



1-2-3 steps closer to a remarkable me

Mindful reflection exercises to help you find personal and professional clarity and purpose

Thinking and writing about what's important to you is taking the first step towards living a life that expresses the very best you can be...

Veronica Strachan



My life belongs to me!

What I think, feel, do
and believe matters
- and that's what counts.

~ Veronica Strachan ~

People often ask me

“How do I work out what I’m supposed to be doing with my life?”

This little booklet has three of my favourite things to suggest when people are ready to pay closer attention, to take control and change their life – to be remarkable.

By completing these exercises you can get closer to working out what you'd like to do and you'll get a list of actions to get you moving towards actually living your dream and purpose.

I've done all of these myself (more than once) and I've seen these exercises work time and again for all sorts of people in all sorts of situations.

In my work as a coach and change agent I know we need to have 3 things happening:

1. First, our emotional self needs to be persuaded to get involved and change – we need to feel it and sense it,
2. Secondly, our logical self needs to see how and why we need to go there – it needs to be credible, and
3. Finally, we need a way to get there – we need the steps and the signposts to be clear.

I hope these exercises help you too...

Chances are they'll get you 1-2-3 steps closer to who you want to be.


*Find your dream, get your direction,
then go and do it - now!*



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1. Exploring your values



“Be a first rate
version of yourself,
instead of a second
rate version of
somebody else.”

~ Judy Garland ~

What's important to me?

Getting conscious of what's important to you is a great first step to living a conscious, confident and remarkable life. Your values are essential to how you live and learn and lead. They're part of your big 'why'.

Knowing your values helps you understand what drives you to get up in the morning and do it all again – what you enjoy, what inspires you and what you'd like more of in your life.

By building a life and lifestyle around your values you create a life that's more meaningful to you and one which expresses the very best of who you are.

Your values can change over time as you gather experience and deepen as you understand yourself better.

Your values can also be situational - so what's true for you at work may not be as important at home and vice versa.

The values listed in the exercise below are only to give you some ideas, there may be other words you'll want to add that better capture what's significant to you.

Remember: When it comes to **values**, there's no right or wrong – only who you are!

Exercise 1 instructions

1. Print out the booklet or just the next 3 pages.

Grab a pen.

Find a quiet spot.

Close your eyes and take 3 long, slow, deep breaths.

Now breathe away normally.

Open your eyes and without over thinking let your eyes and hand run down the lines and highlight any word in the list that feels important to you.

If you feel like a word is missing, or one pops into your head, add it to the list.

Accomplishment	Directness	Honour	Resilience
Accuracy	Discovery	Humour	Respect
Acknowledgement	Ease	Idealism	Responsibility
Achievement	Effortlessness	Independence	Resourcefulness
Adventure	Empowerment	Innovation	Romance
Affection	Enthusiasm	Integrity	Safety
Arts	Environment	Intellectual status	Security
Authenticity	Excellence	Intuition	Self-esteem
Balance	Fairness	Joy	Self-reliance
Beauty	Family & friends	Kindness	Self-respect
Boldness	Flexibility	Learning	Service (to others, society)
Calm	Ethical practice	Listening	Simplicity
Challenge	Focus	Love	Spirituality
Change	Forgiveness	Loyalty	Spontaneity
Collaboration	Freedom	Meaning	Status
Community	Friendship	Money	Strength
Compassion	Fun	Optimism	Success
Concern for others	Generosity	Orderliness	Tact
Confidence	Gentleness	Participation	Teamwork
Connectedness	Groundedness	Partnership	Thankfulness
Contentment	Growth	Passion	Tolerance
Communication	Happiness	Patience	Tradition
Contribution	Hard work	Peace	Trust
Cooperation	Harmony	Personal growth	Unity
Courage	Having a family	Presence	Variety
Creativity	Health	Productivity	Vitality
Curiosity	Helpfulness	Purpose	Wisdom
Determination	Honesty	Recognition	

2. Now look at all the words you've underlined and choose your top 5 values. Write the top 5 down here and write a few words about why they feel important to you. Don't over think it, just write whatever pops up.

1.

2.

3.

4.

5.

3. Now choose your number one (1) value. What's the word that sits at the core of you and your life?

How does this value relate to your past decisions? Write about one decision that this value may have influenced in your home or work life.

4. Now that you're beginning to see what's important to you – what are you going to do with that information?

You could start by writing down one area of your life where you're going to use what you value to make different choices. It could be at work, with family or on your leisure time.

Make it easy, just pick one area and one action and try it for a few days.

Spend a few minutes each evening before you go to sleep writing about any moments in the day when you did or thought or felt something connected to that value.

