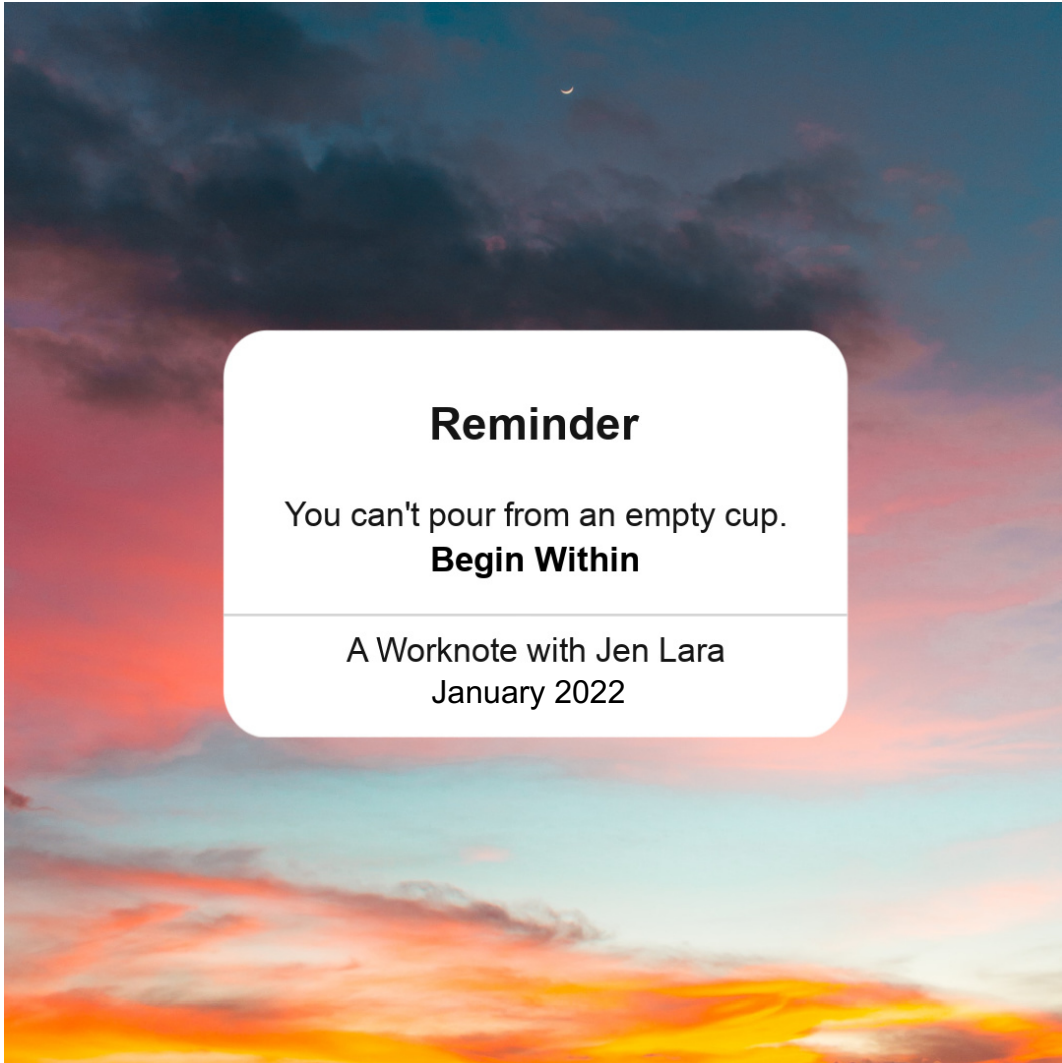




Reminder

You can't pour from an empty cup.
Begin Within

A Worknote with Jen Lara
January 2022

Academic Affairs Meeting January 2022

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What's a *worknote*? It's a cross between a workshop + a keynote ☺

Begin Within Toolbox



Tool #1: Design your relationships

Let's design.....

