

Discovering a way forward for me: Part 1

Things I really enjoy doing	What brings me happiness	The two best moments of the past week	Three things I'd do if I knew I could not fail
		<i>Why do this? This could help you pinpoint situations or activities that you really enjoy. Your aim is to replicate these in your life.</i>	
Issues or causes I care deeply about	My most important values	Things I can do at the Good → Excellent level	What I'd like to stop doing or do as little as possible
	<i>If you need help in clarifying your values, ask to do the Values Elicitation Exercise.</i>		

This resource has been supplied by Margaret Flood.

Discovering a way forward for me: Part 2

Based on my personal research, these are the main things that motivate me, engage my attention and bring me satisfaction:

My greatest strengths and/or abilities / The things I do best:

At least two things I can start doing more often that use my strengths in a meaningful way:

These are my aspirations for the future / This is what I hope to achieve in the years ahead:

(In 50 words or less!)