

# BETTER TOGETHER

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coaching

## ***Month 1 Workbook***

ADVANCED PRACTICE PROVIDER



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# WELCOME

HELLO FRIEND,

Getting started in this work will require you to reflect on yourself, recognize and name your feelings, commit to yourself, and even take uncomfortable new actions.

We will ask you to vulnerably unpack the narratives you tell, show up as your full, authentic self, and provide space for others to do the same.

Let's dig in!

- ADRIENNE, TYRA, AND THE BT TEAM

# RE-INTRODUCTION TO THE MODEL

## *What is Self-Coaching?*

The process of bringing awareness to your thoughts and their effects. By examining your thoughts, feelings, and actions, you can begin to understand where and why you get stuck.

### ..... Phases of Self Coaching .....

**Phase 1:** Conceptual understanding. An intellectual knowledge of how the model works.

**Phase 2:** Awareness that results are self-created.

**Phase 3:** Awareness that actions are always voluntary choices.

**Phase 4:** Awareness of emotions, ability to process them, choose if/how to act on them, and recognize that thoughts create them.

**Phase 5:** Awareness of thoughts and beliefs as they present. Understanding that thoughts are optional, and they are the cause of all feelings, actions, and results in our lives.

Coaching yourself daily involves two steps:

1. Thought Download
2. Completing 2 Models

# RE- INTRODUCTION TO THE MODEL

## THE MODEL - a recap



**CIRCUMSTANCE**- A fact. Something everyone would agree on. Objective and neutral.



**THOUGHT**- One sentence about the "C". Subjective.



**Feeling/Emotion**- A vibration in your body that occurs when you think the "T". See emotion list.



**Actions**- Driven by the "F". Everything you do and do not do from this feeling.



**Results**- the effect FOR YOU of your actions. Always proof of your initial "T".

### *How to do a Thought Download*

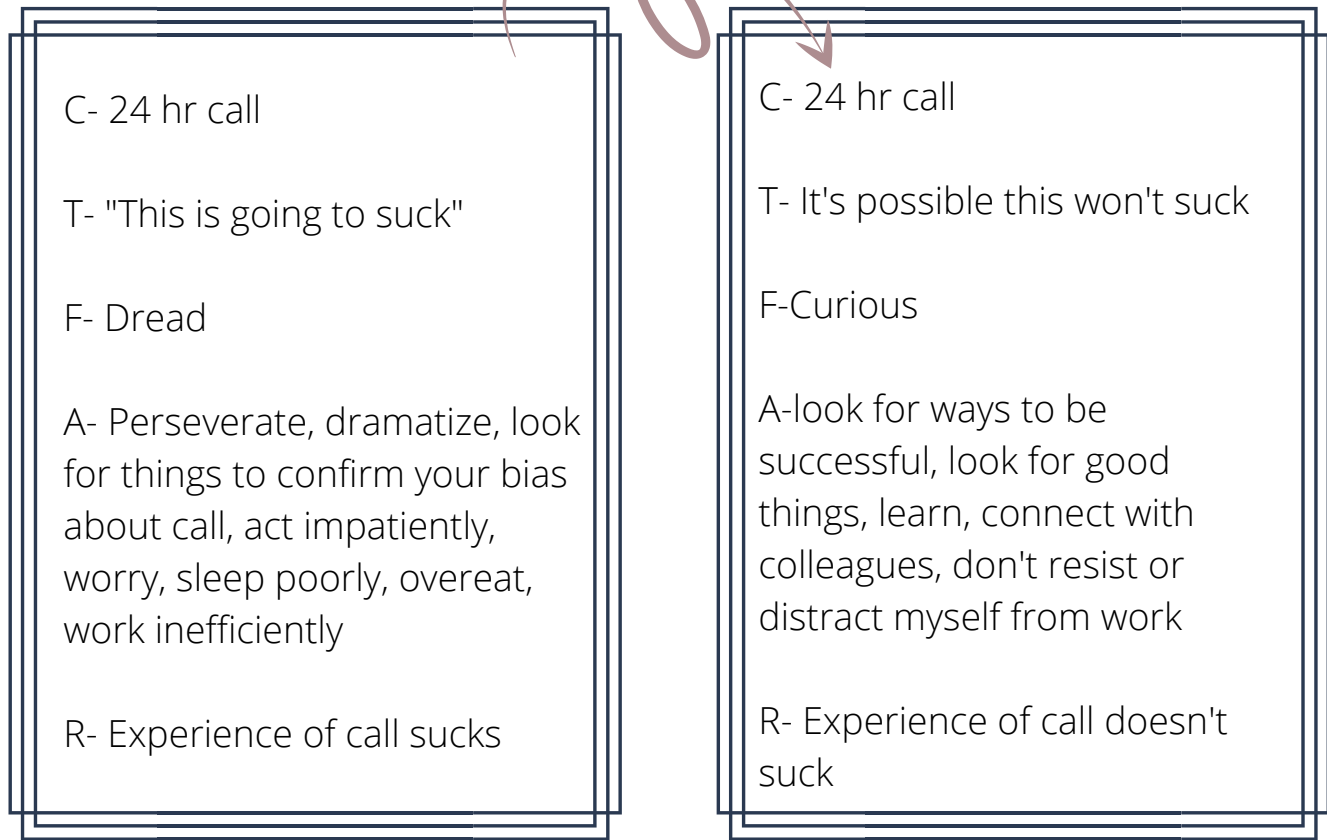
Sit down with a pen and paper, your notes app, or on your computer. Write for 5-10 minutes. Don't judge yourself, just write down everything until you run out of thoughts or time. Review what you wrote, and separate the "Cs" from the "Ts". Pick one T and write it on the T line. Fill in the rest of the model. You can also start with a circumstance, feeling, action or result, and work from any of these.

