

# 3 Things

3 things I want to improve or gain in my life from being in LifeStrengths as I am coached on emotions, identity and situations.

## My Emotions

I hope to...

## My Identity

I hope to...

## My Situations

I hope to...

# Emotional Development



Anger



Annoyed



Anxious



Ashamed



Confident



Confused



Depressed



Disappointed



Embarrassed



Excited



Exhausted



Afraid



Happy



Hesitant



Hostile



Hurt



Judgemental



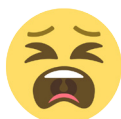
Lonely



Scared



Shocked



Awful



Bored



Loved



Mad



Disgusted



Ecstatic



Skeptical



Surprised



Frustrated



Guilty



Worried



Frightened



Jealous



Joyful



Overwhelmed



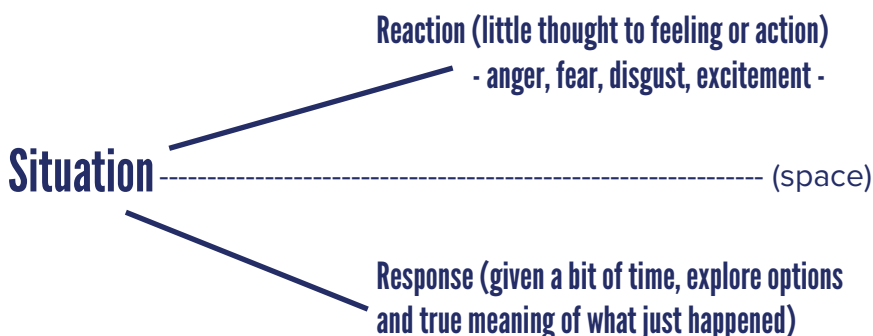
Sad

# Emotions Worksheet Exercise

Using one of the Identifying Emotions worksheets, identify the emotions you feel frequently, then list the three emotions you feel most often below.

- 1.
- 2.
- 3.

Life is full of situations. Think about how and when do you experience these three emotions. The space between the situation and our reaction or response is the space of choice.



Think about when you had a reaction instead of a response:

- Identify triggering events or situations when you react strongly
- How do you react in these situations?
- What need you were experiencing when you reacted this way?
- How did you feel in the situation?
- What would be a good response vs. reaction in this situation?

**Trigger Event:**

**Reaction:**

**Response:**

**What could have been a different perspective to look at the event?**

# SMART Goals

S M

**Family/Friends**  
Improve Relationships,  
Marriage, Quality Time

**Health**  
Weight Loss/Gain, Vision,  
Dental, Addiction, Habits

**Emtional Growth**  
Coping Skills, Depression,  
Grief, Counseling, Spiritual

**Education/Professional**  
GED, Diploma, Trade School,  
College, New Job, Promotion

**Material/Finance**  
Car, Apartment, Debt  
Reduction, Savings/Investment

**Leisure/Fun**  
Hobby, Vacation, New Project,  
Business Idea

Write the SPECIFIC details of your goals: What, Who When, Why	How will you MEASURE your progress or know you've succeeded

# A

# R

# T

Describe the ACTIONS you will take	Are your goals REALISTIC; do they RELATE to your LifeMap	What is your TIME frame for reaching these goals

# Relationships and Emotions

Think of the people in your life that are significant or important, as well as the people you see often. Write their names in the left column. Then think about what emotion each person evokes or makes you feel when you see them. Write that emotion in the right column.

Name	Emotion(s)

Does this surprise you in any way?

What is your reaction to this insight?

Are there new ways you want to approach interactions with these persons?



# Positive Words

Put a positive word to describe yourself in top 3 boxes. Select 3 words from your Insight Report place a word in each middle box, and in the bottom box, think of a famous person who this word describes.

