

Self-Empowerment – Who Am I as a Leader?

VALUES, IDENTITY AND PURPOSE

Values

1. A value is something you experience and feel
2. Every good decision you make is based on your values.
3. Ask yourself what is most important to me?
4. Think about-what is most important for me to experience and feel?
5. Create a top five list of what is important to you.
6. A powerful way to start the day is asking yourself:
How can I experience more vitality, more connection today?

Identity

1. Answer with I am_____(fill in the blank)
2. Look at all the words that you list out and create a visual representation of who you are.
3. What image comes to mind?

Purpose

1. Why am I here?
2. What am I meant to do?
3. What is my legacy?
4. What gives me joy?

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