# RE- INTRODUCTION TO THE MODEL

## EXAMPLE:

Unintentional Model (UM)

Intentional Model (IM)



Once we see the effect of our current thoughts, we can to understand how our thoughts (not our circumstances) create our experience.

Then comes the fun part: we can decide if we want to keep our unintentional model, or if we want to try something different. What would you want to feel instead? What result would that lead to? What thought creates this feeling?

When and where can you practice this new, intentional model on purpose?

# RE-INTRODUCTION TO THE MODEL

## **Powerful questions: where to start with an intentional model**

As providers, we ask ourselves questions all day long: "What's the differential diagnosis for hyponatremia?", "How am I going to get all of my work done?", "When can I eat?".

At work, we have developed a strong negativity bias: "What am I missing that could kill my patient?" Our critical thinking helps us be great at our jobs, but when applied to ourselves, it can be harmful. If you ask yourself: "Why am I such a black cloud?", your brain looks for evidence to confirm your belief that you ARE a black cloud.

## **Here are some other sneaky thoughts that might be undermining your growth :**

"What's wrong with me?"

"Why does this always happen to me?"

"Why am I such an idiot?"

"Why can't I get it together?"

These are dead-end questions that don't serve us. Run their answers in a model, and you'll see that the result of these questions almost never leads you to a better result.



# RE-INTRODUCTION TO THE MODEL

## **Powerful questions: where to start with an intentional model**

Here is a list of more empowering questions to try:

- "What else is true about this?"
- "How can I get through this?"
- "How is this happening FOR me instead of TO me?"
- "What is funny about this?"
- "How can I make this more fun?"
- "What can I give here?"
- "What can I learn from this?"
- "What's the good news?"
- "What do I need to do for me so I can give to others?"
- "What can I love about this?"
- "What am I grateful for?"
- "What is perfect about this?"

Be careful with thoughts like "I don't know", or "I'm confused", or "I can't make a decision". These block your own wisdom. Try "I'm learning to...", "I'm figuring it out", and "I'm becoming."

Not sure if you're doing this right? Bring a TD and a model to *Ask for Coaching* for help!

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# THOUGHT DOWNLOAD

Use the space below to write for 5 minutes. Don't edit or censor yourself. Just write. When you are done, go back through and tease apart the circumstances (C) from the thoughts (T). From there, choose ONE circumstance and ONE thought to place into a Model. What is the strongest feeling (F) that thought generates? What actions (A) do you take or not take when you are feeling that feeling (write down as many as you can)? Finally, what is the result (R) you create with these actions?



# MODEL WORKSHEET

C .....  
T .....  
F .....  
A .....  
R .....

C .....  
T .....  
F .....  
A .....  
R .....

C .....  
T .....  
F .....  
A .....  
R .....

# FEELING LIST

Absorbed	Blessed	Creative	Elated	Good
Accepting	Blindsided	Critical Cross	Embarrassed	Graceful
Aching	Blissful	Crushed	Empathetic	Gracious
Active	Blocked	Curious	Empty	Grateful
Adaptable	Blunt	Daring	Encouraged	Great
Adequate	Blushing	Defensive	Energized	Grieved
Admiring	Bold	Dejected	Engrossed	Grouchy
Affectionate	Bored	Delighted	Enraged	Grounded
Afflicted	Bossy	Demanding	Enthusiastic	Grumpy
Aggressive	Brave	Deprived	Envious	Guarded
Agitated	Bright	Desolate	Equal	Guilty
Agonized	Brutal	Despairing	Euphoric	Haggard
Agoraphobic	Bulldozed	Desperate	Exasperated	Harmonious
Alarmed	Bullied	Despicable	Excellent	Hateful
Alienated	Burdened	Despondent	Excited	Healthy
Allowing	Calm	Devastated	Exhilarated	Heartbroken
Alone	Carefree	Devoted	Exuberant	Helpful
Amazed	Caring	Diminished	Fake	Hesitant
Amused	Centered	Dirty	Fascinated	Honest
Anguished	Certain	Disappointed	Fatigued	Honored
Animated	Cheerful	Disconnected	Fearful	Hopeful
Annoyed	Clear	Contented	Festive	Hopeless
Antagonistic	Close	Discouraged	Fidgety	Hostile
Anxious	Closed	Disdainful	Fine	Humble
Appalled	Cold	Disgusted	Flexible	Humiliated
Appreciative	Combative	Disheartened	Flowing	Hungry
Apprehensive	Comfortable	Dishonest	Fluid	Hurtful
Approachable	Communicative	Disillusioned	Focused	Immobile
Approving	Compassionate	Dismayed	Forgiving	Impatient
Argumentative	Complaining	Disoriented	Fragile	Incapable
Ashamed	Complete	Disrespectful	Free	Incapacitated
assured	Composed	Disrupted	Frenzied	Incensed
at ease	Compulsive	Dissatisfied	Friendly	Incompetent
Attached	Condescending	Distant	Frightened	Indecisive
Attacked	Confident	Distracted	Frisky	Indifferent
Attentive	Confused	Distraught	Frustrated	Indignant
Attracted	Connected	Distressed	Funny	Inept
Authentic	Conscientious	Distrustful	Furious	Inferior
Authoritative	Considerate	Disturbed	Gentle	Infuriated
Avoidant	Constructive	Doomed	Genuine	Inhibited
Aware	Content	Doubtful	Giving	Injured
Awkward	Contrary	Down	Glad	Innocent
Bad	Controlling	Dynamic	Glaring	Inquisitive
Balanced	Cooperative	Eager	Gleeful	Insecure
Beaming	Courageous	Earnest	Gloomy	Insensitive
Beautiful	Courteous	Easygoing	Glorious	Inspired
Belittled	Cowardly	Ecstatic	Glowing	Insulted
Bitter	Cranky	Efficient	Glum	Intelligent

