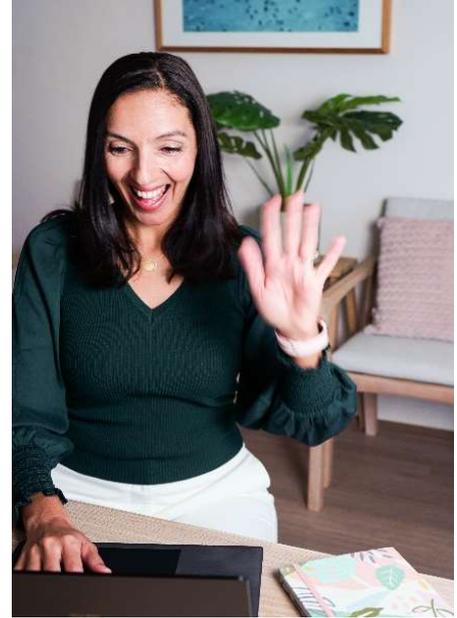


Hello! I'm Myriem, The Founder of Purposeek and the Program designer. Hope you enjoy the ride!



Please feel free to get in touch with our team if you have any questions hello@purposeek.au



purposeek

love what you do & look forward to your future

Your Online Course Notebook

First Name	Last Name

<https://purposeek.au>

INSTAGRAM: Purposeek.au

LinkedIn & Facebook Pages: Purposeek



ONLINE TRAINING

LET'S FOCUS ON YOUR VISION

Course 1: How to define your vision

WELCOME
TO YOUR HAPPY
& SUCCESSFUL LIFE

 purposeseek



ACTIVITY 1

DEFINE YOUR CORE VALUES

Step 1: Write down your top 10 values

Step 2: Remove 4 values, then remove 3 more values

Step 3: Reflect on your top 3 core values

Complete the sentence: I believe that ..., because ...

ACTIVITY 2

DREAM AND ASPIRE!

Step 1: Write down the narrative of living your dream.

Step 2: Write down your aspirations.

Complete the sentence: I want to become ..., because ...



ACTIVITY 3

SET UP YOUR GOALS

Step 1: Take the VIA questionnaire

Complete the VIA strength questionnaire on the link below and download the results (15 minutes) <https://www.viacharacter.org/survey/account/register?registerPageType=popup>

Top 3 strengths

Step 2: Reflect on your top 3 strengths

Write down what you have learnt about yourself?

Complete the sentence: I can use my strengths ..., to do ...



ACTIVITY 4

WHAT DO YOU LOVE TO DO?

Step 1: List 5 activities that you love to do or really care about, related to your personal life or work.

What are the common themes these activities have?

Step 2: What are the common themes these activities have?

