



# Living '*I AM*'



# In an '*I HAVE*' Culture



***Envy comes from people's ignorance of, or lack of belief in, their own gifts.***

*Jean Vanier*

**The VERI PLAN**

- **Values** - Values - the guiding principles of behaviour that encapsulate the person's/ /organization's character and culture. There is a difference between *aspirational* and *operational/actual* core values. There is also a recognition we can understand, share and have similar goals but values can be different. Thus, we can differ on even what we call core values/virtues but prioritization may differ. We also must be willing to have a written definition of our core values, like hot water with a tea bag – what's inside leaks out quick when the heat is on it will too late!
- **Passion** has different expressions: Life is not what we are against, BUT what we are for! Different expressions: **Coach** -big picture; **Scout** -see picture, questions, helps; **Equipment Manager** - right under nose; **Player** - single focus
- **Life Lessons** - Look at this component through the eyes of a resume {actually a CV} reviewer, and evaluate why it was good or not so good – what did I enjoy about this?
- **Abilities** - What have others said/noticed that I have a real knack at?
- **Nature** {Personality} - an area we use tools like DISC questionnaire, the MBTI tool...

**Self-Esteem**

Raising one's self esteem can be aided by recognizing our abilities-skills and personal qualities.

My Good Points	Good points descriptions
<b>Abilities</b> <i>And</i> <b>Skills</b>	Ex. I am a great left winger in hockey I am very organized -good at wood-working...
<b>Character-istics</b> <i>And/Or</i> <b>Non-Physical descriptors of 'me'</b> <i>And/Or</i> <b>Nature</b> Personality, Type	Ex. I am very empathetic; very encouraging,



What others Like about me	
What others like about me	Good points descriptions
Abilities And Skills	Ex. A 'MacGyver' kind of person Remember little details
Character-istics And/Or Non-Physical descriptors of 'me'	Ex. I am a 'in your corner' friend

### Self-Criticism

Most of us have those '*virus on the hard-drive*' moments, where we get things all messed up in our thinking and emotions. Whether we call it the inner critic, that voice, or the arm chair athlete; it is the voice that tells us how wrong, bad or foolish we were. It is the same voice that highlights all the things we could have done better – despite what anyone else says or thinks!

**To address;** one needs to look at what these beliefs are based on that the critique is coming from!

Characteristics I do not like about myself	How I show these characteristics	How I can change them

***To educate a person [man] in mind and not in morals is to educate a menace to society.***  
*Theodore Roosevelt*



## My Successes

*The problem of rolling from one thing to the next, is we skip over victories and do not let them settle in! so when we do not pause, reflect and celebrate our sense of accomplishment is always in front of us, to be determined, instead of celebrate what has been and ponder what could be.*

Now it is time to look back on the past and identify successes. Seligman calls it “*learned optimism*” and sometimes we can get sidelined by thinking at the time! Optimists are higher achievers and have better overall health. Pessimism, on the other hand, is much more common; pessimists are more likely to give up in the face of adversity or to suffer from depression. Differences exist between pessimists and optimists in terms of explanatory style: **Permanence, Pervasiveness, Personalization.**

<i>Success with my family – at home</i>	<i>Success at schooling</i>
<i>Success at work</i>	<i>Success in a community</i>
<i>Success in my free time</i>	<i>Other successes -I am proud of</i>