

Exercise 1: Who Am I?

List as many words to describe yourself as you can think of.

Which words illicit joy or pride? Which ones illicit uncertainty or shame?

What messages or experiences influence how you see yourself?

Exercise 2: Discovering My Values Through StoryTelling

Brainstorm life moments that ... had an impact on your life. Times where you are most in "flow" and lose track of time doing something. Times you are operating at your best. What moments have been challenging? What did it teach you that you could teach others?

After listing moments, are there common themes or words?

Exercise 3: Designing Your Day

Part 1: What brings you joy? What drains your energy?

Part 2: How can you create moments of joy in your day? How can you communicate and create a boundary around the joy moments and the drain moments?

BONUS: Write Your Career Dream

Write down your dream career/work day in the present tense.

Part 1: What would feel like during each day? What would you be doing? Who would you be surrounded by?

Part 2: What are 3 steps you can begin taking to move towards your dream work day?

Don't miss a thing.

www.design4ed.org/

[Instagram](#)

[Sign up for our newsletter to receive updates on new brand launch!](#)

DesignEd