At the end of each day, check in - Does it still feel as though this is your number 1 value?

It's important to be heroic, ambitious, productive, efficient, creative, and progressive, but these qualities don't necessarily nurture soul.

The soul has different concerns, of equal value: downtime for reflection, conversation, and reverie; beauty that is captivating and pleasuring; relatedness to the environs and to people; and any animal's rhythm of rest and activity."

~ Thomas Moore ~

2. A letter to your future remarkable self

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.”

~George Bernard Shaw~

Exercise 2 instructions

So now you've got a bit of a sense of what's important to you it's time to start on clarifying your dream and your purpose.

Choose a date some months or even years ahead that means something to you – an anniversary or a birthday.

Close your eyes for a few moments and imagine that a miracle has happened.

Your life has turned out exactly the way you wanted it to, it's remarkable. Imagine how you'd feel if you were living the life of your dreams, a life full of meaning and joy, success and purpose, worthy of your attention.

After you've spent at least 5 minutes imagining, open your eyes and write a letter telling yourself about everything in your life - describe your perfect day in as much detail and colour as you can, sights, sounds, tastes, include how you feel, what you're doing, where you are and who's with you. Look in your diary and see what you've got planned for the day, the week, the year – work or pleasure or a mix of both. Check your bank balance and see what the entries and balance are. Where are you off to work or are you working from home or part-time or online? Who are you having lunch with? Open your wardrobe and try out your new clothes. Whatever feels right – this is your dream.

Some people prefer to draw instead of writing or put a collage together, do whatever feels good to you, just make it your dream destination.

*"If you don't build your dream someone will
hire you to help build theirs."*

~ Tony Gaskins ~

3. Taking action towards your dream

“You have BRAINS in your
HEAD.

You have FEET in your
SHOES.

You can STEER yourself
in any DIRECTION you
CHOOSE.”

~ Dr Suess ~

Exercise 3 instructions

The third exercise is to put the first two steps together – your values and dreams – and create the path to get there. To head towards your dream one step at a time.

A simple path has a starting point, some signposts along the way to tell you how far you've come and to point to where you're going - to your destination.

Your starting point is where you are now, how you're feeling and being and what you're doing. Your goal – your destination – is to be the remarkable person you wrote to in your letter – remember how it felt to imagine your life as that future remarkable you and keep that version of you in mind when you write out an action list.

Go back to your letter to your future self and with a highlighter, mark the big signposts that come up in the story, the things that will have to change to move you from where you are and who you are now. This could be a new skill you have, a new job, a new home, a new relationship, a new way of thinking or feeling or being.

You may have written that you're relaxed and calm at work and spend time regularly practicing meditation. What are the steps you need to take to get there?

As you write down the first task, try to imagine the very first action you could take that would get you started.

- ✓ Schedule meditation into the calendar (hang on a minute I don't know how to meditate)
 - ✓ Learn meditation (how are you going to learn – remember your values and how you prefer to learn)
 - ✓ Book into a course on meditation (do you know of any courses near you?)
 - ✓ Google meditation courses (what if you don't have any extra funds for a course)
 - ✓ Check YouTube for meditation videos and download onto phone. OK now schedule 5 minute meditation into the calendar

So the very first thing you might do is go to YouTube and search for free meditation videos and download one that looks and sounds right onto your phone.

Excellent, one step closer to your goal and purpose to be a calmer and more relaxed you. As soon as you take that first step you'll begin to see all sorts of synchronicities appear with your new awareness of what's important and who and where you want to be. *Energy flows where the focus goes.*

Now put your list of action steps up where you can see them on the fridge or the wall near your desk – add a date that you’ll start the step (and a date you’ll finish the step if it’s going to take a while). Don’t forget to add some exciting ones in there – all work and no play is no fun.

And this is a **biggie** – who can you share your goal, your dream destination with? Talk with one or two people who will genuinely want to see you succeed in achieving your goal. This could be a friend, colleague, manager or a coach. Explain to them why achieving this goal is important to you. Ask if they’ll support you and hold you accountable in reaching your goal. Select and agree on future dates and times that you’ll report updates on your progress with them.

All that’s left is to keep taking action, keep ticking off tasks off the list, one small step at a time. And when you’ve finished one goal list, go back to your letter and pick up the next one. Progress, not perfection, will get you there.

Journal each day about the things you’ve done and what you’ve learnt about your remarkable self, your path and your purpose.

Don’t forget to go back to the dream regularly to check you’re still heading in the right direction. It’s fine to change it – it’s your dream after all.

