

What am I doing with my life?

(aka: "How to get your act together.")

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Purpose



- **Do you know what you really want?**
 - When did you last spend quality time exploring your passions?
 - Or actually write down a goal you wanted to achieve?
 - When was the last time you thought about your dream?
- **Tonight is about providing you with a catalyst of ideas, possibilities, and tools to refresh your own adventure.**

Agenda: Tonight's Roadtrip



- ***Experience***: I share, you listen.
- ***Discover***: I explain, you unwrap a package.
- ***Explore***: I provide a gift, you examine and process.

Experience

Storytelling from life.



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If you don't design your own life plan,
chances are you'll fall into someone else's plan.
And guess what they have planned for you?
Not much.

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~ Jim Rohn, American entrepreneur, author and motivational speaker, 1930-2009

Experience

- : a direct observation of or participation in events as a basis of knowledge.
- : something personally encountered, undergone, or lived through.

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Intentional not Accidental



- **Your dream is not going to land in your lap.**
 - Dreams and goals require intentional engagement to achieve.
 - If you're not leading, the outcome won't be what you're looking for.
 - What you pour into the process will directly impact what comes out.
- **Rome wasn't built in a day, but someone placed the first brick.**
 - You do not need to figure it out AND accomplish it all immediately, but something must start before it can finish.

Find Your Purpose



- **The world needs you to figure out who you are.**
 - What brings you joy?
 - What are your dreams?
 - What are your passions?
 - What are your talents and capabilities?
 - What sparks your curiosity to grow and develop?
- **How will you leave your footprints on the Earth?**

Understand Yourself



- **Trace the roots of who you are back to your youth.**
 - What did you think and dream of becoming at age six?
 - What about when you were a teen?
 - When you were (are) a young adult?
 - When (gasp!) you reach middle-age? Or older?
- **What common threads are sewn through your life?**

A Pondered Experience

Flip over your worksheet.



Think About You ^{1/2}



- **Start at the center.**

- If you asked a handful of your closest friends or family, what positive word would describe you?
- What is your strength of character?
- When you think of yourself, would you agree, or do you have another?

- **Pick no more than two.**



Think About You _{2/2}



- **Then the outside ring.**

- Persona is defined by Merriam-Webster as: *an individual's social façade or front that ... reflects the role in life the individual is playing.*
- What positive personas/roles/identities do you most enjoy expressing?
- How would you choose to show up if you had the courage to risk it all?

