

HAND-OUT

AREA: SELF

REAL SELF – IDEAL SELF EXERCICES

- ◇ **Ex1: 27 Things I Want to do Before I Die-** Describe 27 Things you want to do in Short, Medium, Long-Time Term.
- ◇ **Ex2: The Lottery: If I Could, I Would...**
You have just WON the super lottery!! You've received 50 million dollars or the equivalent in your currency. How would your life and work change?
- ◇ **Ex3: My Fantasy Job** List several jobs that you would love to do or try. Consider a wide variety of jobs like those in other countries and jobs in sports, music, medicine, politics, agriculture and religion. Consider jobs you have heard about or seen in the movies or on television.
- ◇ **Ex4: My Ideal Life** It is five, ten or fifteen years from today. **You are living your ideal life.** You live in a location that you have always dreamed about. You live with the people with whom you most want to be living. If work is part of your ideal life, you are doing the type of work you love, and just enough-- not too much not little. Someone video tapes you all day long. What would we see in that video? Where would you be? What are you doing? Who else is there?

Source: **Teleos Leadership Institute, 2015**