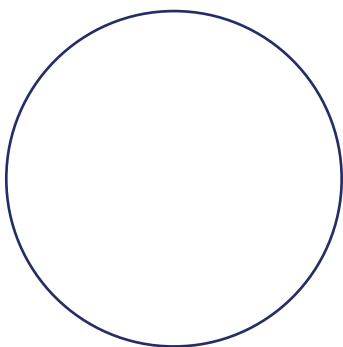
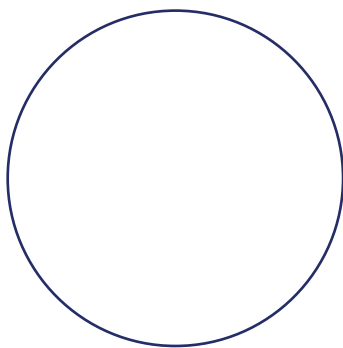

# Identity Circle

There are a lot of things that influence identity. There may be past decisions that were made without your permission or before you were old enough to make decisions that affect your identity. There may also be decisions you've made that shape who you are.

Fill out the pie charts below with different decisions or influences in your life and how much they impact your identity.

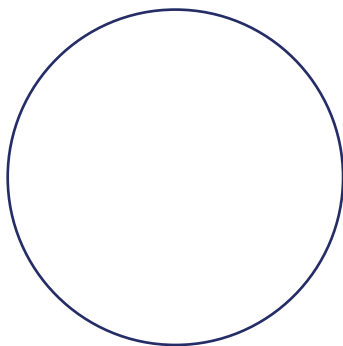
## Pie 1

What part of your identity did you have no control over?  
(Birthday, Birth Parents, Body Style, M/F)



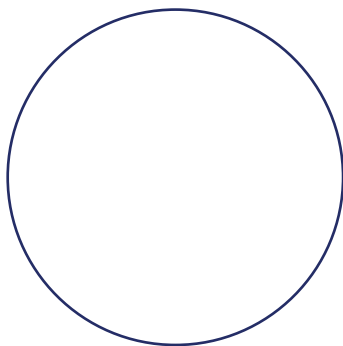
## Pie 2

What makes up your identity today?  
(Age, Employed, School, Job)



## Pie 3

What do you want your future identity to be defined by?



# Mirror Activity

Self-Talk refers to the ongoing internal conversation with ourselves which influences how we feel and behave. Negative thoughts and words creep into our mind and impact our beliefs and our actions. Recognizing these thoughts and purposing to replace the negative thoughts with affirming or positive statements is the purpose of this activity. Changing the conversations in your mind to the positive will be the start of changing your beliefs and your actions.

Your LifeCoach will give you a mirror for this activity and will have affirming statements written on the mirror. Daily look at the mirror and read the statements out loud to yourself. Changing the Self Talk to these words of affirmation will begin to replace the negative thoughts you have had.

When you are ready you can change the statements given by the LifeCoach with your own words of affirmation. Words like “I am enough,” or “I can do this,” or place an image of something you want to do or be or place a Bible verse that is a truth statement. Add something that inspires you to love and accept yourself more fully.

Practice is the key to replacing old negative conversations

IMAGE OF A MIRROR??

# Personal Values

The word value refers to the worth of something and it can also mean something we believe is important in life. An individual gives value to something by what they decide to spend their money on or spend time doing.

A value can belong to a person, a family, a culture, or groups of people. Values have major influence on a person's behavior, habits, choices, attitude, and ultimately, how one interacts with the world. Values or beliefs act as a guideline for activity in various situations.

One may say they value something but spend no money or time or give thought to that value. Spending some time gaining an understanding of a personal value or belief will help create a way to know what influences personal decisions and attitudes. Values play an important role in our life.

Review the attached sheet of words that are considered values.

Circle 10 words on the following page that reflect something you believe is important in your life or should be.

