

# CAREER SUCCESS EQUITY PROGRAM



## Session #1 Prework

October 8, 2024

## **SESSION #1 Life Journey | Career Goals**

### **Session #1 Pre-Work Items:**

#### **1. Complete Prework #1 – My Goals**

The intent of this exercise is to help you begin framing your short, middle, and long-term goals and vision for your personal and professional lives.

#### **2. Complete Prework #2 – Life Reflections**

The intent this exercise is to juggle your memory to remember the highlights, peak moments in your life. It often happens that as we review these peak moments, we will discover or reinforce important elements for our life satisfaction and meaning.

**MY GOALS**

PROFESSIONAL	LIFE
Goals: 1 Year	Goals: 1 Year
Goals: 3 Years	Goals: 3 Years
Vision: 10 Years	Vision: 10 Years

## YOUR BEST SELF - LIFE REFLECTION

- I. The objective of this exercise is to juggle your memory to remember the highlights, peak moments in your life. It often happens that as we review these peak moments, we will discover or reinforce important elements for our life satisfaction and meaning.
  - 1) **Make sure you do this when you have time (at least 30 min) and you're in a space that is calm and safe. Right before you start, take 3 deep breaths in-and-out ; be in the "here and now."**
  - 2) You will be reflecting on your life experience from childhood until most recently. Feel free to list as many situations as you like in any decade (you may have very little in a particular decade).
  - 3) When reflecting, do not focus only on external accomplishments *recognized by others*. While some of your "peak, meaningful life moments" receive outside recognition, some of your life highlights may be noticed only by you. Sometimes our *best* self emerges during the *worst* times of our lives.
  - 4) To help recall, try to "relive" each decade. Recall yourself at that time. How it felt to be in your body; to be in the place you lived and worked. As you do, see if you can remember situations / outcomes during which:
    - i. you felt fulfillment, empowerment, hope
    - ii. you knew you could make a difference
    - iii. you knew you would make it
    - iv. you knew you mattered
    - v. your identity shaped the best of who you are
    - vi. you understood your life's purpose
    - vii. when you felt your life had meaning

**If this exercise causes any questions or uncertainty,  
you will work on this exercise during the session.**

	AGES: 0-13	High School	College	20s	30s	40s	50s
HIGH POINTS							
LOW POINTS							

II. Of all your situations listed in the grid, select the 4 pivotal moments that shaped you, 2 High Point / 2 Low Point:

<b>Best Self Moment #1</b>	Age Period:
Situation – what happened?	
Was any action taken?	
How did this affect you?	
Adjectives describing you during this,	
Why is this a best self moment?	

<b>Best Self Moment #2</b>	Age Period:
Situation – what happened?	
Was any action taken?	
How did this affect you?	
Adjectives describing you during this.	
Why is this a best self moment?	

<b>Best Self Moment #3</b>	Age Period:
Situation- what happened?	
Was any action taken?	
How did this affect you?	
Adjectives describing you during this.	
Why is this a best self moment?	

<b>Best Self Moment #4</b>	Age Period:
Situation- what happened?	
Was any action taken?	
How did this affect you?	
Adjectives describing you during this.	
Why is this a best self moment?	

**Best Self Moment Themes**

When you reflect on these 4 Pivotal Best Self Moments:

- What emerges as being *important* to you?
- What emerges as being *meaningful* to you?
- How do you define success / accomplishments? Failure?
- What does it tell you about your resilience and hardiness?

Below, please summarize up to 3 themes that are important and imperative for you today, based on your life journey