- **Pick no more than four.**



Keep Exploring

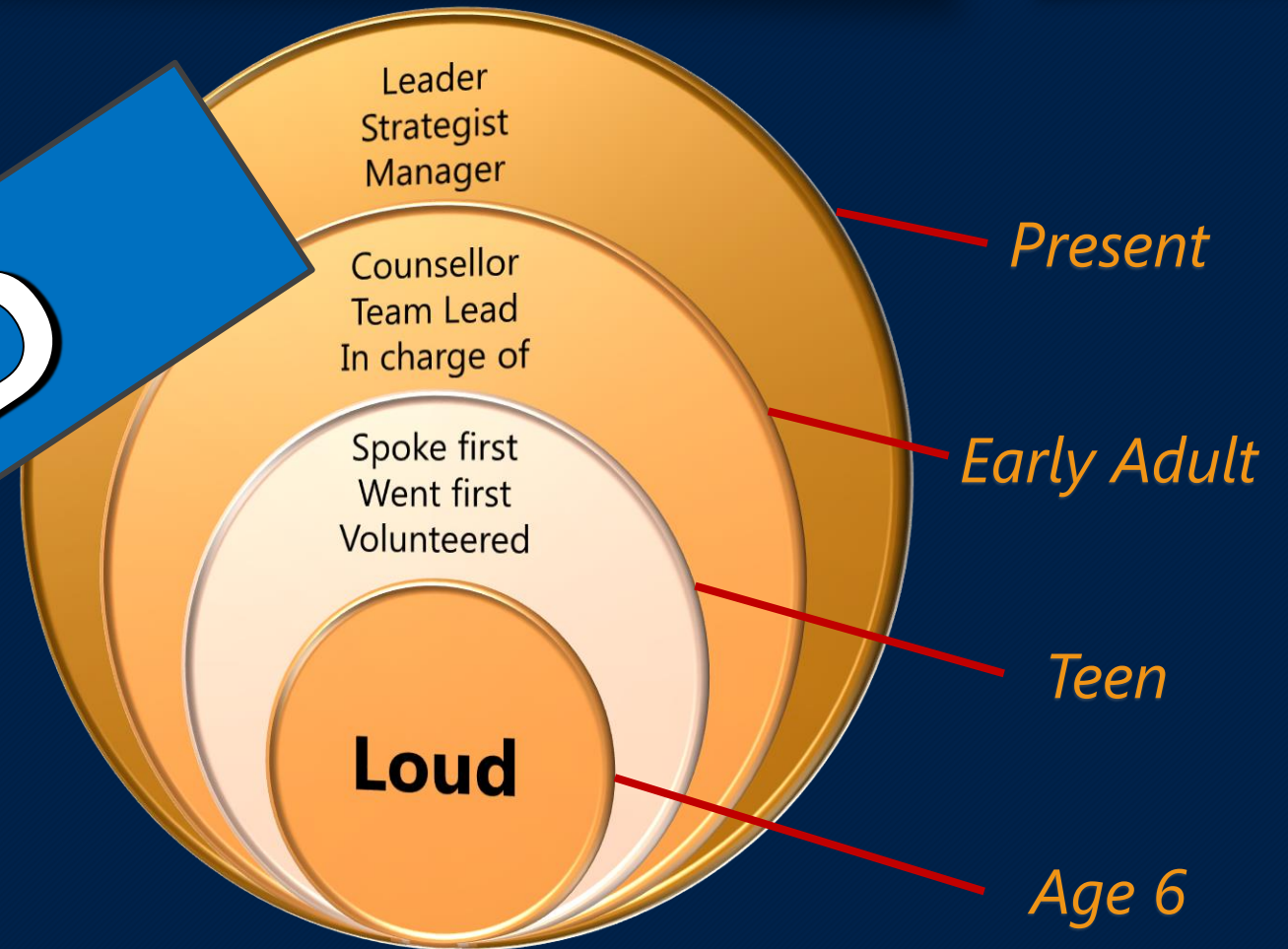
...while I share my own process.



