

Self-Analysis

This assignment will have two components to it.

The first component will be **Self-Analysis**, where you will speak to yourself and learn about who you are and what you want through your reflections.

The second component is **Action**, where you will create your first set of key decisions that will bring you closer to living your dream life.

Part A - What Do I Do With My Life?

<u>WHAT AM I GOOD AT?</u>	<u>WHAT DO I LOVE TO DO?</u>

WHAT DOES THE WORLD NEED?

WHAT CAN I BE PAID TO DO?

Do you notice any patterns in your answers? Are there any potential career opportunities that will allow you to achieve financial, time, and location freedom?

Part B - Self-Reflection

Take some time to understand how the four (4) factors of change have impacted your life and the decisions that you have made.

BELIEFS

What are some limiting beliefs that you have about yourself?

What are your beliefs about people around you? Do they hinder or improve your life?

What are your beliefs about the world? How do they hinder or improve your life?

ENVIRONMENT

What does your work environment feel & look like? (job, boss, coworkers, etc.)

What type(s) of people are you currently surrounded by? Are you happy about that?

What is your relationship with your parents/family like? Are you happy about that?

CONTROL

How much control do you feel you currently have over your life choices? Rate your control for the following on a scale of 1-10, where 1 means “No Control,” and 10 means “Full Control.”

Write a brief explanation as to why.

How Much Control Do You Feel You Have Over...	Scale (1-10) and WHY
Where you live <i>Ex: 2. My job is located in Vancouver, so I am not able to move anywhere else.</i>	
What you do for a living	
Who your friends are	
Who you are in a relationship with	
Who you can trust	
What you are allowed to do for fun	
How much time you spend on hobbies	
How you feel about yourself	

WILLPOWER

Are you willing to do what it takes to build your dream life? Answer the following questions with “Yes” or “No”.

If you answer no, provide a brief explanation as to why.

Statement	Yes, or No? If No, Why?
I am willing to invest however much time it takes to reach my dreams and goals. <i>Ex: No. I only have a limited amount of money to invest in my ideas.</i>	
I am willing to try again after failure.	
I am willing to implement changes into my routine to help me stay productive.	
I am willing to seek and ask for help when needed.	
I am willing to stay positive even when things get hard.	
I am willing to consistently work on my personal growth.	
I am willing to be kind and patient with myself as I learn to improve and build my dream life.	

Part C - Action Plan

Now that you have completed your self-reflection in parts A and B, it's time to implement a plan that will help you gain control of things that you need to change.

How can I change the limiting beliefs about myself?

For areas of my life that I noticed I have *low control* over - what are some ways that I can work to regain freedom?

Ex: My job is located in Vancouver, so I am not able to move anywhere else. To fix this, I will begin applying for remote jobs within my field, so that I can have the freedom to go wherever I want.

For any questions that I said “No” to in the Willpower self-reflection - what are some actionable ways that I can improve my mindset?

FORM SUBMISSION - FINISHED CLASS