# Values List

Abundance	Acceptance	Accomplishment
Achievement	Acknowledgement	Adaptability
Adequacy	Adventure	Affection
Ambition	Amusement	Appreciation
Approachability	Artfulness	Assertiveness
Assurance	Attentiveness	Attractiveness
Availability	Awareness	Balance
Beauty	Belongingness	Boldness
Bravery	Brilliance	Briskness
Calmness	Camaraderie	Capability
Care	Carefulness	Certainty
Challenge	Charity	Charm
Cheerfulness	Clarity	Cleanliness
Comfort	Commitment	Compassion
Competence	Composure	Concentration
Confidence	Conformity	Connection
Consciousness	Consistency	Contentment
Control	Conviction	Coolness
Cooperation	Correctness	Courage
Courtesy	Craftiness	Creativity
Curiosity	Daintiness	Daring
Decisiveness	Deepness	Delight
Dependability	Depth	Desire
Determination	Devotion	Dignity
Diligence	Diplomacy	Direction
Directness	Discernment	Discipline
Discovery	Discretion	Diversity
Dreaming	Drive	Duty
Education	Effectiveness	Efficiency
Elegance	Empathy	Encouragement
Endurance	Energy	Enjoyment
Entertainment	Enthusiasm	Exactness
Excellence	Excitement	Expediency
Experience	Expertise	Exploration
Extroversion	Exuberance	Fairness
Faith	Fame	Fashion
Fearlessness	Fitness	Flexibility
Focus	Frankness	Freedom
Frendliness	Fun	Generosity
Genuineness	Giving	Grace
Gratefulness	Growth	Guidance

Happiness  
Health  
Heroism  
Hopefulness  
Humor  
Ingenuity  
Inspiration  
Intensity  
Justice  
Leadership  
Logic  
Loyalty  
Mellowness  
Moderation  
Mysteriousness  
Obedience  
Order  
Outlandishness  
Peacefulness  
Perseverance  
Pleasantness  
Polish  
Pragmatism  
Presence  
Professionalism  
Punctuality  
Quickness  
Reason  
Reflection  
Resilience  
Respect  
Reverence  
Sacrifice  
Sensitivity  
Sharing  
Silliness  
Silence  
Sophistication  
Spirituality  
Stillness  
Success  
Surprise  
Teamwork  
Thoroughness

Hard Work  
Heart  
Honesty  
Hospitality  
Imagination  
Inquisitiveness  
Integrity  
Intuition  
Kindness  
Learning  
Longevity  
Maturity  
Meticulousness  
Modesty  
Neatness  
Open-mindedness  
Organization  
Outrageousness  
Perceptiveness  
Persistence  
Pleasure  
Popularity  
Precision  
Privacy  
Prosperity  
Purity  
Realism  
Recognition  
Relaxation  
Resolve  
Restfulness  
Richness  
Satisfaction  
Serenity  
Shrewdness  
Simplicity  
Skillfulness  
Solitude  
Spontaneity  
Strength  
Sufficiency  
Sympathy  
Temperance  
Thoughtfulness

Harmony  
Helpfulness  
Honor  
Humility  
Independence  
Insightfulness  
Intelligence  
Joy  
Lavishness  
Liberty  
Love  
Meekness  
Mindfulness  
Motivation  
Nerve  
Optimism  
Originality  
Passion  
Perfection  
Playfulness  
Poise  
Practicality  
Preparedness  
Proficiency  
Prudence  
Quietness  
Readiness  
Recreation  
Reliability  
Resourcefulness  
Restraint  
Rigor  
Self-reliance  
Service  
Significance  
Sincerity  
Smartness  
Soundness  
Stability  
Structure  
Support  
Tactfulness  
Thankfulness  
Thrift

# Narrow the list to 5 and write them on this page:

1.

2.

3.

4.

5.

Discuss with your coach why you chose these values. How do these values impact your life, beliefs, and your decisions?

# New Values

What values and beliefs do you need to add to reach your goals?

