

Transform Stress

Having Purpose



In the healthiest and happiest communities around the world, living up to a purpose is the foundation. Why does purpose matter, and how do you define your own?

Best Self

List three words that describe you when you are your best self.

Who are you when you are most proud of yourself? (Hint: How would a coworker, family member or friend describe you on a great day?)

How do you lead, treat others, connect to family and friends, show kindness and compassion and display character when you are your very best?

Four Types of Personal Core Values

Use these descriptions as you work through the questions on the following page.

- **Individual:** How you show up in your life; The principles you live by and what you consider important for your self-interest. Individual values include enthusiasm, creativity, humility, personal fulfillment.
- **Relationship:** How you relate to other people in your life. Relationship values include openness, trust, generosity and caring.
- **Organizational:** How your organization shows up and operates in the world. Organizational values are financial growth, productivity, team work and strategic alliances.
- **Societal:** How you relate to society. Societal values include future generations, environmental awareness, ecology and sustainability.

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Meaningful Values

Reflect on and answer the questions below to help consider what values are meaningful to you.

What do I look for in a friend or partner?

What do I look for in a mentor or guide?

How do I want to respond in a crisis or other difficult situation?

What qualities would I expect to see in the best version of myself?

How do I interact with people? How do I treat people?

What qualities in my parents, grandparents and ancestors do I admire?

What choices have I made in the past that have made me proud?

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My Top 20 Values:

Group your values together based on similarity. Create no more than 3-4 groups. Use the 4 types of core values (individual, relationship, organizational, societal) as a guide, if needed.

Values

Label Word

Values

Label Word

Values

Label Word

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My Purpose Statement

Reflect on the questions below to get yourself started.

How do I want people to describe me?

Who do I want to be?

What are my deepest values?

How would I define success in my life?

What makes my life really worth living?

My Purpose Statement:

Keep in mind that this can be ever-evolving!

Sample Purpose Statements:

- *To make people happy without sacrificing my own happiness.*
- *To serve as a leader, live a balanced life and apply ethical principles to make a significant difference.*
- *Not merely to survive, but to thrive, and to do so with some passion, some compassion, some humor and some style.*

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Quality & Quantity of Energy



Fueling our bodies in the right way sets the stage for how much energy we have, so that we have enough to meet our life's (many, right?!) demands. But even more, our emotional energy defines not just the quantity, but the quality of that energy. Noticing what type of energy you bring to work and home is a step to giving your full attention and being your best self.

Energy Audit

In what areas of your life do you feel fully engaged? Rate yourself in each area below.

	Not engaged at all			Fully engaged
	1	2	3	4
Physical Energy (Move, Nourish, Recover)	<input type="text"/>			
Emotional Energy (Self-Regulate, Mindfulness)	<input type="text"/>			
Focus (Presence, Full Engagement)	<input type="text"/>			
Connection to Purpose (Sense of Purpose, Growth)	<input type="text"/>			

What are the barriers to being fully engaged in the areas that you did not score a 4?

Energy Supply & Demand

Using the timeline below, map the difference between your energy supply and demand.

1. **Imagine (or draw) a line for your energy demand throughout the day.** Higher demand could be stressful meetings, preparing meals for your family, or portions of your day with lots of calls.
2. **Imagine (or draw) a line for your energy supply throughout the day.** Higher supply could be mindful moments like meditation, journaling or any type of recharging self-care.
3. Notice any areas where supply and demand don't match up. **How could you improve this?**

Morning

Afternoon

Night

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Realistic Positivity



It's understood that life may not always go exactly how we plan, but the great news is that it is up to us to determine how we best navigate our lives! The mindset of realistic positivity teaches us to accept facts, hope for the best, and work through unexpected situations without ignoring them.

Five Absolute Truths

Is there a challenge in your life that you're having a hard time feeling positive about? Using that example, work through the Five Absolute Truths below to help set your mindset to realistic positivity.

It All Starts with the Right Attitude: we can't control what happens, but we can control our own attitude, reaction and mindset. **Describe what a positive attitude looks like in regards to your challenge.**

Adversity Doesn't Define Us: in fact, letting the way we react to adversity is a much better definition of us. **How can you react to your challenge in a way that you would be proud of?**

Inch by Inch is a Sinch, Yard by Yard is Hard: we don't need to tackle everything at once! Break your challenge down into small, doable tasks. What is the next step you can take?

Good Days and Bad Days: when we remind ourselves that this is okay and we've gotten through challenges before, the bad days feel much more doable. **What is something encouraging that you can remind yourself of if you run into a bad day?**

It's All Relative: it's human to compare ourselves to others, but the important reminder is that everyone's situation is different. It's beneficial to remind ourselves that we're all doing our best. **How are you doing your best with regards to your challenge?**

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Problem-Solving



One of the best tools you can use to manage your stress levels is problem-solving. Learn the steps in problem-solving, and you'll be well on your way to feeling more in control of stressful situations.

Control

Being able to wrap our minds around solving a problem comes down to where we do, and don't, have control. Think about a scenario that you've recently been in where you had to solve a problem. With that scenario in mind, answer the questions below:

What about the situation was out of your control?

What about the situation could you do something about?

Thoughts

Our thoughts create our feelings. It takes some practice, but we have the ability to reframe how we feel in certain situations by adjusting, and being mindful of, our thoughts. Think about a scenario you've recently been in (it can even be the same as above) where you didn't like the way you were feeling and complete the sentences below:

In that scenario, I was thinking:

Which lead me to feel:

Instead, I could have thought:

Which would lead me to feel: