

**PRACTICAL SELF-IMPROVEMENT**

**Session 6: Be Authentic**

**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

|  |  |
| --- | --- |
| **Strengths I have that I like to use** | **Skills I’ve learned that I like to use** |
| **Strengths I have that I don’t like to use** | **Skills I’ve learned I don’t like to use** |

**The above can help with job selection!!**

You can take a strengths questionnaire here:

 <https://high5test.com/test/>

 *(you can unsubscribe if you don’t like it!...and please do NOT part with any money!!)*

[User login | Authentic Happiness (upenn.edu)](https://www.authentichappiness.sas.upenn.edu/user/login?destination=node/434)

*(Use THIS link for your soft health driver strengths!!) You DO need an account but it’s free and there are LOADS of positive psychology tests to try.*

**Questions to consider when exploring who you REALLY are**

When (and with what type of people) do I feel most authentic?

When do I feel I like myself most?

When does the real me come out?

When do I feel most alive?

What is very important in my life?

What gives my life purpose?

What am I doing when I feel a sense of inner peace and satisfaction?

What am I doing that I enjoy so much I lose track of time?

What moments bring me the most joy and fulfilment?

What can’t I put up with?

**You might even extend this exercise further with questions such as:**

**IF I WERE LIVING MY IDEAL LIFE:**

What time would I wake up on an ideal day

WHO do I wake up with?

What does my house look like?

Where do I live?

What is my morning routine?

What am I working on that gives me pleasure?

What is my income?

What kinds of people do I work with?

What is my mode of transport?

What kinds of people do I hang out with (describe their traits)

What activities do I enjoy?

**As this gives you, like a vision board, something to aim for.**

**VITALS**

*VALUES*

*INTERESTS*

*TEMPERMENT*

*AROUND THE CLOCK*

*LIFE GOALS*

*STRENGTHS*

**Your (true) support network**

***ASK YOURSELF***

* *How often do you find yourself speaking “Professionally” rather than expressing how you really feel?*
* *When this happens, do you have an opportunity to express your true feelings?*

* ***Who:***
	+ *Appreciates you no matter what*
	+ *Can you rely on to help you*
	+ *Do you call when you need emotional support*
	+ *‘se opinion do you respect when it comes to decisions*
	+ *Do you enjoy hanging out with*
	+ *Do you do things you enjoy with?*

**Be the person you want to see**

* What are you willing/unwilling to accept in others?
* Do YOU do any of those things??? (Even if you have “good reason” – how might they be seen by others?)

**The storyboard to celebrate success and positive growth!**

* *Where did you start*
* *Where are you now*
* *How did you get here?*
* *What motivates and inspires you?*
* *What highs and lows came your way?*
* *What have you learned?*
* *What next?*