**New Value to Add:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Why add this value:**

“Beliefs have the power to create and the power to destroy. Human beings have the awesome ability to take any experience of their lives and create a meaning that empowers them or one that can literally save their lives.” -Anthony Robbins



# Beliefs

**Belief:**

**Why I Believe This:**

**More Empowering Belief Would Be:**

**Belief:**

**Why I Believe This:**

**More Empowering Belief Would Be:**

**Belief:**

**Why I Believe This:**

**More Empowering Belief Would Be:**

**Belief:**

**Why I Believe This:**

**More Empowering Belief Would Be:**

**Belief:**

**Why I Believe This:**

**More Empowering Belief Would Be:**

# Gut Check Exercise

Identify situations you have been in when you knew in your “gut” you should remove yourself from the situation. List these “gut check” moments below:

1.

2.

3.

Intuition is a feeling in our gut when we recognize something is wrong with a situation and we need to make a choice on what to do next.

How have you experienced a “gut check?” -- A feeling or an intuition?

How do you usually respond when that occurs?

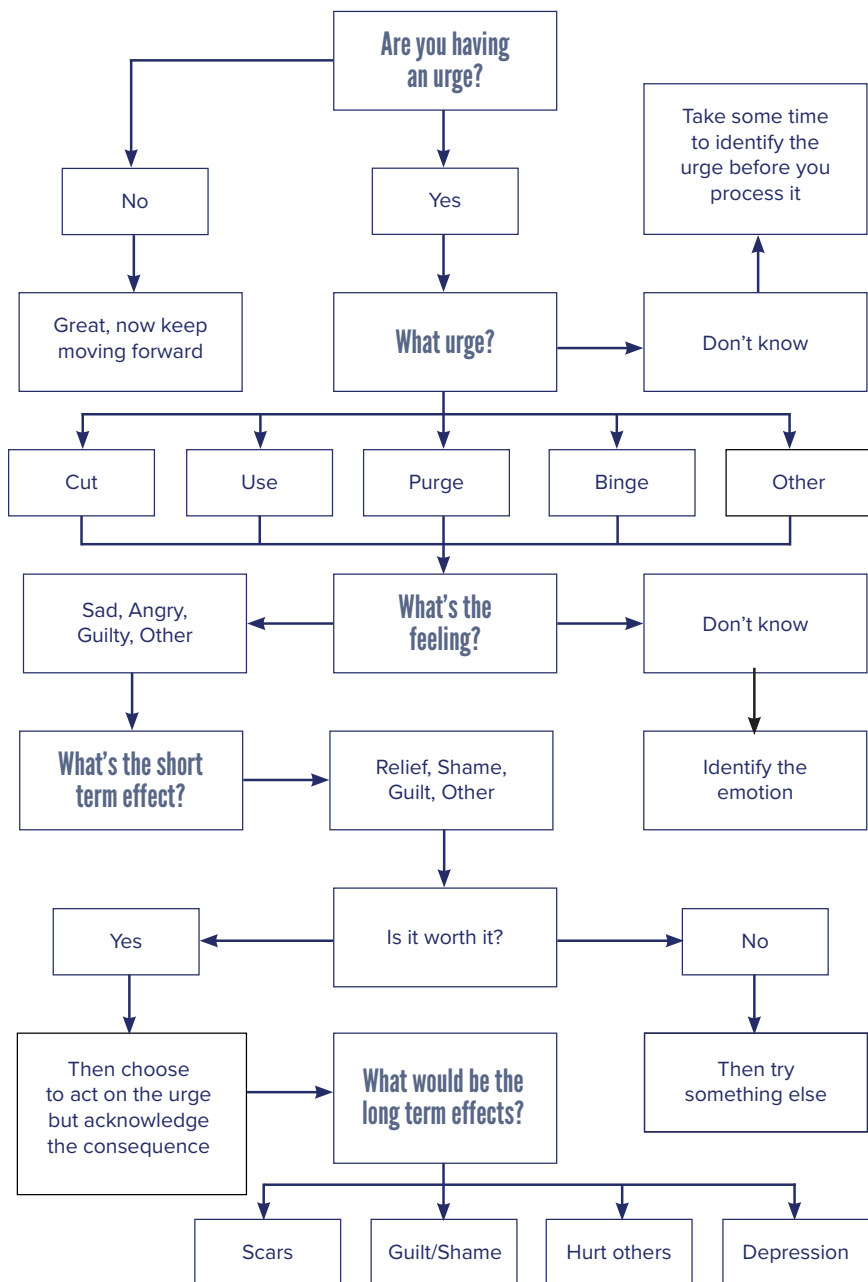
“Intuition is always right in at least two important ways”

