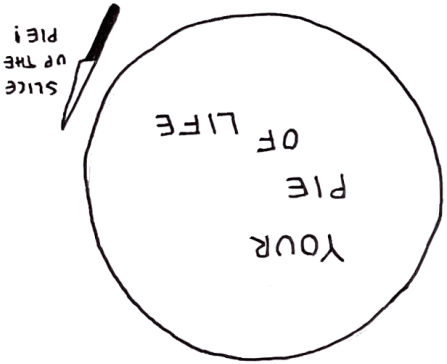


... TIME & SPACE DO YOU ACTUALLY ALLOCATE TO EACH ELEMENT (STRENGTH / PASSION / VALUES) IN YOUR LIFE ?



HOW MUCH ...

MY MOST DEEPLY HELD VALUES ARE _____

VALUES

WHAT I AM DEEPLY PASSIONATE ABOUT IS _____

PASSION

WHAT I AM TRULY GREAT AT IS _____

STRENGTH

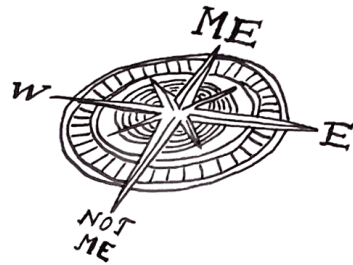
WHEN WAS THE LAST TIME YOU STOOD UP FOR YOUR VALUES ?

WHAT DOES THE NEXT LEVEL OF YOUR STRENGTH LOOK LIKE ?

HOW DO YOU CREATE SPACE FOR YOUR PASSIONS IN LIFE ?

THIS BOOKLET WAS CREATED WITH GOOD INTENTIONS. HOPE YOU LIKE IT. WORDS & DESIGN: SAMANTHA YARWOOD & PASCAL DULEX

PERSONAL COMPASS



BEING AUTHENTIC

WHO ARE YOU ?

BEING AUTHENTIC IS ABOUT REPRESENTING YOUR TRUE NATURE, VALUES AND CONVICTIONS

...

EVEN WHEN CONFRONTED WITH A PLETHORA OF POTENTIALLY CONFLICTING SOCIETAL EXPECTATIONS.

"BE YOURSELF - EVERYBODY ELSE IS ALREADY TAKEN"

OSCAR WILDE

ESSENTIAL INGREDIENTS FOR AN AUTHENTIC LIFE :

- ① LEARN FROM PEOPLE AND EXPERIENCES IN YOUR LIFE
- ② EXPLORE YOUR 'REAL ME'
- ③ PRACTICE YOUR MOST DEEPLY HELD VALUES
- ④ BALANCE INTRINSIC & EXTRINSIC MOTIVATIONS
- ⑤ BUILD YOUR SUPPORT TEAM
- ⑥ STAY 'GROUNDED' IN ALL ASPECTS OF YOUR LIFE

... AND SHARE WHAT YOU'VE LEARNED

SOURCE: BILL GEORGE ET AL., 2007, HBR