wonderful

3. What do you love most about how your parents raised you?

To be kind. To be honest. They were supportive. They didn't hold me back. They encouraged me to travel. They were generous and helpful to others.

Three words Honest. Kind. Helpful.

4. Which successful person do you look up to as a role model and why?

Lisa Nicholls. She seems nice, honest, genuine. Works hard. Isn't in it for the money. She's had a hard life and has worked hard and believes in herself. She's pushed herself to the maximum to get to where she is today.

Three words Honest. Nice. Believe

5. For your kids (current or future), what lessons do you want to make sure they understand?

Work hard. Life isn't fair, you have to make it the very best you can.

That you are capable of achieving great things

That you are a genius

Push yourself

Be consistent and persistent

Belief in yourself

Respect yourself

Love yourself

Enjoy life

Three words Believe. Respect. Love

My 15 words:

Believe x 2

Respect

Love

Honest x 3

Nice/Kind x 3

Helpful

Justice

Wonderful

Interesting

Memorable

So, my take away from this exercise is:

My Who - Kind - kind to myself and Kind to others

Kind / Believe / Honest / Truth

When you know your Why, you need to create your Credo, your 3 key pillars.

Think about what your core value is and then the three definitions of it. This will help give you even deeper clarity as to your Why.

Here's mine:

My Credo: 3 Key Pillars

#Kind

Believe Honest Love/Heart

Believe in myself honest Love/passionate about what you do

Next is your Why – your purpose. Why do you get up every day (with a smile and happiness!)

The next exercise can be very emotional but is incredibly worthwhile.

Ten Year Chunking

On a piece of paper divide your life into ten-year chunks (depending on your age) i.e.

50-60

40-50

30-40

20-30

10-20

0-10

Next, close your eyes and start with the most recent decade. Think about what you've been through and the experiences you've had. This exercise is about reaching deep and looking at the pain you've experienced. Think about the worst thing(s) that happened. Then, open your eyes and write down one sentence about the experience and three descriptive keywords for how it made you feel.

For example, if you were bullied, your keywords might be bullied, alone, sad

Do this exercise for each ten year chunk.

What's the common thread?

Look at your three description keywords. What's common between your ten year chunks. What's the recurring theme?

Emotional Patterns

Next, write the following words down with space to write beside them:

Guilt

Rejection

Grief

Loneliness

Failure

Embarrassment

Shame

Hurt feelings

Jealousy

Trauma

Next to each word write down three times in your life when you felt each one.

Are you seeing a common thread?

Thank you for completing this exercise, it can be very enlightening and you're on your way to discovering your Why, Who and How! I'm looking forward to discussing this with you and helping you deepen your clarity to you Why, Who and How