

## PURPOSE

What is the reason you are on this planet?  
What impact do you want to have and what contribution do you want to make?

Your purpose is your North Star. It offers clear direction in your life, it is why you do what you do, it's what gets you up in the morning and drives you. It is not a goal you achieve. Purpose is what lights you up, feeds your soul, it's your contribution to the world.

## VISION

If your purpose goes to plan perfectly, what would you want to the world look like?  
It's your dream.

If your purpose goes to plan perfectly your vision is what the world would look like. If you reached everyone on the planet with your purpose what would the world look like. Not something you will ever reach, it's your dream.

## MISSION

What is the one big challenging goal you want to achieve?

Something you are trying to accomplish - It's your biggest, most audacious goal, you can achieve this and move onto the next mission. More rooted in doing. You can plant your flag.

## VALUES

How do you want to behave?

Values are what we stand for, how we want to act, treat ourselves and other people. They are our understanding of what matters most in our lives. They are global qualities which unite many different patterns of action. Values are unique to each individual, and they can change over time or we can choose to prioritise some over others. Values are like a roadmap or a compass, guiding us and helping us prioritise how we spend our time. They guide our daily decisions. Values help us stay on track and help us find our way when we go off track.

## STRENGTHS

What are your top three strengths?  
What gives you a lot of energy and are you good at?

Strengths are more than something you are good at or capable of doing well, they also give you energy when you perform them.

## PERSONALITY PREFERENCES

How would you describe your personality?  
What are your strongest personality traits?

You are more than set of skills, knowledge and competencies; your personality brings unique nuances to how you are energised, how you take in information, how you make decisions and how you interact with others. Personality preferences are your natural tendencies, they feel flowing and comfortable. They are not your skills or abilities.

## SELF SABOTAGE

What are the repeatable things you do that stop you from getting what you want?  
What does your inner critic consistently tell you?

You can have a set of limiting assumptions or self-sabotage tendencies (e.g. perfectionism, procrastination, busyness) which stop you achieving your objectives. The inner critic is an inner voice that judges, criticises or demeans a person whether or not the self-criticism is objectively justified. An inner critic, a constant nagging voice, can play a significant role in shaping your identity and sense of self. The inner saboteur often develops out of your life experiences.

## WEAKNESSES

What are your weaknesses?  
What activities demotivate you and you struggle at?

Weaknesses are things we perform poorly at and we find demotivating.

## CONTINUE

What do others say you should continue doing?

As it says on the tin. Questions you have posed to your colleagues and friends.

## START

What do others say you should start doing?

As it says on the tin. Questions you have posed to your colleagues and friends.

## STOP

What do others say you should stop doing?

As it says on the tin. Questions you have posed to your colleagues and friends.

## EXISTENTIAL ENERGY

What are your most exciting days at work, and why?  
Describe a situation where you lived your values and how you felt.

While physical energy gives us fuel, existential energy is the source of motivation, passion, perseverance and direction. Existential fitness is about a connection to a deeply held set of values and to a purpose beyond your self-interest. We become fully engaged and energised when we feel that we are doing what really matters. Existential energy is maintained and increased by pushing ourselves past our comfort zone and towards our purpose.

## SOCIAL ENERGY

What type of relationships tend to make you happiest?

Social fitness is about intentionally creating healthy and positive relationships. The key supportive muscles for building energising relationships includes focusing on needs of others, creating value for others, making conversations count, handling conflict, listening deeply, clear communication, giving and receiving feedback and building psychological safety.

## EMOTIONAL ENERGY

What triggers an emotional reaction in you? Give examples.

Emotions are in everything we do. Emotional fitness is about developing a better relationship with your emotions and your ability to make emotions work for you not against you. In essence it is about recognising your emotions and of others, understanding causes and consequences of your emotions, labelling them accurately, expressing them appropriately and regulating them rather than being regulated by them.

## MENTAL ENERGY

When are your cognitive abilities and effectiveness at their best?

Mental fitness is about improving your ability to think, learn, plan and execute. About having a growth mindset and upgrading your mental operating system to perform tasks smarter, faster and more efficiently. The key supportive muscles that fuel optimal mental energy include growth mindset, openness to learn, realistic optimism, effective time management, creativity, managing your inner critic and getting a balance between expending and recovering your energy.

## PHYSICAL ENERGY

What do you do to make sure you have the maximum amount of fuel for each day?

Your physical energy either acts as an accelerator or a drag on your daily performance. Increasing your physical capacity gives you more fuel for everything else you do e.g. learning and processing faster (mental fitness) and managing and regulating your emotions (your emotional fitness).