



MAEK IT HAPPEN LIFE COACHING

GET UNSTUCK

Have you been feeling stuck? Unfulfilled? Like you're missing out on something important? Like life is passing you by?

I hear you! And I know why. Ultimately you're feeling this way because you're not living your purpose. This worksheet outlines 3 elements crucial to living your purpose and based on these, offers 3 steps to getting unstuck.

At its most basic, your purpose (i.e. what you're really meant to be doing with your life) is to be yourself. To be as YOU as possible. The problem is we're out of touch with who we really are because we spend so much of our lives trying to be the way we're 'supposed' to be.

Here's the secret: who you really are and what you're meant to be doing with your life is the intersection of your values, passions and strengths.

Purpose = VALUES + PASSIONS + STRENGTHS

Finding out what this looks like in your life is the fun part and this worksheet is designed to help with that. Making changes based on what you discover is harder.

So go ahead and use this worksheet to find out more about who you really are and then book a free 30 minute Get Unstuck Coaching Call for help following through on the changes you need to make to start living your purpose today.

I've made it my job to get you unstuck so if you book your Get Unstuck Coaching Call within two weeks of downloading this worksheet, you'll get 10% off any future coaching package you choose to purchase. Use code GETUNSTUCKNOW. You've got this!

www.maekithappen.ca



LIVE YOUR *Purpose*

Step 1 – Align your life to your **VALUES**

Step 2 – Engage in your **PASSIONS**

Step 3 – Use your **STRENGTHS** as often as possible

Step 1 – VALUES

1. List your top five values.

**See the last page for an example list of values.*

1. _____

4. _____

2. _____

5. _____

3. _____

2. Where in your life are you living in conflict with your top values

(i.e. having to live according to values that aren't your own)?

3. What steps can you take to eliminate or reduce these values conflicts?



Step 2 – PASSIONS

4. List the things you love doing. These things should either spark your curiosity or get you fired up.
Use these questions as prompts.

- What gets you into a state of flow (i.e. being so completely absorbed in something that you lose all track of time)?
- What are some things you would love to do but can't?
- If you had the chance to live 5 different lives, what would you do in each of them?
- As a child: What was your favourite toy/game/thing to do? What did you want to be when you grew up? What did you spend a lot of your time doing?
- What are things you can hardly resist doing when presented with the opportunity?
- What is something you feel lousy about not doing more often?
(but NOT from a sense of shame but because you are genuinely disappointed when you miss out on the opportunity)

5. Pick 1 thing from your list above that you can do this week.

Set a date and time to do it. _____

6. What changes do you need to make to start engaging in your passions more regularly?



Step 3 – STRENGTHS

7. List some of your strengths. Strengths can be skills, abilities, interests, characteristics, traits or talents. Strengths are usually things you're good at, that you feel good doing, and that you choose to do often. Strengths don't have to be unique or areas of expertise or in which you have formal training. You'll know you're onto something if you feel an inner glow or excitement. Use these questions as prompts.

What do your close friends and family say you're good at or come to you for help with?

What did your teachers praise you for as a kid?

Imagine your best day at work. What were you doing? What stands out to you?

Ask one person from each domain of your life to describe what you're like at your best.

What have you always been good at?

What comes easy to you even when you are very tired?

I'm at my best when I'm ----- (general

sentence). When I'm at my best, the exact thing I'm doing is -----

----- (more detailed). When I'm doing that, the thing I love

most about it is -----

8. How can you adjust the way you move through each domain of life to use your strengths more?

How to use your strengths at work:

How to use your strengths in parenting:

How to use your strengths in friendships:

How to use your strengths with family:

How to use your strengths in romantic relationships:

How to use your strengths in health & wellbeing:

How to use your strengths in fun & leisure:

TO GET *Unstuck*

Step 1 – Align your life to your **VALUES**

Minimize values conflicts or eliminate them altogether if possible.

Base decisions for the changes you want to make on how well your values align

Step 2 – Engage in your **PASSIONS**

Make room in your life for your passions and commit to engaging in them regularly.

Don't overthink them. Don't think about whether they are "productive" or will lead to any particular outcome. Observe the positive impacts.

Step 3 – Use your **STRENGTHS** as often as possible

Adjust what you do on a day-to-day basis in each area of your life so you are using your strengths.

When considering changes, think about whether you'll be able to use your strengths and what can you let go of where you're not as strong.



MAEK IT HAPPEN LIFE COACHING - VALUES

Values are the things in life that are the most important to you, which guide your decisions and ultimately structure your life.

In identifying your values, think about what shows up in your life:

- When you're enjoying free time
- When you're in the flow at work
- When you parent
- In the relationships you appreciate
- When you're enjoying yourself and feeling good.

True values are never based on 'shoulds' or on mistakes you've learned from. They are the things that make you feel most like who you truly are.

Use this list as a starting point to inspire a list of your own:

Connection
Accomplishment
Freedom
Family
Love
Fun
Organization
Integrity
Creativity
Wellness
Service
Adventure
Commitment

Environment
Nature
Nutrition
Openness
Honesty
Trust
Exercise
Excellence
Loyalty
Community
Altruism
Privacy

Family
Friendship
Fulfillment
Personal Growth
Power
Professionalism
Recognition
Security
Spirituality