# FEELING LIST

Intent	OK	Resourceful	Smothered	Tired
Interested	On top of the world	Respectful	Solid	Tolerant
Intimidated	Open-minded	Responsible	Sorrowful	Tormented
Intolerant	Optimistic	Responsive	Sour	Tortured
Intrigued	Out of sorts	Rested	Spirited	Touched
Irate	Outgoing	Restless	Spiteful	Touchy
Irritated	Overbearing	Retaliatory	Spontaneous	Trapped
Jealous	Overjoyed	Revengeful	Spunky	Trembling
Jittery	Oversensitive	Rigid	Squirmy	Troubled
Jovial	Overwhelmed	Robotic	Stable	Trusting
Joyous	Pained	Rotten	Steady	Truthful
Judgemental	Panicked	Rude	Stern	Unassuming
Keen	Paralyzed	Sadistic	Stiff	Unburdened
Kind	Paranoid	Sane	Still	Uncaring
Liberated	Passionate	Sarcastic	Stilted	Uncertain
Lifeless	Pathetic	Satisfied	Stony	Uncomfortable
Light	Patient	Scared	Stressed	Understanding
Lighthearted	Perplexed	Scornful	Stubborn	Uneasy
Lonely	Perseverant	Secretive	Stuck	Unfair
Lost	Pessimistic	Secure	Suffering	Unhappy
Loud	Petrified	Seething	Sulky	Uninterested
Lousy	Phony	Self-castigating	Sullen	Unique
Loved	Placid	Self-absorbed	Sunny	Unpleasant
Low	Playful	Self-affirming	Superior	Unresponsive
Mad	Pleased	Self-conscious	Supported	Unsure
Malicious	Prejudiced	Self-critical	Supportive	Unwelcoming
Manipulative	Preoccupied	Self-denigrating	Sure	Unworthy
Masochistic	Present	Self-deprecating	Surprised	Upbeat
Mature	Privileged	Self-sufficient	Suspicious	Uplifted
Mean	Productive	Sensitive	Sweet	Upset
Mean-spirited	Punishing	Serene	Sympathetic	Uptight
Meditative	Pushy	Serious	Tactless	Useless
Mellow	Quarrelsome	Shaky	Taut	Victimized
Miserable	Quiet	Shallow	Tearful	Vigorous
Moody	Radiant	Sharing	Tenacious	Vindictive
Morose	Ranting	Sharp	Tender	Violent
Motivated	Reactive	Short-tempered	Tense	Vulnerable
Mournful	Rebellious	Shrill	Terrible	Warm
Natural	Receptive	Shut down	Terrified	Wary
Nauseated	Reflective	Shy	Territorial	Weak
Negative	Rejected	Sick	Thankful	Wearry
Neglectful	Relaxed	Sincere	Thoughtful	Welcoming
Nervous	Reliable	Slighted	Threatened	Withdrawn
Nonjudgmental	Remorseful	Slouching	Thrilled	Wonderful
Observant	Reprimanded	Slow	Ticked-off	Woody
Obsessive	Repulsed	Sluggish	Tickled	Worried
Off	Resentful	Slumped	Tight	Wrong
Offended	Reserved	Smiling	Timid	Youthful
	Resistant			

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# THOUGHTS TO THINK ON PURPOSE

Here are some thoughts you can try on when you are stuck:

- Everything is as it should be.
- This is all happening FOR me.
- Everything happens right on time.
- I can find another option.
- Unconditional love is something I give myself.
- No one can cause an emotion inside of me.
- What people think about me is none of my business.
- I'm here to get it right, not to be right.
- I am enough.
- Nothing has gone wrong here.
- Hard work feels amazing.
- I can do hard things.
- Worrying doesn't serve me.
- There's plenty of time.
- No one needs to change for me to be happy.
- What I look for, I will find.

What other thoughts would be helpful for you to think on purpose?

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# COMMITMENT

## FINDING YOUR "WHY"

### WHAT MOTIVATED YOU TO JOIN BETTER TOGETHER?

List all the reasons you signed up. What are you longing for? Are you hoping to feel more confident? More comfortable being you? Write it all down here.

### WHAT UNCOMFORTABLE THINGS COULD COME FROM THIS PROGRAM?

Is there anything you're afraid of happening here? Write about whatever comes up for you. Commitment requires courage. How can stepping outside your comfort zone help you grow in this program?

