**The Distinct Leader |**

**Building Block #2: Identifying My Personal Core**

The purpose of this exercise is to help you identify and/or reconnect with your core design. Your core – when expressed – is your source of personal power and informs your professional power.

What you’ll notice is something called a **“through-line”** …that is a running theme (characteristics, self-expression, interests) that you’ve naturally demonstrated beginning in the early stages of your life and which continually show up.

**Part A | Retrospective Exercise**

When I was a young child, I loved……

(Sample Answer: games > (continue thought with …. “what kind of games and why…etc.”)

Playing:

Reading:

Pretending to be:

When I was in junior high and high school, my favorite activities were….

              Because………….

When I was in junior high and high school, my favorite subjects /classes were….

              I enjoyed them because……

When I was in high school, my favorite extracurricular activities were…

              I participated because……

In college, my favorite subjects were…

              Because….

When I was a young child, I thought of myself unique in the following ways………

When I was a young child, people said I was……

Said I should be….

Said I would be………

When I was a young child, I wanted to be……..

When I was in high school, I wanted to be…………….

When I was in college, I wanted to be…………………

In my collective work experience from high school until now, my favorite work experiences were…….

Because….

My least favorite was…………

              Because………………

If I had no concerns about earning money for a living, I would do………..

              Because….

Do you currently carry any regrets of missed opportunities (related to any circumstances) or risks you should have taken in your life and why?

I have always dreamed of doing…………..(maybe one item or a list)

I have always dreamed of being………………

**Part B | Life Influencers**

Experiences that shaped you…that created your values, beliefs and how you see yourself in the context of the world around you. Circle the items of great impact – makes notes about how it influenced you, what it produced in you to shape the person you are today.

* Family (culture, gender, birth order)
* Natural Wiring: personality, left/right
* Social Development
	+ Hobbies
	+ Neighborhood
	+ Spiritual
	+ Schools
	+ Regional
	+ Country of origin
	+ Generation

* Work Life
	+ Jobs
	+ Industries
	+ Bosses
	+ Companies