Activities	Common themes

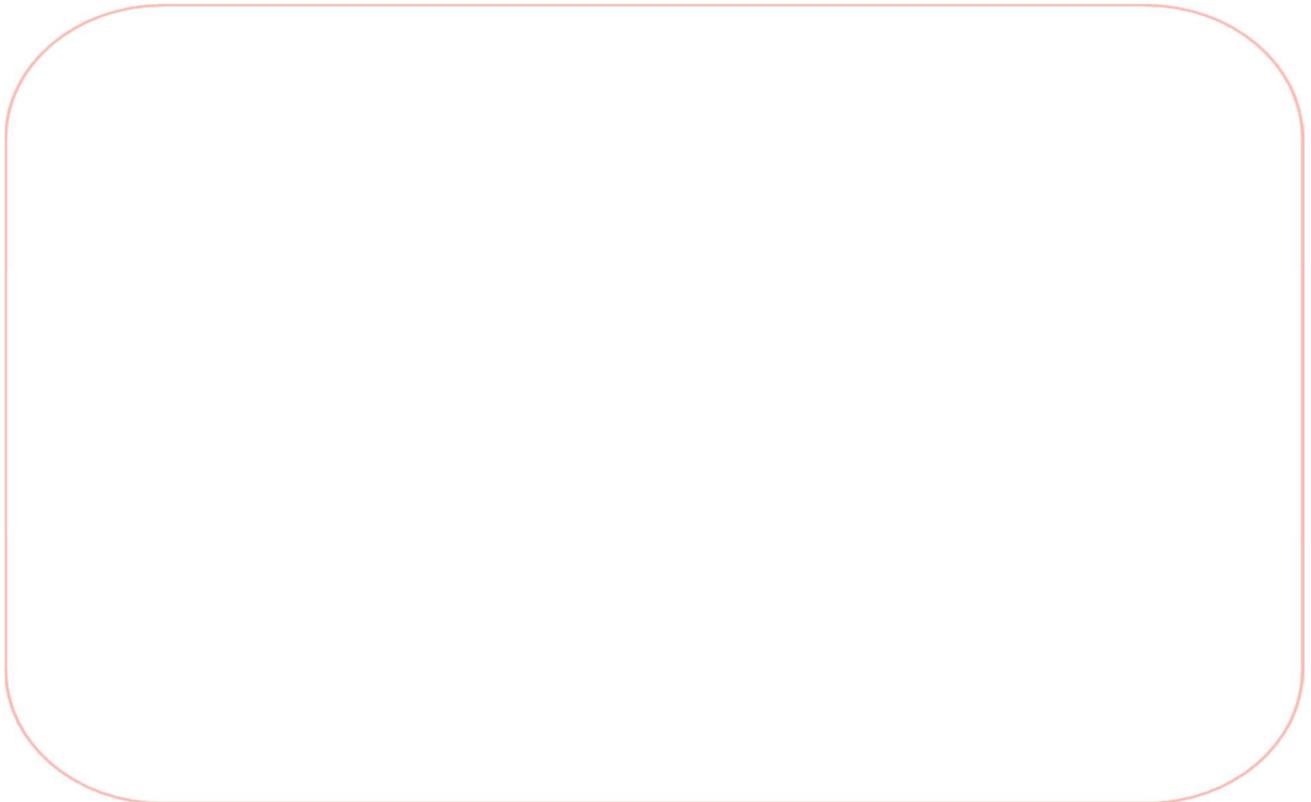
Complete the sentence: I believe that my drivers are ...



ACTIVITY 5

WHAT DOES YOUR VISION LOOK LIKE

Step 1: Bring all your sentences together



Step 2: Reflect on your sentences

Take the time to reflect on what you have just read.

Does it feel right?

