

PATH2TALENT

WORKBOOK

Online Program: CAREER AND LIFE BY YOUR DESIGN

This workbook is a part of the ONLINE COURSE LIFE BY YOUR DESIGN (path2talent.com/career-and-life-by-your-design/).

Just login with your login details we have sent you by email or buy the course and you will receive the access to the course.

The online course contains 8 LESSONS divided into few topics.

This workbook you will need starting from LESSON 1/topic 3.

by Lubica Kangas

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LESSON 2: IDENTIFYING OR REDISCOVERING YOUR PASSIONS**LESSON 2/Topic 1: Initial brainstorming exercise and meditation**

As we mentioned in the video in LESSON 2/topic 1 - we recommend you to do a short meditation. You may access it from YouTube by typing in the address below into your browser:

https://youtu.be/Rokryff_3Ao

Meditation: Awakening Your Heart Center | Christie Marie Sheldon

After the meditation, please answer the questions coming up on the next pages at your own pace. Take it step by step, question after question, take your time to think and write all ideas you get while listening that beautiful music in the background.

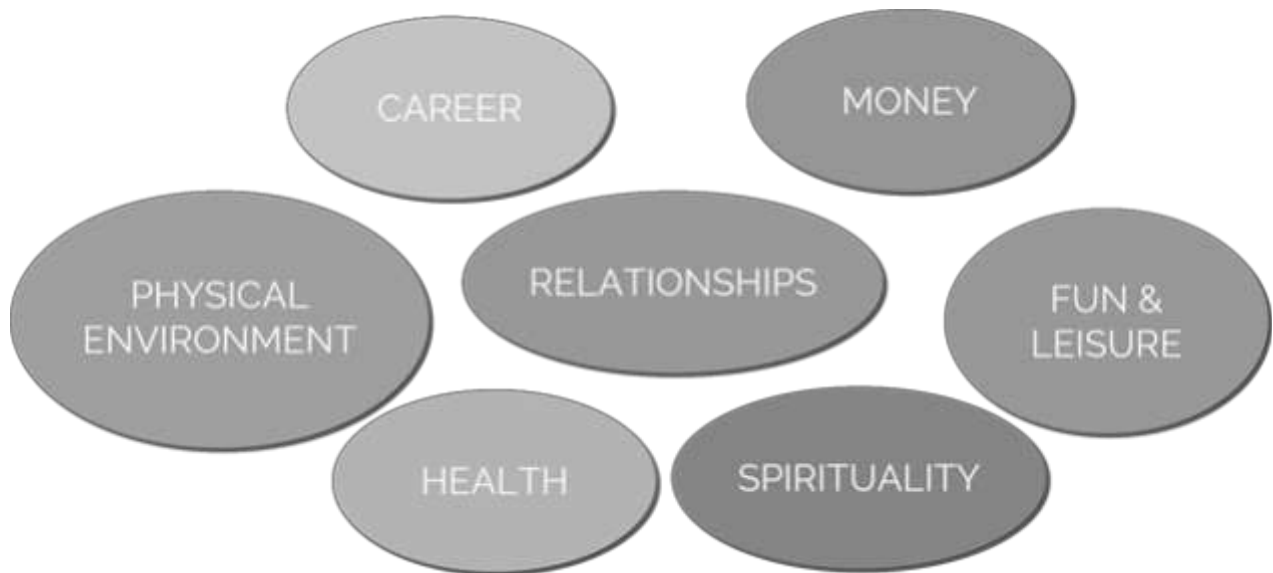
I want you to think, how would you like to live your life, how would your ideal life look like in 3-5 years from now? Where would you be living? With whom?

What would you be doing at work? What kind of people would you be around? What would be your free time activities? And what would you be really doing each and every day?

REMEMBER, EVERYTHING IS POSSIBLE, YOU HAVE ALL NEEDED MONEY AND EVEN MUCH MORE AND YOU CAN REALLY DO ANYTHING!

LESSON 2: IDENTIFYING OR REDISCOVERING YOUR PASSIONS

I want you to cover all areas you see here :



Career:

What would you do, with whom would you work, would you work in big corporate company or having your own business or perhaps you would not work at all? (if you would have all needed money?)

Health:

I want you to think about your health, how do you want to look and feel.

Relationships:

How will be your relationships with loved ones, family and friends?

Spirituality:

I also want you to think about spirituality, how would you be contributing to the society, would you perhaps work for some NGO or some charity or whom would you be supporting? What kind of activities would you be involved with?

