

How to Rediscover Yourself in Midlife

A Powerful Workshop for YOU



With Your Guide & Founder of Power Purpose Play:

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Reflection:

What is tugging at your heart right now? What brought you to this session?

ANSWER

The Following Questions Honestly:

Are you satisfied with your life right now? Yes or No?

Do you know which area in your life you are the most and least satisfied with? Yes or No?

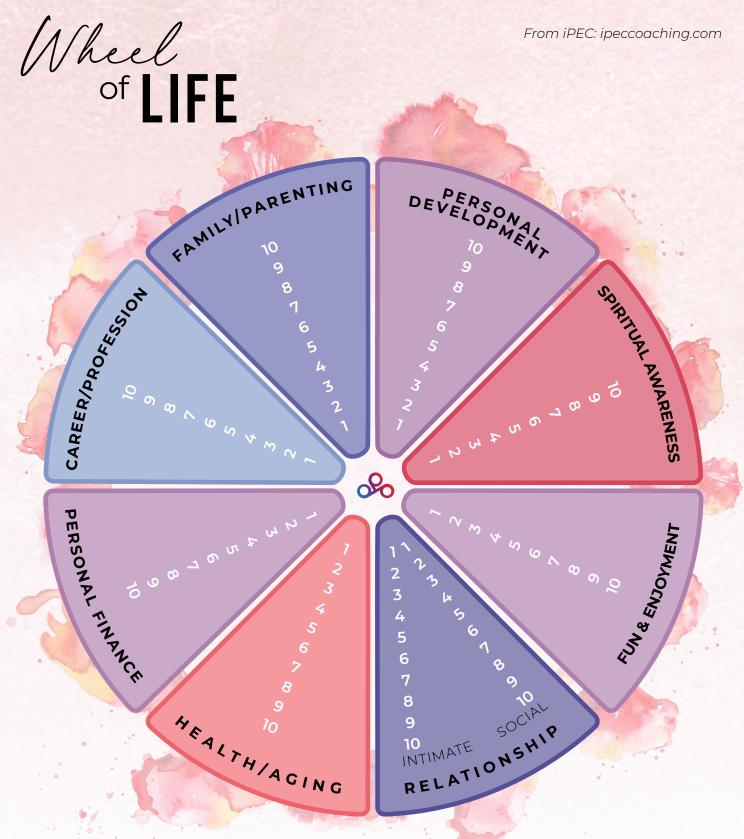
Do you know what you are really good at? Yes or No?

Do you know what you are passionate about? Yes or No?

Do you know what you value the most in life right now? Yes or No?

Pyramid of Reinvention





DIRECTIONS:

- 1. For each section or category of the wheel, circle the number that represents your current level of satisfaction. The higher the number, the more satisfied you are in that area. I (very dissatisfied) to 10 (fully satisfied). Use the first number that pops into your head, not the number you think it should be.
- 2. Connect the circles in each section with a line so you now have a new perimeter of the circle.

YOUR SUPERPOWERS

Exercise 1:

List 3 things or tasks that you are really good at (ie. I am really good at putting together a financial statement)

List 3 specific skills or talents you've developed that make you successful at what you do (ie. My mind has a natural ability to process the meaning behind the numbers)

YOUR SUPERPOWERS

Exercise 2:

Ask 3-5 people who know you well, "what do you think are my superpowers or zone of genius? What topic do you come to me for advice? "What do I do that you find of value?"

Is there a common theme in their responses and do their answers align with your own assessment?

YOUR SUPERPOWERS

Reflection Questions:

Based on the superpowers that you've identified, ask yourself:

"Am I currently using my talents to the best of my ability?"

"How can I use my talents or superpowers in a different way than I am using them right now that would make me more energized?" Get creative!

YOUR PASSIONS

Reflection Questions:

If you had no limitations on time, money, beliefs, or process – what are 5 things you would do? What would make your heart sing, or jump out of bed every morning?

If you could design your own job, what would it be? Who would you serve? Why?

YOUR PASSIONS

Exercise:

Look back at your memorabilia – old photos, letters, yearbooks, etc. of when you were a child of 8 years old – remind yourself who you used to be. What sort of kid were you? What excited you? What did you want to be when you grew up?

YOUR VALUES

Reflection Questions:

What are you prioritizing right now? What were you prioritizing 10 years ago? What has changed? What does that say about your values?

What kind of contribution or impact do you want to make in the world?

Who do you want to serve? Why?

Can you identify your top 5 values?

Ikigai Delight, and fullness but no wealth LOVE Japanese Concept: "A Reason For Being" WHAT THE WORLD NEEDS WHAT YOU ARE Find more space for brainstorming, an example, and instructions on the following pages. WHAT YOU CAN BE PAID FOR Satisfaction but feeling of uselessness. WHAT YOU LOVE Passion Mission WHAT THE WHAT YOU ARE WORLD NEEDS Vocation Profession WHAT YOU CAN BE PAID FOR