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# COMMITMENT

## FINDING YOUR "WHY"

WHAT IS ONE AREA YOU'D LIKE TO DIG DEEPER INTO WITH COACHING?

Look back at what motivated you to join this program. Are you committed to trying new things to bring about these goals? Why or why not?



WHAT ARE THE OBSTACLES?

Now that you've committed to yourself, what obstacles will you face? These could be concrete (lack of time, events out of your control), or thoughts/emotions that may derail you. What are some ways you can overcome those obstacles?





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# HOW TO FEEL BETTER

WHY DO YOU WANT ANYTHING?  
BECAUSE OF HOW YOU THINK IT WILL MAKE YOU FEEL.



We want our patients to get better...  
so we can feel better.

We want to help others...  
so we can feel helpful.

We want success in our work...  
so we can feel pride and  
accomplishment.

Here, we will develop an awareness of our feelings and understand that it is our thoughts, not our circumstances, that are responsible for the way we feel. We call this *emotional adulthood*.

Living in emotional adulthood means taking full responsibility for everything we feel.

This is in contrast to *emotional childhood* in which we blame everyone and everything around us for the way we feel. This may be a new idea, and that's ok- this concept was radical to us too!

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# HOW TO FEEL BETTER

Our brains are evolutionarily conditioned to avoid negative emotions by seeking pleasure and comfort. When faced with uncomfortable emotions, we tend to do one of three things:

**RESIST-** This is white-knuckling against an emotion. It requires a lot of willpower, and usually doesn't last long. Resisting an emotion causes no relief, and often ironically makes the feeling stronger. It creates tension and uses up energy.

**AVOID-** Our culture has made it easy and acceptable to avoid feeling uncomfortable emotions with things that distract us and give a nice shot of dopamine for easy pleasure. This usually has a net negative result for us.

FEELING RESTLESS? SCROLL ON INSTAGRAM

FEELING TIRED? HAVE A SNACK!

EXHAUSTED AFTER WORK? POUR YOURSELF A GLASS OF WINE!

**REACT-** This means giving into what the feeling compels you to do. Yelling or hitting in response to rage. Eating in response to desire. The difference between chemicals and humans is that chemicals react and humans can respond. When we find ourselves reacting, that's our chemistry talking.

**In the following worksheets, we will practice the last option:**

**ALLOW-** Processing an emotion simply means: be present without resisting, avoiding or reacting. To get started, sit down, describe/write down how it feels in your body, and just watch it until it changes. Try it now, with whatever feeling is strongest in this moment!



# HOW TO FEEL BETTER

When you start to become conscious of your feelings, you may immediately want to change some of them. This is normal! Remember, a feeling is simply a vibration in your body. It can't physically harm you. It is possible to allow a feeling without taking any action at all.

## HOW?

### STEP 1- STEP INTO EMOTIONAL ADULTHOOD.

This takes awareness and a willingness to be uncomfortable. Look in on yourself from the outside. What thought is causing you to feel this?

### STEP 2- PROCESS THE EMOTION.

Allow yourself to feel the emotion instead of resisting, avoiding, or reacting. Observe yourself with curiosity and compassion. Can you describe the emotion? You may want to tighten against it. That's OK. Try to melt into it. Let it be heavy. Accept it without judgement. Notice how you feel. Write it down.

### STEP 3- MOVE INTO AN INTENTIONAL MODEL.

When you are ready to feel differently, you can start to consider moving to an intentional model.

This takes time and practice. Let us know what comes up for you in *Ask for Coaching!*

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# FEELING NOW

This worksheet is a tool to help you identify and allow an emotion. Be sure to post what comes up for you in *Ask for Coaching*.

What are you feeling now?

Where is the feeling in your body?

What color is the feeling?

Is the feeling hard or soft?

Is it fast or slow?

Why are you feeling this?

# TOP 3 FEELINGS

On a usual day, what are your three most common feelings?

Why do you think you have these feelings?

What would you like your top three feelings to be?

Why did you choose those three preferred feelings?

How would your results change if your top three feelings changed? Would you keep any the same? Why or Why not?

# MODERN EMOTIONAL HEALTH

THE HUMAN BRAIN  
HAS 3 GOALS:



1. SEEK PLEASURE
2. AVOID PAIN AND DISCOMFORT
3. EXPEND MINIMAL ENERGY

These three goals were critical to our success as a species. It worked when we were threatened by predators, starvation, and social isolation. Now, even though we no longer face these threats, our brain has remained hardwired to seek comfort and safety. This is just the brain doing what it evolved to do. However, seeking pleasure and avoiding pain and discomfort have contributed to the epidemics of addiction, obesity, and many other physical and mental illnesses.

Our work here will be to shift the goals posts.

WE WILL STRIVE TO



1. SEEK GROWTH
2. EMBRACE DISCOMFORT
3. EXPEND MASSIVE EFFORT, .....WISELY

What kind of results could you have if you were willing to experience any emotion? Let us know what comes up for you in these worksheets in *Ask for Coaching*.

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# THE WORST THAT CAN HAPPEN

As you do this work, you will begin to see that the worst thing that can happen to you is an unpleasant emotion in your body. Once you realize you can allow and handle ANY emotion, nothing can hold you back.