- It is always in response to something
- It always has your best interest at heart.

(Gavin de Becker, *The Gift of Fear: Survival Signals That Protect Us from Violence*)

Think about it - does this ring true to your experience?

# Managing Urges



# Other Options for Managing Urges

## Mental

- Reach out for support
- Practice non-judgement (watch thoughts and behaviors objectively)
- Positive daily reading (poems and scriptures)
- Visualize a STOP sign
- Get lost in a good book
- Watch a movie
- Watch TV (shows to make you laugh)
- Google coloring Sheets (Disney)
- Journal
- Do a puzzle or crossword
- Do a craft

## Physical

- Workout
- Take a hot bath or shower
- Walk outdoors
- Deep breathing
- Go swimming
- Scream
- Breathe
- Gentle stretching
- Rest
- Do yoga
- Hold a baby
- Abstain from caffeine, alcohol, weed, and drugs

## Emotional

- Listen to music
- Cry
- See a counselor
- Cook
- Knit or crochet
- Get a manicure\*\*
- Sing
- Play with a pet
- Journal

## Spiritual

- Pray
- Be in nature
- Volunteer
- Go to church
- Listen to music
- Finish a task or chore
- Reflect on your Top Talent Themes
- Practice mindfulness

# Ideas to Relax and Cope

1. Exercise (run, walk, etc)
2. Put on fake tattoos
3. Write poetry, stories, journal
4. Scribble/doodle on paper
5. Be with people
6. Watch a favorite TV show
7. Go see a movie
8. Do a crossword puzzle or word search
9. Do schoolwork
10. Play musical instrument
11. Paint your nails and do your hair
12. Sing
13. Study the sky
14. Punch a punching bag
15. Let yourself cry
16. Cover yourself with Band-Aids where you want to cut
17. Play with a pet
18. Go shopping
19. Go somewhere very public
20. Bake cookies
21. Paint or draw
22. Write a letter or send an email
23. Rip paper into pieces
24. Knit or sew
25. Read a good book
26. Dance
27. Watch fish
28. Plan an activity
29. Hunt for your favorite car online
30. Face paint
31. Mow the lawn
32. Give yourself a facial
33. Play with play dough
34. Pray
35. Read the Bible
36. Ride a bicycle
1. Color with crayons
2. Make hot chocolate or a smoothie
3. Stretch
4. Search ridiculous things on the internet
5. Play with a balloon or nerf ball
6. Clean your room or closet
7. Move everything in your room to a new spot
8. Hug a friend or family member
9. Put a puzzle together
10. Text or call a good friend
11. Perform a random act of kindness
12. Make a list of blessings or gratitudes
13. Go to a friend's house
14. Pick up trash in the yard

# Talent Theme and Domain

Talent Theme

Domain

Considering each Talent Theme and Domain ask these questions:

- How does the theme influence your ability to execute and make things happen?
- How does the theme affect how you influence others?
- How does this theme influence your relationships
- How does this theme affect what you think about and analyze information and situations?
- How will these themes impact your LifeMap journey?