Physical environment:

Where do you live, in which country or continent? In the city or country side? What kind of house/apartment? What kind of view do you have?

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So, visualize your ideal life now. This music can help you:

<https://youtu.be/ebyDunhSKkw>

I Am Peace | Inspirational Relaxation Music | Summer Morning | 1 Hour Stress Free

Now imagine you have all the money and you can do anything you wish and you can design your life from the scratch. Everything is possible and you can't fail. Read through the upcoming questions while listening to the music.

Imagine and visualize that you are alone, on your own. You don't have family yet, no children and you decide how you want to live your life and where and with whom? You now become the Director of YOUR own life. Describe your ideal life briefly in bullet points here below.

- 1) Where do you want to live? What kind of environment you love to be ? Is it city or country site? What kind of house do you have? What views do you have?

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- 2) How will be your relationships with loved ones, family and friends? Are you married or single? Do you have kids and how many? How are your relationships with friends and family? What kind of family do you dream of?

- 2) What kind of people do you love to be around at your work or free time? Are they Thinkers, or intellectual people? Funny guys always ready to have some fun and adventure ? Or serious business people? With whom do you like to hang out?

- 3) What would you be doing in your free time? Remember, you can have as much free time as you wish. What would you love doing then?

What excites you, what charges you up? What do you love doing for hours?

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- 5) What are you so passionate about that you would risk a failure?
What do you read as the first thing? What takes your attention in the news or articles you read?
What kind of seminars you love attending? What exhibitions do you visit?

- 6) What are you really good at? What do people compliment you for?
What one great achievement would you dare to dream for yourself if you were sure you succeed?

- 7) What would you be doing as your job? Or would you work at all? What would be your job and would you work for bigger company or would you have your own business? What kind of people would you like to work with?

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- 8) How would you like to feel? How would be your health and energy levels? How would you like to describe your health and wellbeing? What emotions would you like to have daily?

- 9) How would you contribute to the society? Whom would you support? What kind of organizations, charities or activities you would love supporting?

- 10) How would you like to be remembered once you get old?

LESSON 2: IDENTIFYING OR REDISCOVERING YOUR PASSIONS**LESSON 2/topic 2: How to write your list of passions**

After watching the video in LESSON 2/topic 2, please, write your list of passions:

- 1) Write concisely
- 2) Don't combine passions
- 3) If you are stuck, turn negative to positive
- 4) Don't think what other people would think about your choice.
This is about YOU.
- 5) Dream big, because now everything is possible.
- 6) Use adjectives to describe it beautifully so that it creates a positive emotion.
- 7) Write maximum 20 statements and minimum 10.

When my life is ideal, I am ...

LESSON 3: PRIORITIZATION SESSION**LESSON 3: Prioritization session with a friend**

Now it is time for your prioritization session!

If you bought the Bloom or Flourish package, it includes the prioritization session with one of our coaches and you have instructions in the email on how to book your session.

Otherwise, you shall now invite your friend to help you and send them the following link to prepare for the session with you:

<https://path2talent.com/prioritization-with-a-friend/>

You should schedule approximately 1 - 2 hours for the whole session including preparation.

And while you wait for that session, you may proceed to LESSON 4 in the course.

LESSON 4/topic 1: Analyze your work

After watching the video in LESSON 4/topic 1, do this exercise:

- 1) Please describe your weekly/monthly regular core tasks and activities you spend time with, and list all of them. Use the template below.
- 2) Try to think how much time you spend on each of those activities weekly/monthly? Try to allocate and distribute your time between all of those activities. Make sure that they add up to 100% all together.
- 3) Rate all your core tasks from 1-10 depending on how much you love doing them or not. 1 is the lowest score (for tasks you would prefer not to do at all) and 10 is the highest score.

Task list	% of time spent	love/hate score	priority
total sum	100%		

LESSON 4/topic 2: Your personality profile + test

If you are interested to learn about your personal profile, when you are in the flow and what type of job would give you energy, we encourage you to take our profile test at <https://path2talent.com/project/profile-test/> (including a personal consulting session). And for our course participants, we offer a discount of 20% discount. To redeem it, use the discount code **DESIGNDISCOUNT** during checkout.

LESSON 4/topic 3: Your ideal job

After watching the video in LESSON 4/topic 3, describe your ideal job/work:

What would you be doing as core activity, if you had all the needed money and couldn't fail?

With whom would you work?

How long would you work per day?

How would you like to feel?

What kind of colleagues would you like to have?

What kind of manager would you like to have (if any) or what kind of manager/leader would you like to be?

