

How to plan my future?

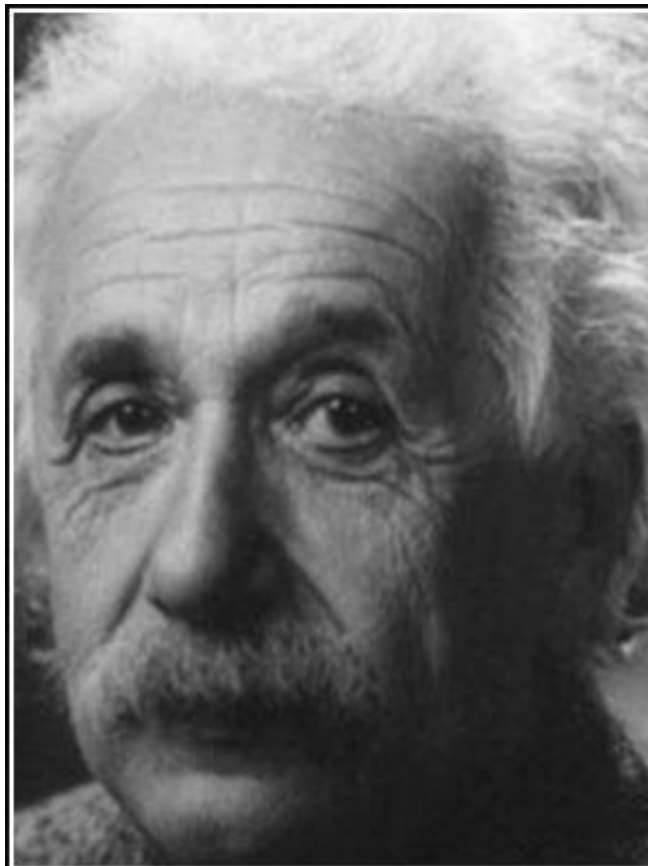
**Guidance counselling from a
holistic perspective**

What is the importance of the holistic dimension?

Two dimensions to plan my future?

The **technical** plan in the service of the
holistic one

Never the opposite



The intuitive mind is a sacred gift
and the rational mind is a faithful
servant. We have created a society
that honors the servant and has
forgotten the gift.

— *Albert Einstein* —

AZ QUOTES

what is rational or technical and
what is holistic in the following
photo?



What does my ideal career looks like?

Good money?

Less effort?

More freedom?

More recognition and rewards from society?

Work conditions that suit my personality?

What is the difference between reaching success in life and reaching a successful life?

The second one is global while the first one is just technical.

Success in life can be an empty structure.

The 5 steps towards successful life?

- 1- Recognizing the Real «who I am»
- 2- Serving a higher purpose: Finding my mission in life
- 3- Investing in constructive and meaningful relationships
- 4- Valuing all kinds of intelligence.
- 5- Consider that:

what I do with my achievements and possessions is more important than my achievements and possessions.

First step: Recognizing who I am beyond labels

What is the difference between who I am and who I think I am or who others think I am?

Labels are who I think I am, while the real one is the energy that helps me change whatever I want to change.

1- Recognizing the Real «who I am»

Exercise:

- (a) In one minute of silence, describe who you are in 4 words (labels).
- (b) Share one or two of these words with somebody beside you if you wish
- (c) classify these 4 words into positive and negative (all positives, all negatives or a mix)

Be aware that any label that I put on myself or that others put on me is a fake identity.

Why?

- ❖ if it is a positive label, there is a threat that if I lose it could lead to potential anxiety and insecurity.**

❖ **What is the risk of negative label?**

If a negative label seems to be difficult to overcome, we can have difficulty to live with and we lose the ability to change it because of lack of positivity and hope.

If it is not helpful to identify myself through any positive or negative label, so who am I?

(problems of bullying at school or in society always arise for positive or negative labels)

Here is then the suggestion for who I am beyond any label

I am the spaciousness being in which temporary labels appear and disappear, this is going to make me free from labeling myself and others. This freedom is the Kingdom of Heaven.