Self Exploration Example ^{1/5}



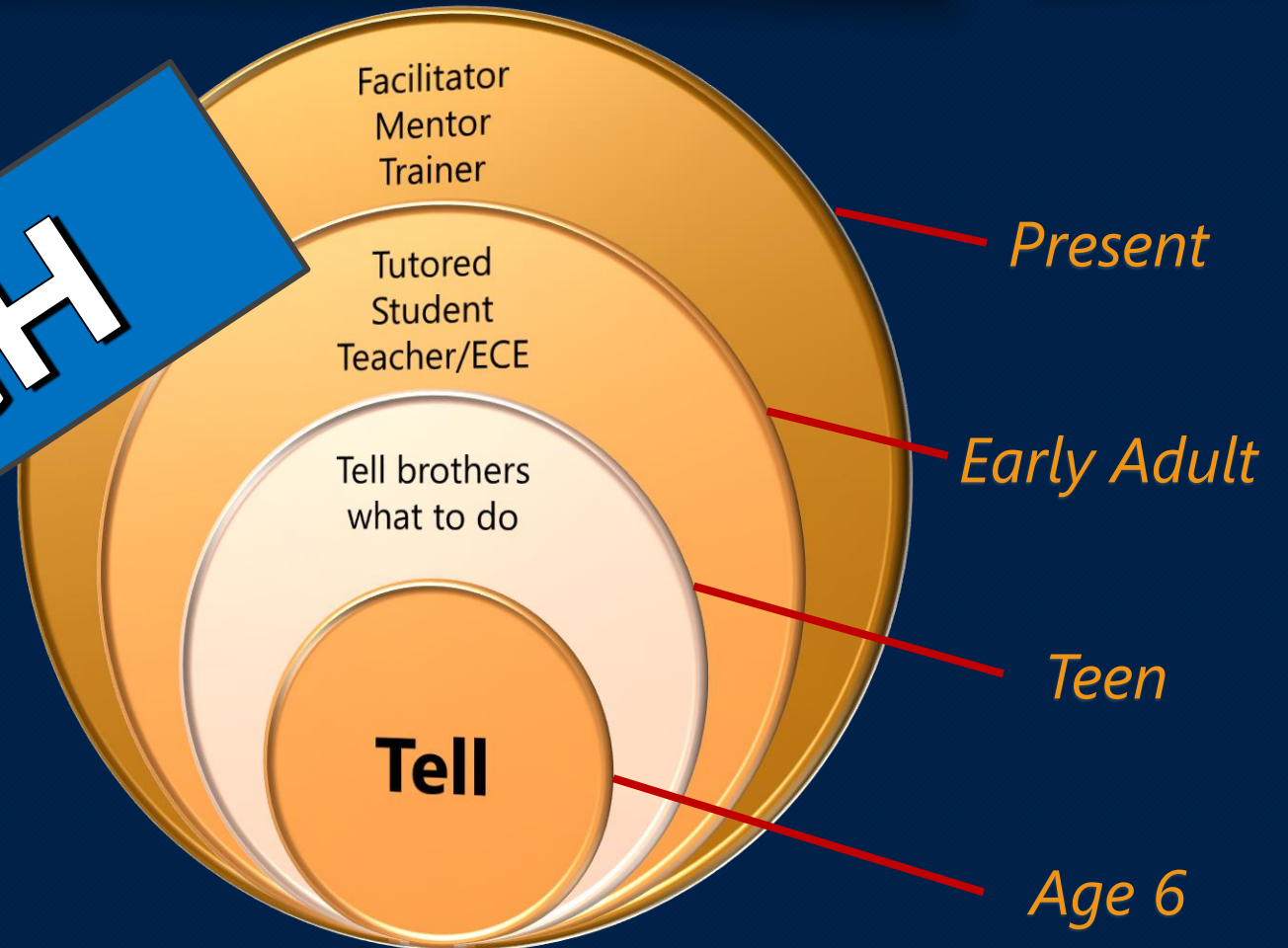
LEAD



Self Exploration Example ^{2/5}



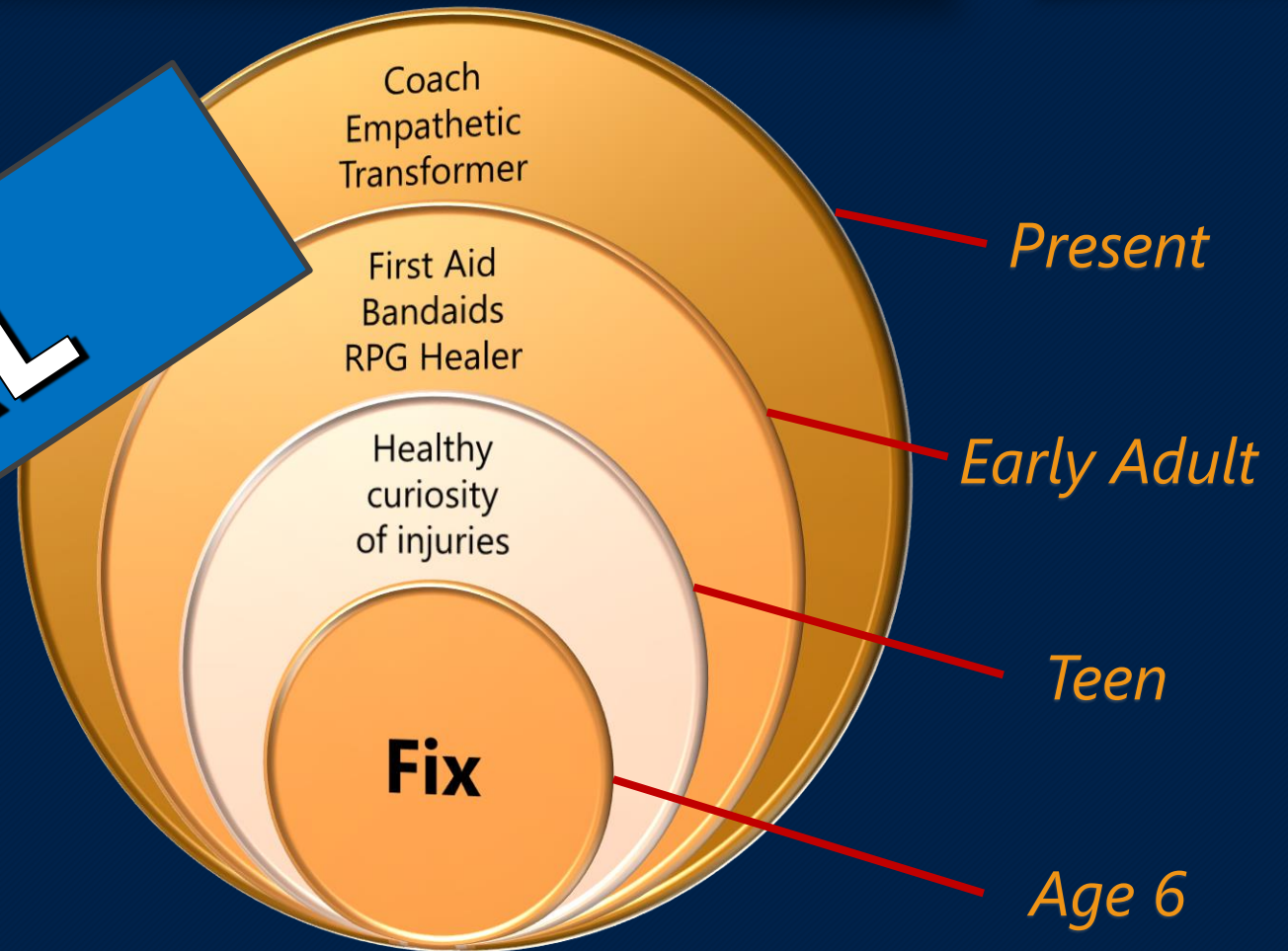
TEACH



Self Exploration Example ^{3/5}



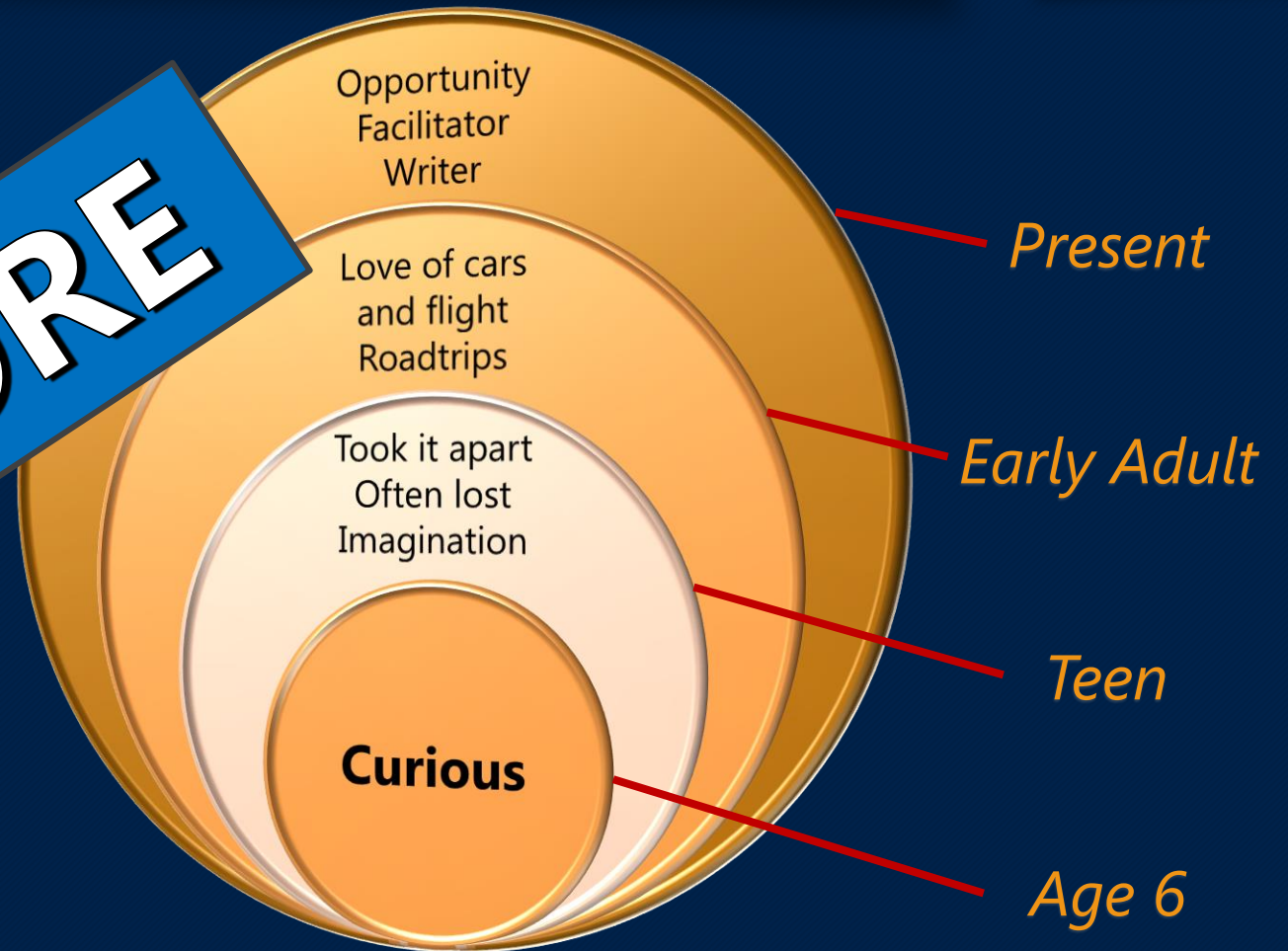
HEAL



Self Exploration Example ^{4/5}



EXPLORE



Self Exploration Example ^{5/5}



- **The real me is right here.**

- Although not always aware, who I am has always been hidden in plain sight.
- Excellence takes training.
- Training takes practice.
- Practice takes intentionality.
- Intentionality is birthed in the knowledge that I cannot fail at being me.
- Wisdom tells me that I if I don't like where I find myself, I can always choose another path. I can always go another way.



Discover



Time to unwrap a package.

Discover



- **You matter.**
 - Your dreams, passions, talents, and ideas are needed.
 - You can always make another choice, turn around, adjust course.
 - It is never "too late".
- **Focus on your persona / role / identity words.**
 - Then come and select a picture.
 - Only look at the picture. No peeking inside yet!

Discovery Steps ^{1/4}



1 Your picture. Consider some questions:

- What drew you to the picture?
- What emotional reaction did you have?
- What ideas or creativity or imagination does it stir up?
- What personas/roles/identities are reflected in it?
