



Handout #1

Updating Your Purpose: Your Unique Brilliant Essence

1. On a scale of 0 – 10 rate how inspired and enthusiastic you are about the work you have been doing recently?
2. What aspects of your work have you become bored or uninspired about – the parts you wish you could let go of or delegate?
3. Even if it seems impractical for making money to you now, what activities excite and inspire you a lot more? Have fun with this question, don't be too serious!!!

Understanding Your Super Power:

4. When you work with clients where do you feel the most power or flow? One way to know this is to think of the most favorable, positive feedback your clients have given to you. What have they enthusiastically told you about yourself and how you benefitted them? That is a good indication of what your Super Power is.

5. Think back to your entire life. In what activities or relationships have you experienced the most power and flow? Aside from learned skills, what have you had the greatest natural ability or aptitude doing or being?

6. Think about trainings you have received, professional or otherwise. Which subjects have you experienced the most talent/brilliance in? These would be the skills that you were most inspired to learn and worked the hardest to master. You may have felt that you were remembering doing this from the past.

7. What activities or skills that you have not yet learned do you dream about learning because thinking about it excites you?

8. When you contemplate about your Super Power, how motivated do you feel to bring more of this out and use it more in your professional work?