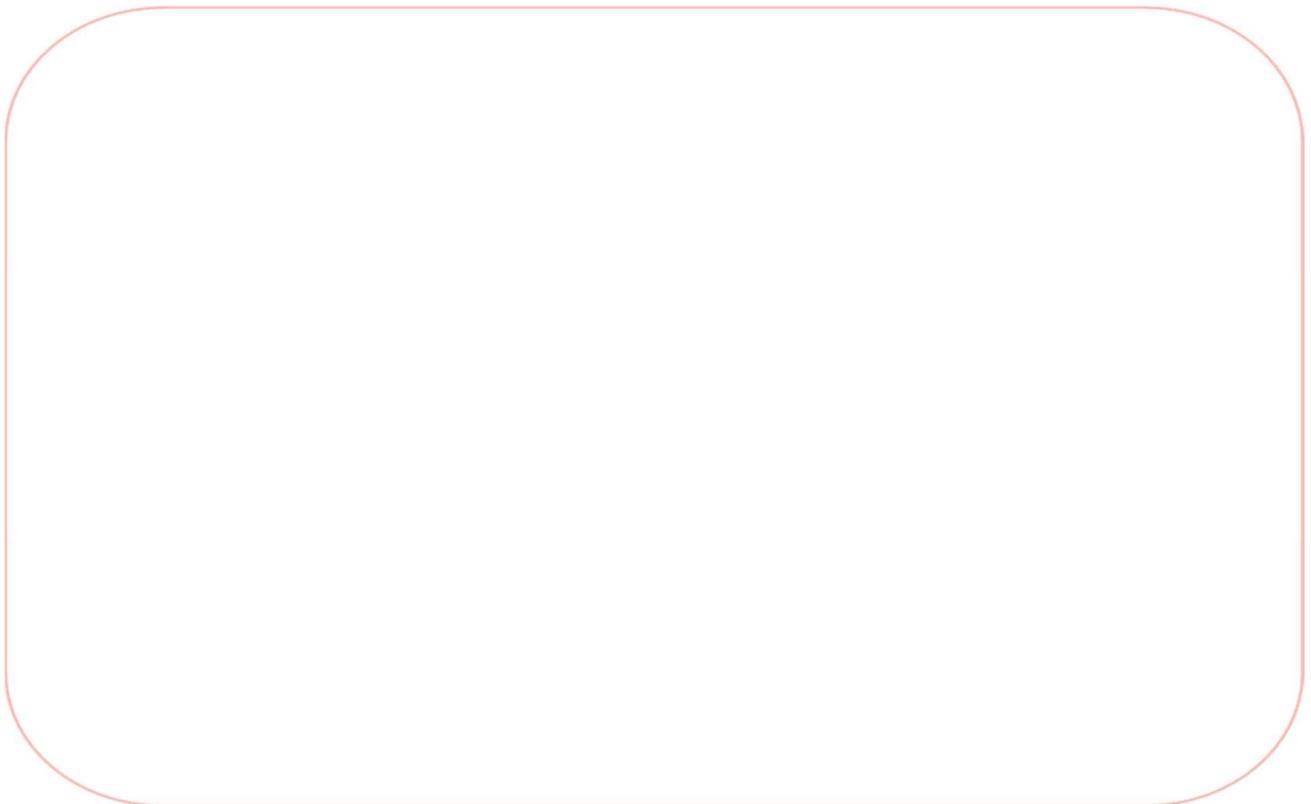
If yes, go to the next step. If no, go back to previous steps and re-do the exercises one more time.



ACTIVITY 6

HERE COMES YOUR VISION!

Step 1: Take 5 mins to write down in your own words, what you think your vision statement is.



Step 2: Reflect on your vision statement

Take the time to reflect on your vision statement, making any changes or adjustments if required.

ACTIVITY 7

WHAT DOES FULFILLING YOUR VISION LOOK LIKE

Step 1: Project yourself

Close your eyes and project yourself in your future, maybe 5 or 10 years from now. Imagine that you have fulfilled your vision.

Now open your eyes.

Step 2: What did you see?

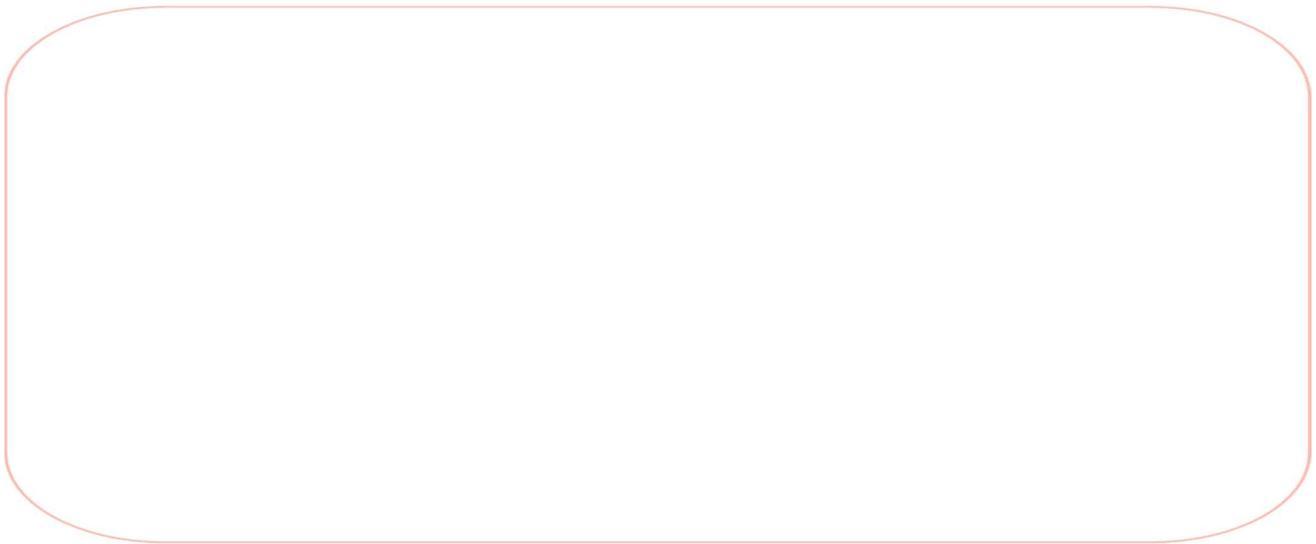
Describe what you have seen when you projected yourself in a future. What are you doing, how do you feel and what impact are you have on people and your environment.

