

The MVG FWD [ReFrame]-work



YOU ARE TRULY UNIQUE. NATURE, NURTURE, AND NOTION HAVE ALL PLAYED A PART IN FORMATION OF THE PERSON YOU ARE TODAY AND WILL CONTINUE TO PLAY A PART IN WHO YOU WILL BE TOMORROW.

This is your invitation to give yourself permission to go deep on forming a loving, endorsing relationship with who you are with a confident understanding of why you are here. The loudest voice in your head is your own. Growth starts with recognizing you are the only one in control of that voice.

Some encouragement as you begin to experience moving forward each day:

- **BE CURIOUS.** Keep asking the questions.
- **BE COMPASSIONATE.** Give yourself grace & permission during the process.
- **BE SURPRISED.** Allow yourself to become sensitive to being surprised & seek it out.
- **BE COURAGEOUS.** Lean in completely and fully.
- **BE CONFIDENT.** This is your life. Take control of you.
- **GO DEEPER.** Just keep going. This is a journey, not a destination.

SELF-ASSESSMENT

MOTIVATION: WHAT GIVES ME ENERGY?

Brainstorm thoughts, ideas, tasks, activities, people, places etc. that when you interact with them, you feel your energy levels rising both during and after the experience.

VALUES: WHAT DO I TRULY VALUE?

Brainstorm a list of behaviors, actions, decisions, and ideals that when you see them in the wild, create immediate attraction and appreciation in you.

GIFTS: WHAT ARE MY SUPER POWERS?

Give yourself permission to be authentic and honest about your strengths, talents, and gifts. If you need help getting the right language to fully describe you, take one or all of the following assessments: Clifton Strengths, 6 Types of Working Genius, 5 Voices, 16 Personalities (Myers Briggs), DiSC.

FRAMING: WHAT AM I BELIEVING IN?

Belief is a powerful thing. Take some time to analyze and record your belief structures. While it is important to consider this through the lense of spirituality, consider all your belief structures (politics, morality, ethics, perspectives etc.)

WORK: WHAT EFFORTS BRING ME JOY AND FULFILLMENT?

Work is simply effort you put into getting something done. What work brings you personal satisfaction, fulfillment, joy, and/or a sense of purpose? Brainstorm a list of at least 20.

DREAMS: WHAT OUTCOMES DO I WANT TO LIVE IN?

Dreams are best held loosely. They are aspirational in design and fluid in attainment. Take some time to consider what outcomes you want to live in the next three years. List 2-3 outcomes in each of the Big Five: Faith, Family, Friends, Finances, and Fitness. If you're really feeling it, add Fun to the list!