

THE BEST
IS YET
TO COME



STANFORD
UNIVERSITY

iThrive + Stanford Escondido Village
Led By: Tara Viswanathan
Special Guest Life Coach: Sanne Lim
November 21, 2013

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HOW
DO
YOU
WISH
TO LIVE
YOUR LIFE?

iThrive + Escondido Village Present:

HOW DO YOU WISH TO LIVE YOUR LIFE?

POSITIVE PSYCHOLOGY & LIFE COACHING EVENT

PROGRAM OUTLINE

1. Meditation: Create a Space to Reflect
2. Vision: Visualize Your Future Self
3. Strengths: Understand Your Strengths
4. Values: Define Your Values
5. Roadmap: Linking Today with the Future
6. Introduction to Goal Setting & Vision Boarding

BONUS RESOURCES

1. 24 Character Strengths Handout
2. Wheel of Life Exercise
3. Lululemon Goal Setting Worksheet
4. Blank Pages for Reflection

1. Meditation: Create a Space to Reflect

Breath Focus Exercise

1. Count breath cycles silently in the mind from 1 – 10.
2. Label the breath silently in the mind: “inhale” and “exhale”.
3. Notice physical sensations of the breath, for example air through the nose, in the mouth, movements of the chest or belly.

How Did that Feel?

Notes:

2. Vision: Visualize Your Future Self

“Without a vision of where you’re going how can you develop a plan to get there and how will you know when you’ve arrived? Without a vision of where we would like to be, we can continue hiking various trails through life, climbing mountain after mountain, only to discover each time that we’ve arrived somewhere we really don’t want to be.”¹

Let go! Dream Big!

- Where do you live? What does it look like? Who is there with you?
- What are you doing? Work? What kind? Where? With whom? For which purpose?
- What else is going on in your life? Hobbies? Interests? Travels? Passions?
- Do you have a family? What kind of family life are you living? Do you have kids? How many?
- What do you look like? How does your body feel? What are you wearing?
- How do you feel inside? What emotions do you experience? What is the essence of you? Maybe you are thinking “I am someone who...(wakes up happy; has time to make pancakes in the morning; who walks on Wall Street to work...)”
- What does your future self remember from the past 5-10 years?
- What does your future self want you to be aware of to make the journey from where you are today to where you future self is?
- What advice would your future self give to you?

Use the next page to describe your vision.

¹ (“Mission, Vision, Values & Goals” by David Grusenmeyer, PRO-DAIRY, Cornell University)

In 5/10/20 Years, I See Myself...

TRANSITION: Vision to Strengths and Values: Why it Matters

Living an authentic life = living according to your values and using your strengths

- Research tells us that living authentically is important for our sense of happiness.

3. Strengths: Understand Your Strengths

- Remember that a strength is usually something you are good at AND it gives you positive energy when you use that strength.
- Learned behaviors are things you do well but they do not energize you. They may have become deeply rooted in you over time, so they are easily confused with strengths.

Identify five personal strengths (out of 24 common character strengths)

1.

2.

3.

4.

5.

Start thinking about how you have made use of these strengths before, and how you might utilize them now.

Notes:

4. Values: Define Your Values

“Core values are the principles and standards at the very center of our character, and from which we will not budge or stray.”²

The following list is small representation of words or phrases that illustrate values. You may also prefer different words to describe your values.

Sample Values List:³

Humor	Joy
Connectedness	Risk Taking
Love	Health
Adventure	Recognition
Independence	Accomplishment
Freedom	Collaboration
Integrity	Friendship
Contribution	Wisdom
Peace	Nurturing
Vitality	Aesthetics
Trust	Tradition
Spirituality	Consistency
Service to Others	Flexibility
Community	Loyalty
Honesty	Calmness
Performance	Excitement
Empowerment	Faith
Full Self Expression	Security
Health	Money
Athleticism	Innovation
Creativity	...Brainstorm Your Own!

On the next page, identify 10 values that are most meaningful and true to you and rank them. Use this space to brainstorm what values are important to you before you rank them.

² “Mission, Vision, Values & Goals” by David Grusenmeyer, PRO-DAIRY, Cornell University

³ © Sanne Lim. Adapted from material from Hands-On Coaching: An Introduction by instructors Melanie DewBerry-Jones and Alicia McLucas, Core Strengths Coaching Program, SFSU 2012.

“My Top 10 Values”: Identifying Your Values⁴

- 1) Please write down your top 10 values. 1 = most important.
- 2) Then rank how you are honoring these values today on a scale from 1 - 10.
 - 1 means the value is not being honored in your life.
 - 10 means it is honored completely and all of the time.
 - “Honoring” refers to whether you are living your life according to the value; whether that value guides your choices and actions in life.

Please remember there are no “correct” answers. This is all based on your experience and daily life. Also, values can change, so this is a great exercise to do with regular intervals to check in with yourself.

Value	Honored (1-10)
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

⁴ © Sanne Lim. Adapted from material from Hands-On Coaching: An Introduction by instructors Melanie DewBerry-Jones and Alicia McLucas, Core Strengths Coaching Program, SFSU 2012.

