

PATH TALENT

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!

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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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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 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 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

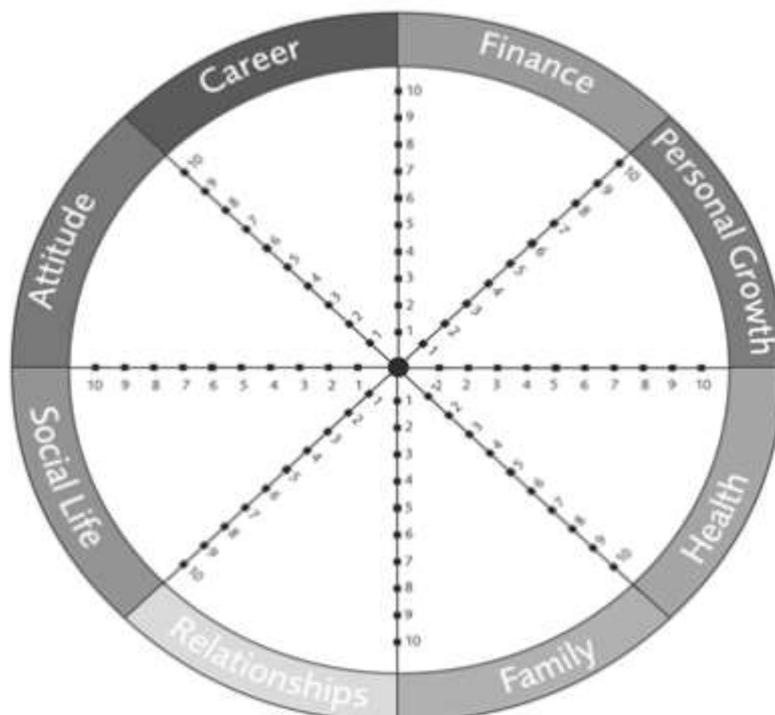
Priority 2.....score 0 1 2 3 4 5 6 7 8 9 10

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 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 "Susan". The signature is written in a cursive, flowing style with a large initial 'S'.