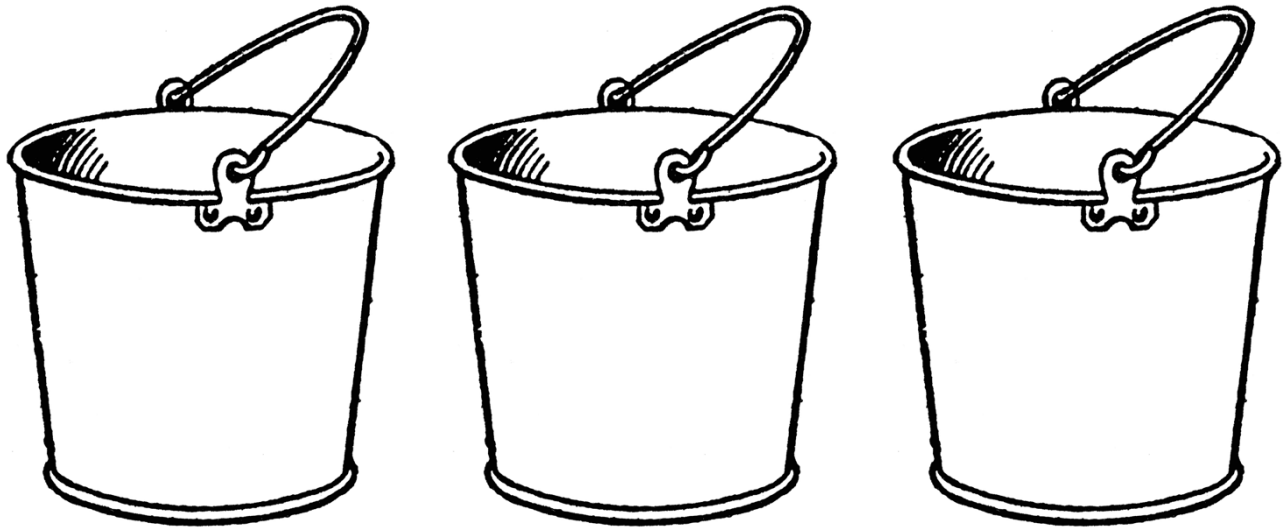


Reflection....

- How could you use designed relationships with your students and the people you serve?
- How could you use designed relationships with your family and friends?

Tool #2: Good Life Buckets

Adapted from: *Good Life Buckets*, Jonathon Fields, [Good Life Project](#)



Reflection....

- What are you noticing about your buckets?
- If each bucket could talk, what would they say?
- What do you want to change or keep?
- How could you use the Good Life Buckets with your students and the people you serve?

Try out another tool like the [Wheel of Life](#) to do a self-assessment instead of the buckets.

Tool #3: Virtues List

All people have *all* of these virtues inside them; some virtues are more awake than other. Find this list for free at: <https://virtuesproject.com/>

Acceptance	Fidelity	Peacefulness
Accountability	Flexibility	Perceptiveness
Appreciation	Forbearance	Perseverance
Assertiveness	Forgiveness	Prayerfulness
Awe	Fortitude	Purity
Beauty	Friendliness	Purposefulness
Caring	Generosity	Reliability
Certitude	Gentleness	Resilience
Charity	Grace	Respect
Cheerfulness	Gratitude	Responsibility
Cleanliness	Helpfulness	Reverence
Commitment	Honesty	Righteousness
Compassion	Honor	Sacrifice
Confidence	Hope	Self-discipline
Consideration	Humanity	Serenity
Contentment	Humility	Service
Cooperation	Idealism	Simplicity
Courage	Independence	Sincerity
Courtesy	Initiative	Steadfastness
Creativity	Integrity	Strength
Decisiveness	Joyfulness	Tact
Detachment	Justice	Thankfulness
Determination	Kindness	Thoughtfulness
Devotion	Love	Tolerance
Dignity	Loyalty	Trust
Diligence	Mercy	Trustworthiness
Discernment	Mindfulness	Truthfulness
Empathy	Moderation	Understanding
Endurance	Modesty	Unity
Enthusiasm	Nobility	Wisdom
Excellence	Openness	Wonder
Fairness	Optimism	Zeal
Faith	Orderliness	
Faithfulness	Patience	

Virtues Activity:

1. Which virtue would serve you best right now?
2. What virtue would you like to see more of in your students or the people you serve?
3. How could you use the Virtues List with your students and the people you serve?

Download the free Virtues Card app.
The in-app purchases are helpful, too!



Tool #4: The Swing of Life

Image credit: [Clipart Panda](#); heart added because hearts are fun



Reflection....

- What are you noticing about your Swing of Life?
- What are you learning about your Swing?
- How do you want to improve your Swing?
- How could you use the Swing with your students and/or the people you serve?

Tool #5: Your inner voice + wisdom



If your 80-year-old self could bestow wisdom on you, what would your 80-year old self say about this age/stage of your life?

What does your 80-year old self think you have forgotten?



If your 7-year-old self could bestow wisdom on you, what would your 7-year old self say about this age/stage of your life?

What does your 7-year old self think you have forgotten?

Wrapping Up

What NOWs are you taking away – Nuggets of Wisdom?



Thank you for worknoting with me!
Join me for a core value workshop this afternoon ☺

Please keep in touch!

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