

"Be yes"

Tale

Once a son came to his father for the advice.

- - Father, again I failed to do it, - he said. – The training just exhausts me, and there is no result. Perhaps I am not born for football, and I will never fulfil my dream.
 - His father looked at him lovingly and tenderly and said:
 - - You know, son, everybody has dreams, goals and desires. It's them that make us do what we are doing because we have to. You have to fight for what you believe in, for what you feel. It's easy to quit, because there are so many obstacles and we are not used to inconveniences.
 - We want everything easily and now. But our desires are passing! That's how our dreams die, and goals become unachievable. Eventually life turns into routine without meaning and depth.
 - New obstacles arise and we stop again. Despair and anger for our powerlessness overwhelm us.
 - And all you need is to remember: never give up. Fight for your dream! It's not important that you lost one or even many battles. Life goes on! Your main adversaries are inside of you – laziness, fear, doubt, hesitation. Be a warrior of your dream, knight of your goal and he soldier of your desires.
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What will I get?

Understanding of my aims

Understanding of my objectives

Understanding of my strengths

1. Describe in a convenient for you form what does Success mean specifically for you? What does it mean to be successful?
2. Can you describe a situation when you felt "elevated"?
3. What helped you in a situation described above? Which strengths or weaknesses of yours have been involved?

Strengths	Weaknesses

4. What excites you most of all?
 5. Test "My strengths"
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This test allows you to identify your 24 strengths.

The test was developed based on positive psychology of Christopher Peterson and Martin Zeligman.

The test doesn't have right or wrong answers.

The results are calculated automatically.

The full version in German is here:

<http://www.charakterstaerken.org/> (198 questions and about 55 minutes to accomplish).

The original in English you will find here:

<http://www.authentichappiness.org/>

1. Registration
It is not mandatory to submit your email address
2. Name your five strengths according to the results and place them in a Table 1.1. (How I see myself).
3. Find two people who you know very well, who you are very close with and appreciate very much (for example a close friend or one of your family members). You have to know them very well. Ask them to do the test for you and evaluate you.
4. Place the strengths that your friends see in you into the columns "As I am seen", (Table 1.1. "My strengths").
5. Out of three columns create "Your individual profile".

1.1. My five strengths

Fill in the table according to your results

No	As I see myself My strengths according to the test results	As I am seen by... My strengths according to the results of	As I am seen by.... My strengths according to the results of
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1.2. My individual profile of strengths

	Results: my individual profile
1.	

6. Smart-test

What is it?

Smart-test allows you to understand your goals better. This is an approach for setting your goals.

One goal – one result. If you need to achieve several results your goal must be split on several goals.

SMART can be decoded as:

1. Specific
2. Measurable
3. Achievable
4. Rewarding
5. Time bound

Answering the questions below you can identify your goals more specifically.

1. What specific result do I want to obtain achieving my goal? Why? Why is it relevant to my goal?
2. Is it possible to define accurately the achievement of this goal?
How can I understand that the goal has been achieved? (Are there specific indicators)?
What are the parameters of the indicator?
3. Is my goal realistic? Do I have enough resources? If I have difficulties, how can I overcome them?
4. How beneficial is my goal? Is it going to influence more global goal?
5. How much time do I need for achieving my goal? Is there a deadline?

Using affirmations try to describe your goals excitedly and positively. Remembering them and repeating them you increase the chance of them becoming reality!

Affirmations – (from *Affirmatio* in Latin) – positive convincing statements, containing a verbal formula that after being multiply repeated fixes in unconsciousness of the human a setting for positive changes in his/her life.

Combine your goals and dreams in one picture called “The tree of the life goals”.

Hint

1. The low-level goals are interior to the higher-level goals.
 2. At the very top there is a goal of your life. At the bottom – specific objective for achieving it.
 3. Every micro-goal or micro-objective helps to achieve a bigger goal. And that goal at its turn helps to achieve the next according to hierarchy.
 4. The very low level goals are in fact objectives, - concrete planned actions.
 5. The higher goals are much less concrete.
 6. Work-related goals and personal goals have to be combined but without conflicts and controversies between them what is very difficult to accomplish in reality. (Why it is recommended to work where it is necessary and not where you want and choose activity according to your preferences).
- The picture below represents a version of building “a tree of goals” with a long-term orientation.

Money-Health-Hobbies-Spirituality-Work-Self-Development-Friends-Family

Solve a Puzzle

Four frogs were sitting on a log.
Suddenly, one of them decided to jump down.
How many frogs remained on a log?

The answer is: all of them, four green frogs remained on a log!
If a frog “decided” on something doesn’t mean at all that a frog did it!!

7. What do you need to develop in yourself for achieving your goal?
It will be easier to answer these questions with the help of the SWOT-analysis.
SWOT-analysis is Strength, Weakness, Opportunities, Threats).
Using this kind of test you need to identify strengths and weaknesses of your personality from the point of view of fulfilling your dream.

What are my strengths (in the table)?
What do I need to develop? (In the table)
What are my weaknesses?
What qualities bother me now? (threats)
What limitations on a way to achieving my goals do I have (resources)?
Attachment 1 has the list of personal characteristics.

My opportunities –Weaknesses
Strengths – Threats

Internal limitations – external limitations

Possessing knowledge of your weaknesses and strengths try to arrange them in a diagram:

Now –Ideally

Leadership qualities – humour – negotiating skills – achieving goals –perfectionism

The place for my chart

8. What personal characteristics of yours can become obstacles on a way to your set goals?
9. What do you need to do to overcome your obstacles or at least limit their influence?

“If you don’t do what you enjoy the life will make you do what you hate”.

---Folk wisdom

10. This is the place for reflections on the results of this chapter.

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