What is the worst feeling you can imagine ever having to face?

What would that feel like in your body?

In what ways have you resisted, avoided, or reacted to this feeling in the past? If a feeling is nothing more than a vibration in your body, why are you trying so hard to avoid feeling it?

If you were willing to feel this emotion, how might you show up differently in your life? What different results could you expect to see?

# THE 50/50

...AND HOW DISCOMFORT IS THE PRICE OF GROWTH.

*"In my thirties, I learned that there is a type of pain in life that I want to feel. It's the inevitable, excruciating, necessary pain of losing beautiful things: trust, dreams, health, animals, relationships, people. This kind of pain is the price of love, the cost of living a brave, openhearted life- and I'll pay it. There is another kind of pain that comes from not losing beautiful things but from never even trying for them. I've felt that kind of pain in my life. I recognize it on others' faces. It's the pain of a woman who has slowly abandoned herself"*

*- Glennon Doyle, Untamed*

Our human experience is supposed to be a balance of negative and positive. Our conditioning tells us that we should feel good all the time, though, and that something is wrong if we don't.

GOOD VIBES ONLY! Right? ..... Wrong.

By seeking happiness and comfort all the time, we train ourselves to avoid discomfort that could help us grow. If you are willing to accept that the emotional balance of humanity requires you to feel the whole spectrum of emotions, you will be rewarded with a fulfilling experience in your life.

Let's be clear. **Being happy 100% of the time is NOT a possibility for humans.** A more realistic goal is to wholeheartedly embrace all parts of the human experience.



# THE 50/50

What are your feelings right now?

Imagine a silver platter of emotions. What are the ones you need? What are the ones you want to feel on purpose? Are there both pleasant and unpleasant emotions on this list?

Allowing emotions is different from indulging in emotions. Sometimes we indulge in emotions as a way of staying stuck. Common indulgent emotions include confusion, doubt, self-pity, worry, overwhelm, and victimization. These never lead to a result that serves you. In the space below, write about a common indulgent feeling. What thoughts are behind it?

Write a plan for how you can recognize and choose not to indulge in this emotion the next time it pops up.

# THE 50/50

Consider the feelings you tend to avoid or resist. You avoid these at the cost of your consciousness and growth. These feelings might lower the threshold for you to act on your urges to overeat, over-drink, overspend, or other net-negative actions for you. Examples include: discomfort, deprivation, failure, boredom, dissatisfaction, insecurity, rage and anxiety.

What is an emotion that you commonly avoid or resist?

What thoughts cause this feeling?

Make a plan to allow this emotion on purpose. When do you think it will come up next? What do you want to do next time you feel this way?

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# DEFINING YOUR PURPOSE

Purpose is the reason something exists. Your purpose is the reason YOU exist. Many people spend their lives searching (or worse, waiting) for their purpose to be revealed. They look for it in books, classes, meditation, and in other people. Many of us ended up in medicine thinking this would give us purpose. Yet there are many here who despite becoming an advanced practice provider, don't feel that they've arrived.

"AM I HELPING ENOUGH PEOPLE?"

AM I MAKING A DIFFERENCE?"

"IS THIS WHAT IT'S SUPPOSED TO BE LIKE?"

"I THOUGHT BEING HERE WOULD FEEL BETTER THAN THIS, WHERE DID I  
GO WRONG?"

"ONCE I ACHIEVE MY NEXT MARKER OF SUCCESS (GRADUATING  
SCHOOL/GETTING MY DREAM JOB/FEELING CONFIDENT IN MY ROLE), I  
CAN BE HAPPY/PROUD/WORTHY"

Dr. Tal Ben-Shahar describes the "Arrival Fallacy" as the belief that arriving at a destination will let you finally feel happy (or proud, or worthy, or good).

It is fallacy, because arriving never feels as good as you expect. You might get a hit of happiness, but the good feeling doesn't last. You then look to the next goal and repeat the cycle, never allowing yourself to actually arrive.

Here is a radical thought: your reason for existing is... to exist. You are beautiful, whole, and evolved. Being alive is enough. You've already arrived.

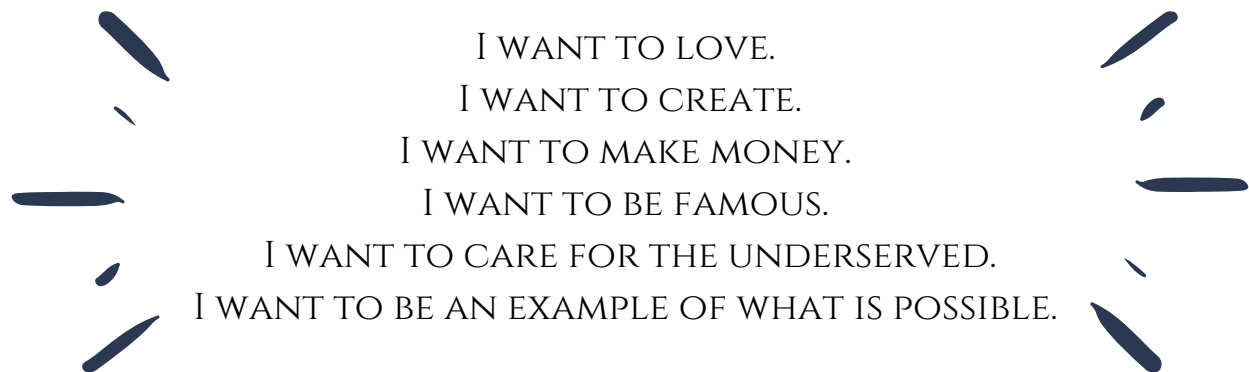
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# DEFINING YOUR PURPOSE

You don't have to do "better" or "more" unless YOU want to.