# Monthly Budget Worksheet

EXPENSE TYPE	AMOUNT
Income	
Earned Wages	
Government Subsidies	
Parent/Guardian	
Other	
<b>TOTAL INCOME</b>	<b>\$</b>
Fixed Expenses	
Rent (30%)	
Utilities	
Car Insurance/Payment	
Cell Phone	
Credit Cards	
Medical Expenses	
<b>TOTAL FIXED EXPENSES</b>	<b>\$</b>
Varied Expenses	
Food	
Gas	
Entertainment	
Clothing	
Emergency	
Hygiene	
Bus Passes	
<b>TOTAL VARIED EXPENSES</b>	<b>\$</b>
<b>WIGGLE ROOM</b>	<b>\$</b>

# Finance Tracking Worksheet

EXPENSE TYPE	AMOUNT
	\$
WIGGLE ROOM	\$



# Life Task Diagram

## The SELF Task

### **What kind of person will you be?**

How are you staying healthy and strong physically, emotionally, mentally, and spiritually?

## The LOVE Task

### **What kind of relationships will you have?**

How are you investing in the lives of those whom you love the most?

## The WORK Task

### **What kind of work will you do?**

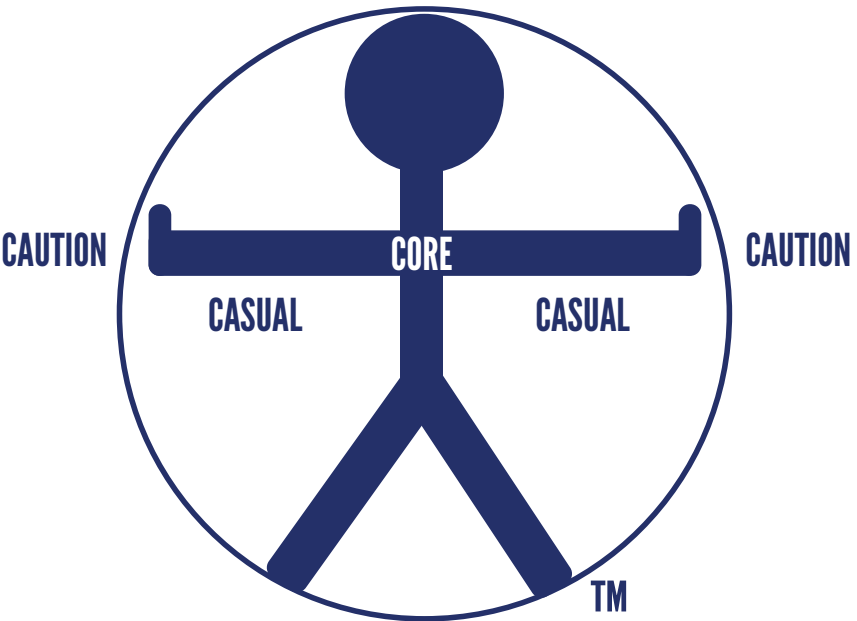
How are you making a contribution in the marketplace with the gifts, talents, and experiences you possess?

## The SERVICE Task

### **How will you give back?**

What causes are you supporting with your time, talent, and treasure?

# Caution/Casual/Core



**CAUTION**

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**CASUAL**

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**CORE**

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# Healthy/Unhealthy Relationships

## Healthy

Feeling like your own person

Feeling responsible for your own happiness

Togetherness & individual time are balanced

Friendships exist outside of the relationship

Focuses on the best qualities of both people

Achieving intimacy without chemicals

Open, honest, and assertive communication

Commitment to your partner

Respecting the differences in your partner

Accepting changes in the relationship

Asking honestly for what is wanted

Accepting endings

## Unhealthy

Feeling incomplete without your partner

Relying on your partner for your happiness

Too much or too little togetherness

Inability to establish and maintain friendships with others

Focuses on the worst qualities of both people

Using alcohol/drugs to reduce inhibitions and achieve a false sense of intimacy

Game-playing, unwillingness to listen, and/or manipulation

Jealousy, relationship addiction, and/or lack of commitment

Blaming your partner for his or her own unique qualities

Feeling that the relationship should always be the same

Feeling unable to express what is wanted

Unable to let go