“Freedom is feeling and knowing, really knowing in every single cell that my life belongs to me.”

~ Veronica Strachan ~

Who do you dream of being?

What does your dream life look, sound, taste
and feel like?

What small step can you take to start living
that dream now?

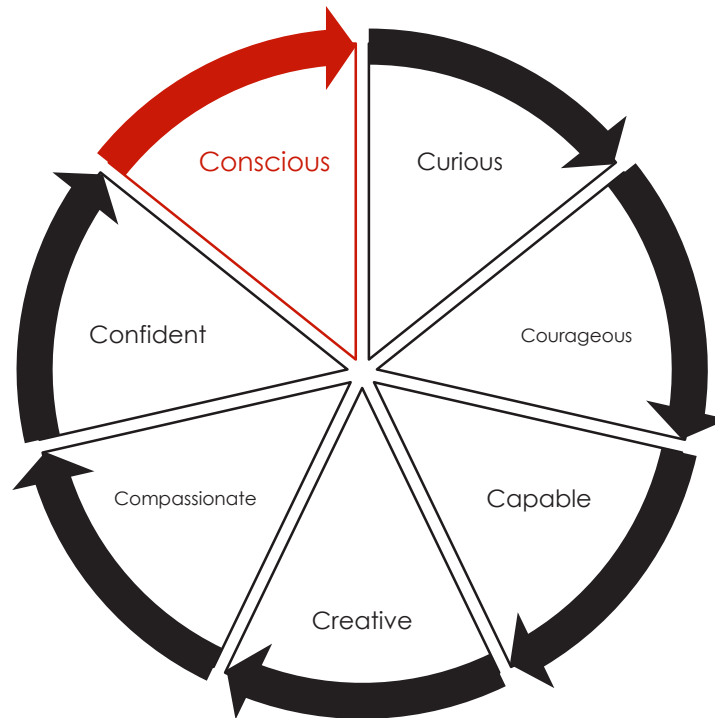
“The biggest
adventure you can
ever take is to live
the life of your
dreams.”

~ Oprah ~

Go on then - take that step.

C7 Coaching?

Now you've taken the first step in the C7 cycle towards a more conscious, confident, remarkable life.



If you want to learn more or you'd like tailored support, accountability and direction to get yourself on track towards finding your purpose and living consciously and confidently, you can book a **30-minute strategy session** with me [here](#).

Together we'll explore the rest of the cycle and how you can get:

- ✓ Conscious
- ✓ Curious
- ✓ Courageous
- ✓ Capable
- ✓ Creative
- ✓ Compassionate
- ✓ Confident

*Go confidently in the direction of your dreams
- live the life you've imagined.*

~ Henry David Thoreau ~

Veronica Strachan



I'm a life, leadership and business coach – inspiring people to live consciously, work creatively and lead confidently. To be the best they can be and live a remarkable life – a life worthy of attention – your attention.

For many years I worked incredibly hard, and I was ticking all the boxes: great family, great job, and great home. I should have been happy but I was increasingly frustrated and couldn't really put my finger on why.

A conversation changed my life.

I shared my discontent with two good friends; we compared notes and I realised I was not alone.

Over the next few years, with the help of some great coaches and mentors, books, tools and life-changing practices I got unstuck. I began the search for my big 'why' and to live my life on purpose.

Now I'm not perfect, I still have so much more to learn, but I am clear on the things that are important to me and who I want to be. I am at this very moment the perfect sum of all the choices I've made and the experiences I've had till now, and so are you.

A life coach is a *confidential thinking partner*, who can give you another perspective, an outside eye who can crack open the frustration and discontent and help you create forward motion. A coach's role is to get you energised, organised and heading in the right direction.

So ask yourself... 'Where am I heading? What's my next step?'

If you're feeling a bit stuck, anxious or disorganised about your life or career or business, you could benefit from some coaching to help get you energised, organised and heading in the right direction.

And now that you've used my first gift, here's access to another gift from me. You can book a [30-minute strategy session here](#) to see if we click.

Thanks for reading

Veronica

You can find more tips for a conscious life on my blog at www.veronicastrachan.com/blog.

And I'm an author.

My upcoming book is *Breathing While Drowning*, the story of a young woman with impossible dreams, who wished for a remarkable life and got exactly what she wished for – just delivered in a way she could never have imagined, a whole new world of hurt, anger and loneliness, joy, triumph and love.

If you'd like to read more about remarkable life lessons including resilience, courage and optimism in my upcoming book then send me a note [HERE](#) to receive notification of the book launch. I'll keep you updated semi-regularly on the publication progress.