When my job is ideal, I am

Your dream job vs. your real job

When you described your ideal job, how close or far was it from your real job?

What will you do about it?

LESSON 5: Your priorities

Note! In this lesson, we are going to look at your priorities from the LESSON 3. So, please proceed with this lesson only after you have done the prioritization session (LESSON 3). Otherwise, wait, until you have that session completed and you have your list of priorities.

LESSON 6: LIFE AND CAREER ASSESSMENT SCORES**LESSON 6: Life and career assessment scores**

After watching the video in LESSON 6, score your current life priorities on a scale from 0-10, where 10 is the highest. How much do you live those passions at the moment, how much are those areas of your life covered? To the maximum?

Priority 1.....score 0 1 2 3 4 5 6 7 8 9 10

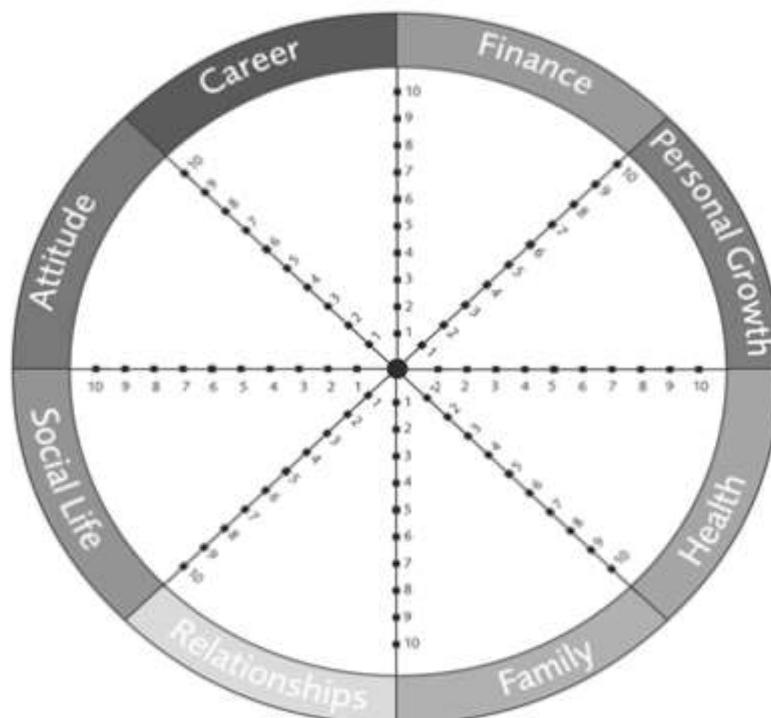
Priority 2.....score 0 1 2 3 4 5 6 7 8 9 10

Priority 3.....score 0 1 2 3 4 5 6 7 8 9 10

Priority 4.....score 0 1 2 3 4 5 6 7 8 9 10

Priority 5.....score 0 1 2 3 4 5 6 7 8 9 10

And now please assess your life. Mark your scores in the diagram below. It is called "the wheel of life".



LESSON 7: MARKERS AND FUTURE ACTIONS**LESSON 7: Markers and future actions**

After watching the video in LESSON 7, write at least 3 markers for each of your top 5 priorities:

1. priority _____

1st marker: _____

2nd marker _____

3rd marker _____

2. priority _____

1st marker _____

2nd marker _____

3rd marker _____

3. priority _____

1st marker _____

2nd marker _____

3rd marker _____

4. priority _____

1st marker _____

2nd marker _____

3rd marker _____

5. priority _____

1st marker _____

2nd marker _____

3rd marker _____

If you need help with defining your markers, join our FB closed group at
<https://path2talent.com/workshop-group>
and let us know your priority/passion for which you need help
when defining the markers.

LESSON 7: MARKERS AND FUTURE ACTIONS**Take concrete actions**

And now it's time to define a timeline and concrete actions to get closer to the life you really want to live:

I commit today, _____ to the following actions and steps:

Use this structure: By [date] I will [action].

LESSON 8: RULES AND THE PATH TO HAPPINESS

Watch my last video in LESSON 8.

We are curious to hear your opinion!

We would love to hear your opinion and would like to improve our program in the future, and your valuable and constructive feedback will help us to do so.

Please share your opinion in the feedback form in lesson 8 of the course and as a reward, we offer you **10% discount** on future either life workshop or next online course (perhaps for your loved ones)

Thank you beforehand for sharing your experience and feedback !

A handwritten signature in black ink, appearing to read 'Lulien', is centered on the page. The signature is fluid and cursive, with a large initial 'L' and a stylized 'W' at the end.