Analogy: The sky and the clouds

Finding other analogies

Link with hope

Link with the space in the atom

**Second step:
Serving a higher purpose:
Finding my mission in life**

Once I know who I am, I will know my purpose in life

Analogy: the purpose of a cell in the human body

What is my purpose in the body of Christ?

Third step: Investing in a constructive, true and meaningful relationships

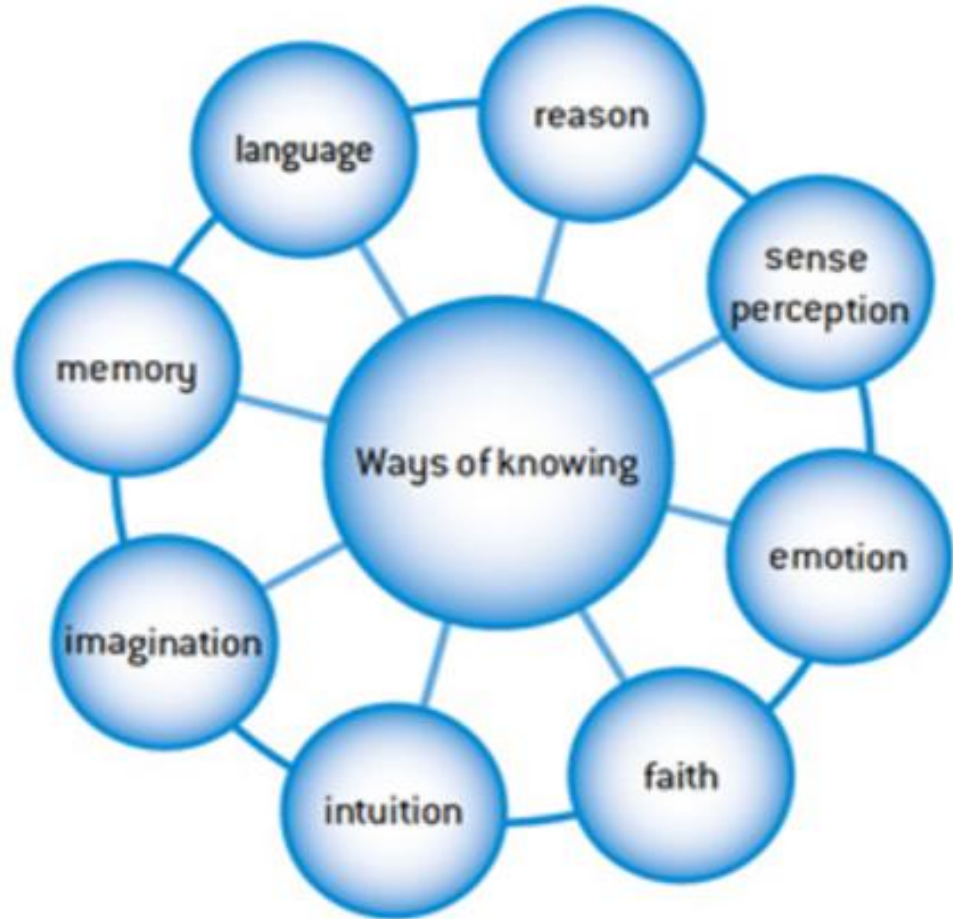
knowing that this is one of the most challenging and difficult thing to go through.

(a) Be ready to sacrifice money and time for good relations and rarely the opposite.

(b) Develop tools and apply them by dealing with yourself before dealing with others

Fourth step:

**Valuing and
developing
all kinds all
kinds of
intelligence**



Fifth step:

Recognizing that what I do with what I have is more important than what I have.

**Knowledge and possession should not define me.
Recognizing this is liberating.**

*"The longest journey you will
ever make will be from
your head to your heart."*

John Govan, SJ

What is the importance of the holistic dimension?

*More creative,
more fulfilled,
not at the mercy of the market and negative competition*