We give you permission to grow because of what you'll think of yourself, not because of what others will think of you. Fulfilling a purpose or goal won't earn you the prize of being more worthy, but it WILL create an experience that is more interesting, complex, and fun. Once you see that there's nothing you *have* to do, only what you *choose* to do, you can create and live into a purpose that matters to you.

You are going to define a purpose for yourself right now. What do you want out of life? Don't accept confusion or overwhelm. There is no "right" answer. What do you want? Some ideas:



Notice if you find yourself judging any of these as "better". Why? If you're trying to prove something, you'll miss the joy that comes from living life the way you choose.

Trust that only your own approval and love is all you need (or ever get to actually feel). This is not selfish, it is the most generous and loving belief you can have. You can only arrive by living into your purpose.

# WHAT IS MY PURPOSE?

This worksheet is a tool to help you put your purpose into words and action. Don't get stuck trying to find the "right" answer. Trust yourself. Your purpose will likely change over time, and that's OK. Just write from where you are today.

Bring anything that comes up to *Ask for Coaching*.

What is my purpose?

If I could accomplish one thing in my life, it would be...

Once I accomplish it, I'll feel...

What thought will generate that feeling?

What do I want the legacy of my life to be?

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# WHAT IS MY PURPOSE?

What contributions am I called to make in my life?

What themes came up in this exercise?

If you identified that you could feel a certain way if you achieved or accomplished something, is it possible that you can feel this way now? Why or why not?

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# CREATING FROM OPTIMISM AND ABUNDANCE

The power of imagination helps you visualize what doesn't exist yet. Our imaginations are so powerful: the reason you are here now is because you IMAGINED that you would become a clinician. You dreamed that up, and over many years and hundreds of instances of choosing the hard road, you made it a reality. Our imaginations can also keep us stuck and hold us back by telling us stories of doom and gloom and why we should be afraid to dream big, lest we fail ("What will they think?", "What if I fail", "Compared to so-and so, I am \_\_\_\_"). When we aren't directing our brains intentionally, our imaginations are free to run unsupervised. This week, we will see what comes up when we direct our brains to dream as big as we did when we were kids.

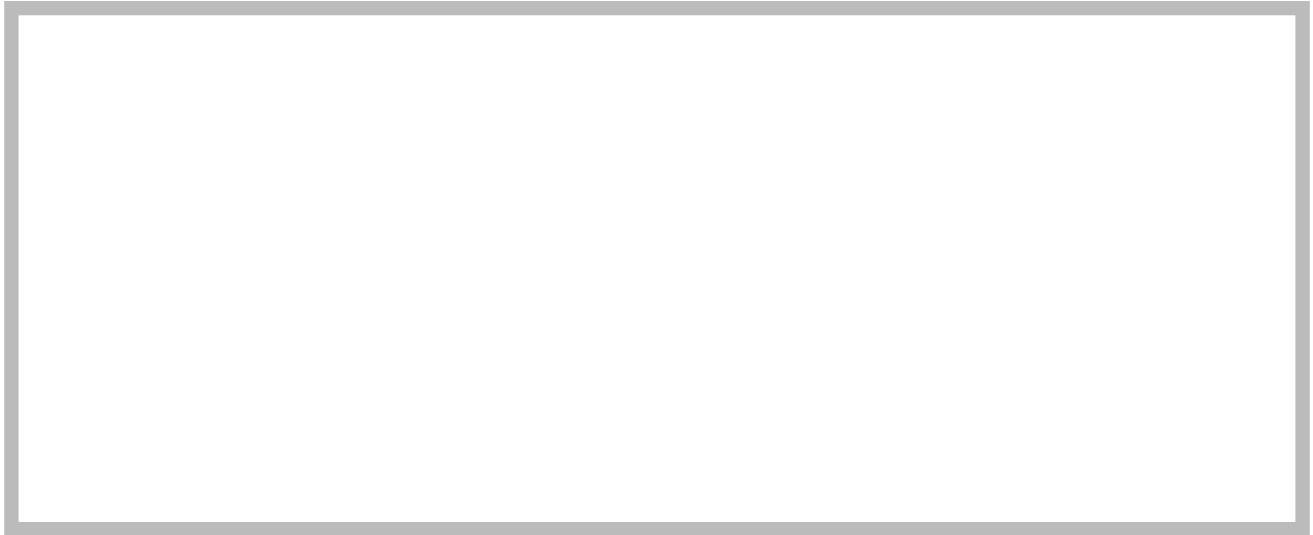
For most of us, the dream to becoming an Advanced Practice Provider took many years to actualize. If you allowed yourself to dream as big now as you did then, knowing it could take several years to achieve, what would you imagine as a life for yourself? Complete the following: "I have a dream that I . . ." "I have a dream my family will . . ." "I have a dream my community will . . ." "I have a dream my work will be . . ."



