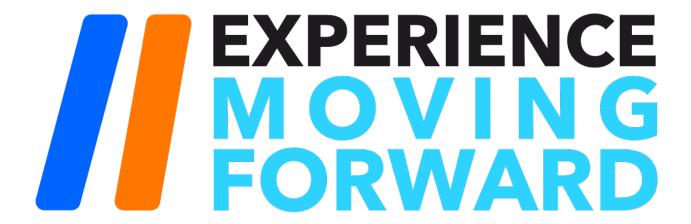
## The MVG FWD [ReFrame]-work



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?

your energy levels rising both during and after the experience.

VALUES: WHAT DO I TRULY VALUE?

	t of behaviors, actions, decisions, and ideals that when you see them in the wild, create action and appreciation in you.
GIFTS: WHA	AT ARE MY SUPER POWERS?
help getting the	ermission to be authentic and honest about your strengths, talents, and gifts. If you need e right language to fully describe you, take one or all of the following assessments: Clifton bes 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 mportant 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?

	effort you put into g and/or a sense of p				onal satisfaction,
DREAMS: V	VHAT OUTCO	OMES DO I W	HAT TO LIV	E IN?	
Dreams are be	VHAT OUTCO est held loosely. The outcomes you wan nily, Friends, Finance	y are aspirational in t to live in the next t	design and fluid hree years. List 2	in attainment. Ta -3 outcomes in e	ach of the Big
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