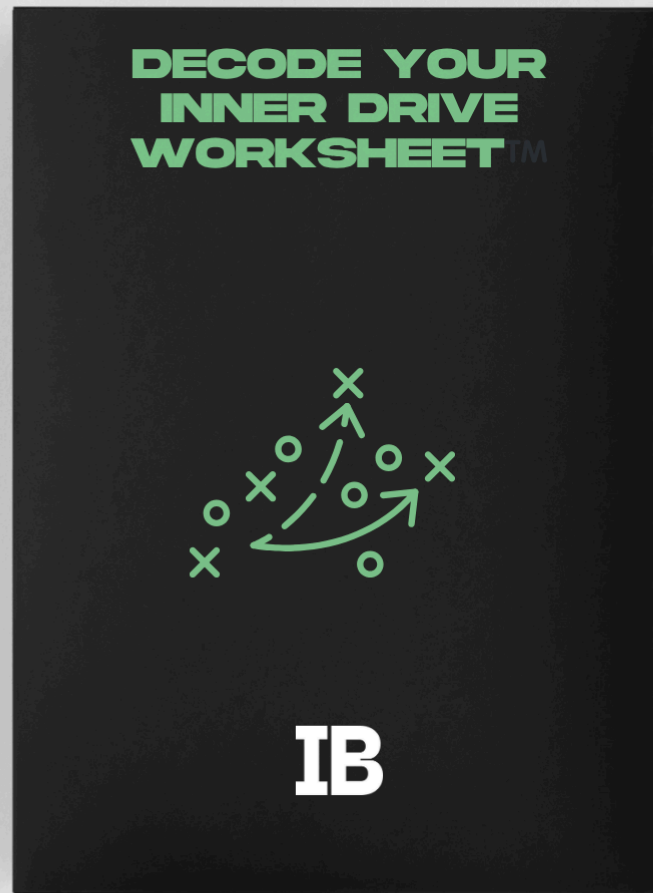




LinkedIn Post Diagnostics
Framework™

Decode Your Inner Drive Worksheet™

When we're inspired, we're filled with natural energy, which is fuel for going after big goals. We believe there are 2 ways to live a truly inspired life:

1) Filling our day doing things you truly VALUE

OR

2) Shifting your values to match the goals you want to achieve

Values are not honesty, respect, integrity etc. these are social ideals (we should strive for). This worksheet gives you the tools to uncover your true values (which are simply things we really value).

Alignment: when our goals match our values, we're on fire. We're motivated, firing through work and flow states happen with ease. We're also able to manage stress, pressure and large amounts of work with more ease.

Misalignment: when our goals don't match our values (or our values don't match our goals) - it impacts everything, including our energy. Motivation dips and everything becomes much harder than it needs to be.

We want to help you build a business you love. Will you need to do some things along the way that you don't like doing - yes, but when we tie them to our values, it's a hell of a lot easier.

*How to use this Worksheet: type this up on a separate document (or grab a pen & paper if you wish) + answer the Q's below.
adapted from Dr John Demartini's work on values.

STEP 1 - DETERMINE YOUR TRUE VALUES (13 Q'S)

13 Q's - Answer Them Honestly

The key is being true to yourself, not what you think the answers should or should be.

Q1. What populates your personal space?

What are the top 3 items in your personal space? How do you fill your space? E.g. books, work items, pictures etc.

- 1.
- 2.
- 3.

Q2. How do you allocate your time?

What are the top 3 activities you dedicate your time to?

- 1.
- 2.
- 3.

Q3. How do you expend your energy?

What are the top 3 ways you utilise your physical energy?

- 1.
- 2.
- 3.

Q4. How do you spend your money?

What are the top 3 areas where you choose to allocate your finances?

- 1.
- 2.
- 3.

Q5. Where are you most organised?

What are the top 3 most organised areas of your life?

- 1.
- 2.
- 3.

Q6. Where do you exhibit reliability, discipline and focus?

What are the top 3 areas where you're most disciplined and focused?

- 1.
- 2.
- 3.

Q7. What occupies your thoughts predominantly?

What are your top 3 recurring thoughts? Your recurring thoughts often align with your intrinsic values.

- 1.

- 2.
- 3.

Q8. What goals do you consistently hit?

What are the top 3 goals you set and achieve? Your goals that gradually materialise reflect your true values.

- 1.
- 2.
- 3.

Q9. What topics dominate your self-talk?

What are your top 3 topics of your internal dialogues? Could be things that excite us, worry us,

- 1.
- 2.
- 3.

Q10. What topics do you talk to others about?

What are the top 3 topics you discuss socially? The subjects that excite you in conversations often point to your values.

- 1.
- 2.
- 3.

Q11. What do you mentally consume?

What are the top 3 things that inspire you? Think Google search history, social media algorithm, Netflix, Youtube recommendations

- 1.
- 2.
- 3.

Q12. What are your long-term goals?

What are your top 3 long-term goals? Your long-term goals/vision reflect your core values and aspirations.

- 1.
- 2.
- 3.

Q13. What topics do you love learning about?

What are the top 3 subjects you love learning about? The subjects you're learning about can highlight your values.

- 1.
- 2.
- 3.

STEP 2 - WHAT ARE YOUR VALUES?

REVIEW YOUR ANSWERS

1. Note any recurring themes across the 39 answers (3x 13 Q's).
2. Next, count the frequency of these repeated values.
3. Then identify your top 3-5 values and rank them in order of frequency

Reminder: the importance of values. When something is high on your values, it massively increases your chances of doing it (and achieving goals linked to it).

STEP 3 - HOW CAN I CHOOSE A NEW VALUE (OR MOVE IT UP MY VALUES RANKING)?

HOW TO CHOOSE A NEW VALUE (e.g. valuing sleep and recovery):

- Stack up:
 - The SPECIFIC benefits of this value (more benefits = the better) e.g. health benefits
 - The SPECIFIC reasons for having this value (more reasons = the better) e.g. energy to achieve goals
- Linking to existing values:
 - How does this help me fulfil my other values? e.g. more energy for doing other things value
 - AND how do my existing values help me fulfil my new value? e.g. when I exercise I sleep better

The greater the number of benefits. links to other values, the higher the probability of living by these new values

STEP 4 - HOW CAN I DROP A VALUE (OR MOVE IT DOWN MY VALUES RANKING)?

DO THE OPPOSITE:

- Stack up:
 - The SPECIFIC costs of this value (the more costs = the better)
 - The SPECIFIC reasons for not having this value (the more reasons = the better)

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- De-Linking to existing values:
 - How does this value stop me fulfilling my other values?
 - AND how do my other values stop me from fulfilling this one?

WHAT ACTIONS ARE YOU GOING TO TAKE?	YOUR ANSWERS
Remember the key to creating a strong inner drive is either: - <i>Set goals to match the values you currently have</i> OR - <i>Change your values to match your goals</i> The reps: stacking the benefits and linking values. Continuously. This is ongoing work. Observe the change: through journaling, coaching, and sharing with others. Instead of waiting for outside events. Delayed gratification: there are BIG future rewards for this work (living a fulfilled and inspired life). What are your key takeaways or actions and when will they get done? <i>If you have questions or need help - drop us a message or book a 121 call.</i>	

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