Criteria	Describe what you see in terms of:
Doing	
Mindset	
Impact	

ACTIVITY 8

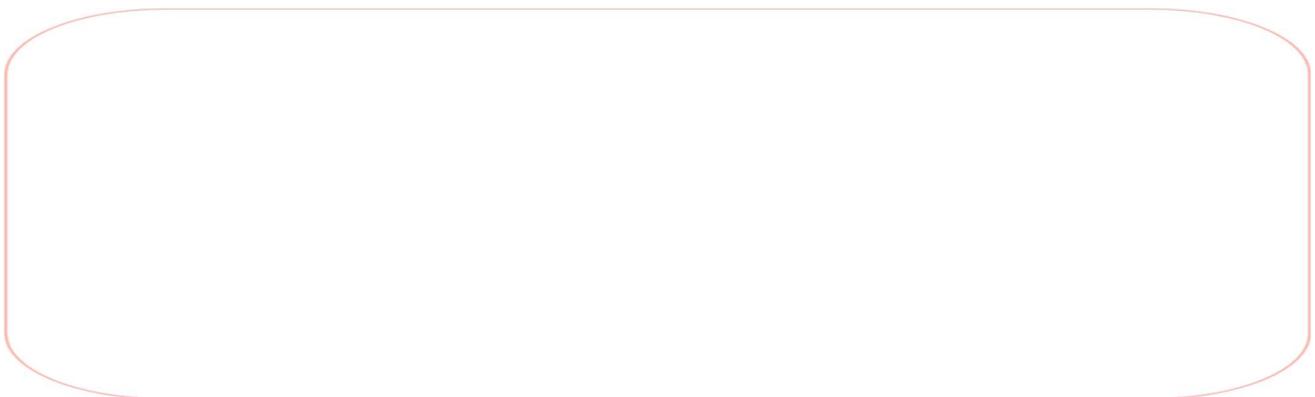
FINALISE YOUR VISION STATEMENT

Step 1: Based on the exercise you have just done, review and update your draft of your vision statement.



Step 2: Read your vision statement out loud

Step 3: Write down what would you like to commit to yourself today regarding fulfilling your vision?



REVISING YOUR VISION

YOUR VISION IS NOT SET IN STONE, YOU CAN REVISE IT AT ANYTIME.

VISION WILL SOMETIMES REQUIRE CLARIFICATION.

Vision can become quite blurry at some point, when we are sometimes lost in our busy day or buried under lots of work so we lose the sense of direction, and we struggle to define strategic and meaningful activities that will lead us to our vision.