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# CREATING FROM OPTIMISM AND ABUNDANCE

What is one small risk you'd be willing to take as a first step in realizing your dream? What skill/hobby/practice, if started now, would be a stepping stone on the path towards it?



What is one BIG risk you'd have to be willing to take to achieve your dream?





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# CREATING FROM OPTIMISM AND ABUNDANCE

What themes came up for you in the above prompts?

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Imagine you are in the future living this big dream. What do you think now about that big risk? What do you know is possible now that you have gotten here?

A large, empty rectangular box with a thin gray border, intended for the user to write their responses to the prompt above.

As humans, we get to choose what to believe. It is equally possible to believe we can actualize a dream as it is to believe we can't. When we practice managing our imagination, it can give us the path to create the life we want. If every belief is optional, why not intentionally believe the story full of hope and possibility?

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# 27 THINGS

Make a list of 27 things you want to do in your lifetime. They can be big or small.



Which can you do this week? This month? This year? Write the 5 you will work on now. What do you think is stopping you? What is a solution to that obstacle? If it's a thought (it probably is), write it down in a model and bring it to *Ask for Coaching*.



# VISION AND VALUES

## CREATING A VISION STATEMENT USING VALUES, GOALS, AND PURPOSE

This week, we will identify and understand our values and be deliberate in how we apply them in our life.

A value is a principle that you hold to be important in your life. Values are generally nouns, and often represent the results we want to create. Here's an incomplete list:

Acceptance	Community	Fitness	Insightfulness	Originality	Self- Control
Accomplishment	Contribution	Flexibility	Integrity	Passion	Self- Esteem
Accountability	Compassion	Freedom	Intimacy	Patience	Self- Reliance
Achievement	Connection	Friendship	Intuition	Perfection	Service
Adventure	Cooperation	Fun	Joy	Popularity	Simplicity
Attractiveness	Courage	Generosity	Justice	Power	Solitude
Authority	Courtesy	Gratitude	Kindness	Purpose	Spirituality
Autonomy	Creativity	Growth	Knowledge	Rationality	Stability
Authenticity	Dependability	Happiness	Leisure	Realism	Strength
Balance	Diversity	Health	Love	Resilience	Success
Beauty	Duty	Helpfulness	Loyalty	Responsibility	Tolerance
Benevolence	Excitement	Honesty	Mastery	Risk	Tradition
Caring	Faithfulness	Hope	Mindfulness	Romance	Virtue
Challenge	Fairness	Humility	Openness	Safety	Vulnerability
Change	Fame	Humor	Optimism	Self-	Wealth
Commitment	Family	Independence	Order	Acceptance	Worthiness

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# VALUES INVENTORY

Write about a time when you were or are at your best or in a state of "flow". Where are you? What are you doing? Who else is there? What is it about this scenario that brings out the best in you?

Now write about a time that you were/are not at your best. Where are you? What are you doing? Who else is there? What is hard about this scenario?

# VALUES INVENTORY

Review the values list above. Find the 5 values that resonate with you the most, and list them below. Considering the two scenarios you described above, give a score for each value from 0-100% as to how much of that value you were living in each scenario (0% being the most in conflict with your values, and 100% is the most aligned). In the final column, give a score for this value in your current life. In what areas can you seek more alignment?

Value	At Your Best	At Your Worst	Now



# VALUES INVENTORY

Write 1 example of a value that guided a decision you made in your life:

Write one way you want your values to be reflected in your work:

Write one way you want your values to be reflected in your home life:

Are your personal and professional values aligned? Why or why not?

What steps can you take towards better alignment with your values without changing anyone or anything?

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# PERSONAL VISION

## VISION STATEMENT:

- The deepest expression of what you want and the person you want to be
- A description of your preferred future
- An illustration of a future where you are living in your values.

Imagine yourself in 10 years, exactly how you hope to be, perhaps at a milestone birthday or event. Describe all life aspects (physical, work, spiritual, social, financial, psychological, relationships) in present tense. Draw on your values, joys, and purpose.



# PERSONAL VISION

NOW, FILL IN THIS TABLE ABOUT YOUR CURRENT LIFE. WHERE ARE YOU LIVING INTO YOUR VISION AND VALUES IN EACH DOMAIN, AND WHERE ARE THE OPPORTUNITIES TO BE BETTER ALIGNED?

Domain	Strengths: Areas aligned with your vision	Gaps: Areas not aligned with your vision
Physical Health		
Family		
Primary Relationship		
Friends		
Career		
Fun/Recreation/Adventure		
Finances		
Personal Growth		
Meaning/Contribution		
Spirituality		



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# LIVING YOUR PURPOSE AT WORK

Your purpose is so much more than the job you do. It's who you are.  
Your purpose exists no matter where you are or what you are doing.

Tyra's purpose is "to empower others to become their best selves through love, coaching and teaching." She can do that anywhere, anytime and with anyone. She can do that with her kids, her husband, her patients, her trainees, the checker at the supermarket, and, importantly with herself. Even if she lost her job, money, husband, or kids, she could still live out that purpose.

Who does she need to be to fulfill this purpose? Innovative. A big thinker. A risk taker. A teacher. A healer. Someone who takes care of herself. Someone who loves unconditionally. Someone who tries and fails, and tries again. Someone who isn't afraid to feel.

Write your purpose again:

Who do you need to be into in order to fulfill your purpose?

In what ways are you already showing up in this way?