5. Roadmap: Linking Today with Your Future

Figuring out how to reach your vision starts with discerning how your values play out in your life today and which values were honored in your vision. The goal is to figure out how your strengths can support living a life according to your values and ultimately living and breathing that vision.

By Yourself, Reflect On:

- Which values did you see in your future self visualization?
- How much or little do you honor the specific values in your life today?
- Which strengths do you make use of today? How have you used your strengths before? How can you use them to integrate your values into your life?
- What do you see in your life today that links you to your future self? How can you live your life today in a way that supports your vision? Which strengths and values do you need to focus on?
 - Try to be a detective in your own, current life and spot the habits, behaviors, choices, people, actions that are in line with the vision you had for your future self?
 - Which might you want to let go of or change?
 - How can you utilize your strengths in this work?

Notes:

With a Partner:

Share an authentic moment to identify values, strengths and how to build on them.

- Reflect on your own on a story from your life where you honored one of your values.
- Share the story with a partner.
- Reflect on
 - which values the storyteller wishes to work on to live more according to his or her vision;
 - how he or she can do this, utilizing their strengths and connecting to the strong and positive feelings that arise when you recall what living in alignment with your values feel like
 - what specific goals the storyteller can set to incorporate the strengths and values into daily life
 - how the storyteller can support him/herself; what reminders might work for them

Notes:

6. Introduction to Goal Setting & Vision Boarding

Create a visual reminder that will inspire you to keep going with the process of incorporating your values into your life, using your strengths and journeying with and towards your vision.

1. Vision of future self: Focus area (or general)
2. Which values you wish to work on honoring
3. A goal in relation to your vision and values
 - a. Write them down, otherwise they are mere ideas
 - b. The written format will also serve as motivation and a reminder
 - c. Break it down to small steps
 - d. Make the goal and steps measurable and with a time frame
4. Steps on your path to reach that goal
5. Which strengths you can utilize and how
6. How you will celebrate when you fulfill specific steps or the overall goal

Notes:

MY IDEAL LIFE...

transcendence *The 24 Character Strengths*

From *Character Strengths and Virtues: A Handbook and Classification*
by Prof Chris Peterson and Prof Martin Seligman

*These are
strengths we all
possess. Which of
them are strongest
in you?*

wisdom

**APPRECIATION OF
BEAUTY & EXCELLENCE**
Appreciating beauty,
excellence, and/or
skilled performance in
various domains of life

SPIRITUALITY

Having coherent beliefs
about the higher
purpose, the meaning
of life and the meaning
of the universe

FORGIVENESS & MERCY

Forgiving those who have
done wrong; accepting the
shortcomings of others;
giving people a second
chance; not being vengeful

GRATITUDE

Being aware of and
thankful of the good
things that happen;
taking time to express
thanks

HUMILITY & MODESTY

Letting one's
accomplishments speak
for themselves; not
regarding oneself as
more special than one is

HOPE

Expecting the best in
the future and working
to achieve it

PRUDENCE

Being a careful about
one's choices; not taking
undue risks; not saying or
doing things that might
later be regretted

HUMOUR

Liking to laugh and
tease; bringing smiles to
other people; seeing the
light side

SELF-REGULATION

Regulating what one
feels and does; being
disciplined; controlling
one's appetites and
emotions

courage

BRAVERY

Not shrinking from
threat, challenge,
difficulty or pain, acting
on convictions even if
unpopular

CURIOSITY

Taking an interest in
ongoing experiences for
its own sake; exploring
and discovering

PERSISTENCE

Finishing what one
starts; persisting in a
course of action in spite
of obstacles

OPEN-MINDEDNESS

Thinking things through
and examining them
from all sides; weighing
all evidence fairly

INTEGRITY

Presenting oneself in a
genuine way; taking
responsibility for one's
feeling and actions

LOVE OF LEARNING

Mastering new skills,
topics, and bodies of
knowledge, whether on
one's own or formally

VITALITY

Approaching life with
excitement and energy;
feeling alive and
activated

PERSPECTIVE

Being able to provide wise
counsel to others; having
ways of looking at the
world that makes sense to
oneself and to others

justice

CITIZENSHIP

Working well as a
member of a group or
team; being loyal to the
group

LOVE

Valuing close
relations with others, in
particular those in
which sharing and
caring are reciprocated

humanity

FAIRNESS

Treating all people the
same according to notions
of fairness and justice; not
letting personal feelings
bias decisions about others

KINDNESS

Doing favours and good
deeds for others

LEADERSHIP

Encouraging a group of
which one is a member to
get things done and at the
same time maintain good
relations within the group

SOCIAL INTELLIGENCE

Being aware of the
motives and feelings of
other people and
oneself

Wheel of Life

Description

The sections each represent an area of your life. (You could change the naming, if you like.) How satisfied are you right now with each area on a scale from 0 to 10? Shade each piece accordingly. The center of the circle = 0. The outer line = 10. This visual tool can help you get clarity on what works in your life and where you can find energy and positivity. It also shows you the areas where it might be extra helpful for you to focus your personal development work.