- What wish or dream in your heart resonates in your picture?
- What else does your picture contain or represent?

Discovery Steps ^{2/4}



2 Your words. Ponder, and then pick two.

- Thinking about yourself, all I have been sharing, all you have been experiencing, all you have discovered... and your picture:
 - What descriptive/action words come to mind?
 - You can use the back of your worksheet to capture possibilities.
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- **Pick your favourite two words, and write them down.**

Discovery Steps ^{3/4}



3 Your dream. That elephant in the room you hope stays quiet.

- What is the dream of your heart? That thing you want to be or do?
- Tell that "no you can't" voice in your head to be quiet.
- Focus for a moment on your dream. The good, the bad, the joy, the worry, the excitement, the fear of failure. Just take a moment to sneak a peek inside that box you keep it in, perhaps more often than you wish.
- Hear me clearly: **yes, you can.**

Discovery Steps 4/4



3 Your dream matters. They all do.

- It is never too late to explore your dreams.
 - Stop putting it off until "tomorrow".
 - You are allowed to explore today, any day, every day.
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- Now, in light of all you have heard and processed today about yourself, think about your dream and **pick two stirring / emotive / reminder words, and write them down.**

Explore

Adventure with your gift in joy.



Exploration Homework



4 A piece of treasure in two words.

- What additional insights, ideas, and possibilities do they reveal?
- How do they relate to who you are, or your dream, or both?
- **Carry it with you for at least a week.**
 - Where do your words, dream, and picture, show up?
 - What other ideas and possibilities do you unlock as you ponder?
 - Watch for “coincidences”; take notes; ***enjoy the journey!***

Summary



- **You get to choose how to show up, in every moment of every single day. Choose wisely.**
 - Life is not easy; tension means something is happening.
 - Observe, attempt, adjust, try again; just keep learning.
 - Instead of the problem, focus on the opportunity.
 - Pursue mentoring or coaching; be accountable for your own growth.
 - ***If you don't like your life, change something; pick another path.***
- **Dreams do not have an expiration date.**
 - You don't have to finish today, but find that first brick.
 - Write stuff down; keep a journal, index cards, pictures, etc. **You are worth it!**

So, what are you going
to do with your life?

Pursue your amazing adventures!



Thank you!



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