# CHOOSING YOUR CURRENT LIFE

As an adult, you never HAVE to do anything.

Everything you do is a choice you make by consciously or subconsciously weighing the risks and benefits of both sides. Adrienne never WANTS to spend half a day at the DMV renewing her driver's license, but she also doesn't *have* to. She chooses to because she doesn't want the consequence of allowing it to expire, and the expense and inconvenience that would entail.

Many things in life are determined by others: your schedule, how many patients come in on your call day, your allotted time for a clinic visit, the people you work with, the amount of autonomy you have, etc. The good news is that what you think and feel about these is totally up to you.

**This does NOT mean that you should love it all, or even accept it!**

Remember that the goal is never to feel good all (or even most) of the time. It just means that you have the option to not let your job have control over your brain and your experience. When you give yourself that control, you will find the freedom to show up in your work how you want from empowerment instead of victimhood.

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# CHOOSING YOUR CURRENT WORK

What are your current thoughts about your work? Do a Thought Download:

Circle the circumstances. Pick one C and T and write a model:

Which parts of your dream job overlap with your current job?

What are other ways you could think about your work?

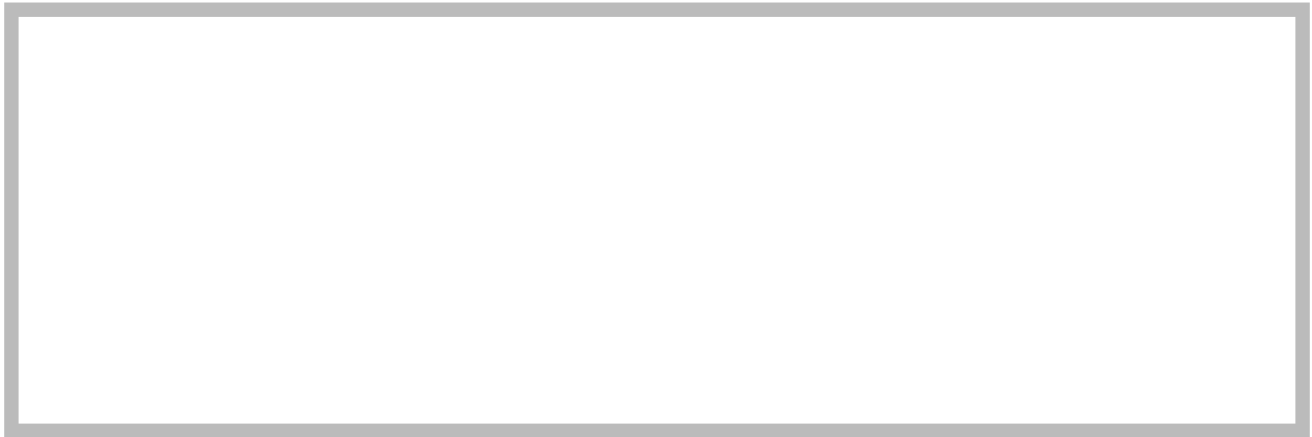
It's important to notice when you're in emotional childhood when evaluating your job. This means taking full responsibility for how you feel and not blaming the job itself. It's not your jobs job to make you feel fulfilled, only YOU can!

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# CHOOSING YOUR CURRENT WORK

When you place yourself in the victim role by blaming others or the job, you completely disempower yourself. You can take back your power to determine how you think and feel when you no longer make work the villain.

Do you have a villain at work? It may be a co-worker, aspect of your job, the administration, or something else. Describe the villain here:



Complete a model about your current work from a place of emotional adulthood, meaning taking 100% ownership of how you think and feel (remember, you may want to feel negatively! Life is 50/50. Just make sure you choose the negative 50 wisely.



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# THE IMPOSSIBLE GOAL

Now you have a clearer idea of your purpose and who you want to grow into. The next step is deciding what to do. This is the fun part! It shouldn't be overwhelming or confusing.

This week, we are going to set a big goal and get to work on achieving it. The goal can be anything you want. It can be related to work or home life. It could be finding your dream job, wrapping up that project that's been on the back burner, or committing to never fighting about dirty dishes with your partner. Make it something that feels impossible (but isn't really).

What is your impossible goal? Make sure your goal is specific and measurable.

What is your timeline to achieve this goal? It should be realistic but aspirational.

On the next page, list every task you need to do to achieve your impossible goal. Include skills to learn, people to meet, emails to send, things to acquire, and every other step on the way. Then, list of all of the obstacles for each task and propose a strategy to overcome them.

Pro tip: the main obstacles will be your brain telling you how you can't or how it won't work. What intentional thought can you adopt to keep you moving forward?

IMPOSSIBLE GOAL: \_\_\_\_\_

EX: PUBLISH A MANUSCRIPT

Tasks for Impossible Goal	Obstacle	Strategy
<i>Ex: Find research mentor</i>	<i>Don't know where to start. I don't know anyone in this field This is awkward I don't have time</i>	<i>"I can figure it out. I'll email "X". I'm willing to feel awkward for this. Schedule on calendar and do it no matter what</i>

The final step is to put each of these tasks onto your calendar. Remember, your calendar and timeline should be realistic. This is NOT an opportunity to over-schedule yourself and use that to beat yourself up. It's an opportunity to set yourself up for success and to honor yourself.