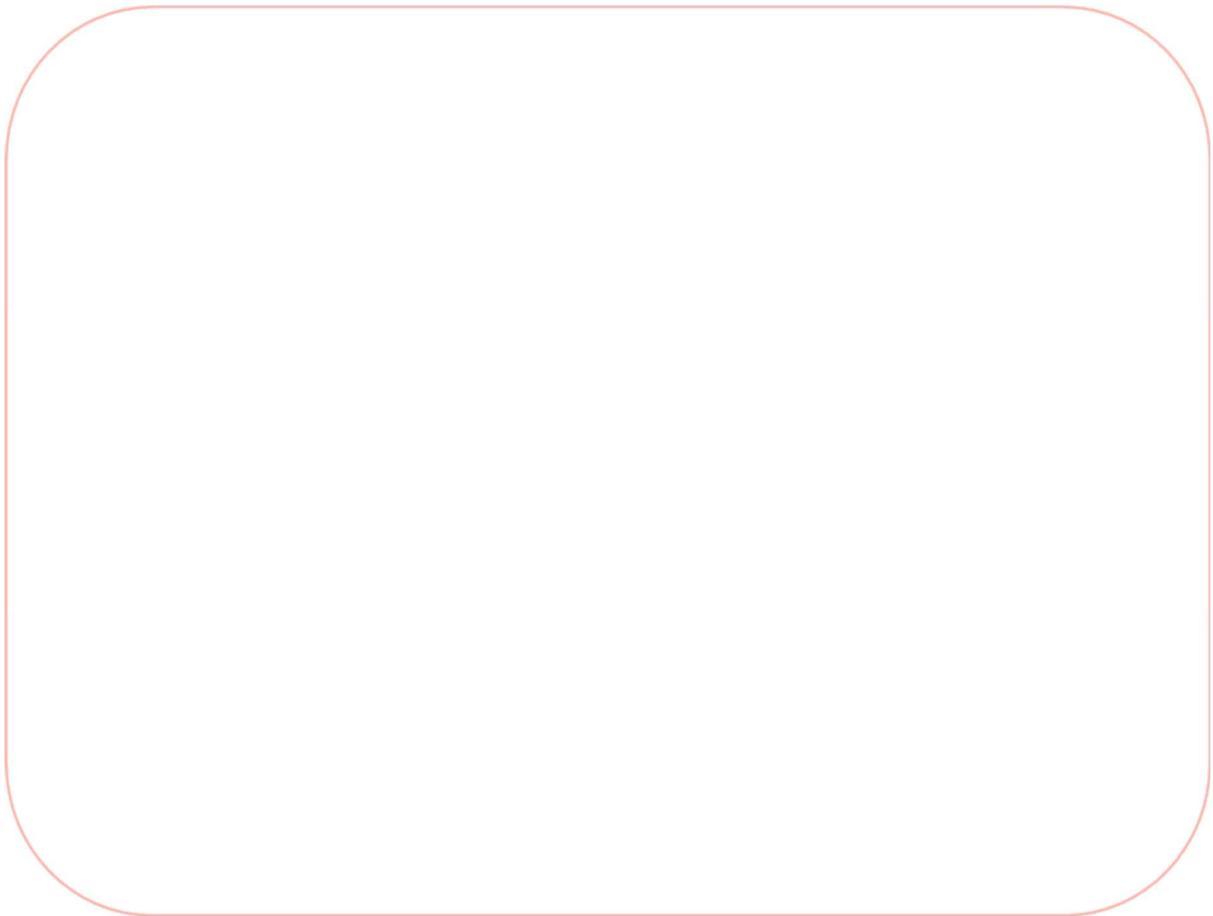
In this case, we need to:

- ✓ Clarify our vision. Check course #2: **CLARIFY YOUR VISION**
- ✓ Shift from keeping ourselves busy to making strategic and meaningful activities, to redirect ourselves towards the path of our vision. Check course #3: **HOW DO YOU SWITCH FROM “BEING BUSY” TO “TAKING MEANINGFUL ACTIONS”**



Key take-away messages from this course?

Write down all your key take-away messages from this course (e.g., what did you learn about yourself, what is important to you, are you gaining in clarity on yourself, how does these activities make you feel, do you feel empowered, motivated, overwhelmed or lost, do you see any value in what you have learnt so far, about yourself and about the topics we cover, what are you prepared to do about your learnings...)



 **The only way to do great work is to love what you do. If you haven't find it yet, keep looking. Don't Settle!**

Steve Jobs





Choose a job you love, and you will never have to work a day in your life.

Confucius



THANK YOU

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OPPORTUNITIES
DON'T JUST HAPPEN,
YOU CREATE THEM.

